

The Cambridge Practice

PATIENT NEWSLETTER



Welcome to the October Newsletter! October is Breast Cancer Awareness Month.

October is Breast Cancer Awareness month. Whether you're one of the 55,000 people diagnosed with breast cancer each year, or just want to find out more. Macmillan can help.

The causes of breast cancer aren't fully understood. The genes you inherit, your environment, and how you live your life all play a part in contributing to your risk of developing breast cancer.

More information can be seen below:

<https://www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month>



PATIENT PARTICIPATION GROUP

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service. Our aim for the PPG is to involve participants in shaping the practice to ensure we deliver health care services effectively in a safe and a caring environment that is responsive to patients needs in a well led manner.

If you wish to join our PPG group, please send an email to thecambridge.practice@nhs.net marked for the attention of Charlotte Freeman, Business Executive Assistant.



Patient suggestions which impacted Practice Improvements

You said: "Appointment that was booked for the morning was moved to an afternoon appointment without being informed".

We did: A Standard Operating Procedure has been created and put into place for the cancellation or changing of patient appointments. Patients will receive a call to notify them of the cancellation/change in appointment in the first instance. After 3 attempts of calling where no contact was made, a text or letter will be sent.

“YOU SAID”

WE DID

Practice Key Messages

We have another mass Saturday clinic on 11th November, this will be held at Lower Farnham Road between the hours of 09:00-14:00.

Our Flu vaccines given to date can be seen below.

Overs: 1,980

Unders: 1,188

Children aged 2-3: 166

Just a reminder to advise that all email prescription medication requests need to be sent directly to our Medication Clerk Team via email on medication.thecambridge@nhs.net.

We are continuing to increase the amount of Practice communication which is sent out via text message and would like to remind all patients the importance of making sure your contact details are correct on our system. If you need to check or update your contact details, please contact the Practice on 01252 344868 or thecambridge.practice@nhs.net.

Practice Statistics - September 2023

Please see some of the Practice statistics below for the month of September 2023.

Total number of HCA health reviews completed in the month of September	365
Total number of face-to-face appointments completed in the month of September	4,986
Total number of telephone appointments completed in the month of September	1,624
Total number of Econsult appointments completed in the month of September	655
Total number of home visit triage appointments completed in the month of September	132
Total number of calls answered in the month of September	11,668
Total number of abandoned calls (where patients have hung up or a technical fault has caused them to be cut off) in the month of September	5,824
Average wait time on calls in the month of September	00:04:20
Total number of DNA's (patients who did not attend or cancel their appointment) in the month of September	458
Total number of prescription requests in the month of September	4,604
Total number of same day urgent prescription requests submitted to the Practice for the month of September	188

The Cambridge Practice recommends the below healthy recipe.

Method

Step 1

Heat the oven to 180C/160C fan/gas 4. Cut the pumpkin in half and remove the seeds with a spoon (see tip below). Cut into wedges or chunks (keep the skin on) and tip into a bowl. Put the garam masala, and 1 tsp each of the coriander and cumin into a small bowl and mix with 2 tbsps of the oil and season. Drizzle over the pumpkin and toss well to coat in the spiced oil. Transfer to a baking tray, spread out evenly and roast for 40-45 mins, turning halfway through cooking, until the pumpkin is very soft when pierced with a fork. Leave to cool on the tray for a few minutes.

Step 2

Heat the remaining 1 tbsp olive oil in a large saucepan and fry the onion with a pinch of salt for 10 mins until soft. Add the ginger, garlic and remaining spices and chilli flakes, and fry for a few more minutes until fragrant. Pour in the stock and bring to a gentle simmer.

Step 3

When the pumpkin is cool enough to touch, use a spoon to scoop the soft flesh from the skins. Add the soft pumpkin to the stock pan, discarding the skins. Remove from the heat and blitz the soup with a hand blender until creamy and smooth. Season to taste, adding extra chilli or garam masala if you like. Put back over a low heat and stir in the cream. Bring to a gentle simmer, then serve in bowls with a drizzle more cream and a pinch of chilli to serve. Top with toasted pumpkin seeds, if you like.

Spicy pumpkin soup

Prep – 35 minutes – Cook – 1 hour.



Ingredients

- 1 Pumpkin about 1.5-2kg (save the seeds, toast them in a dry pan to serve)
- 1 tbsp garam masala
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/2 - 1 tsp chilli flakes or powder
- 3 tbsps olive oil
- 1 Onion finely chopped
- Ginger, peeled and finely chopped
- 1 Garlic cloves, finely chopped
- 900ml Veg stock
- 100ml double cream or crème fraiche.

Nutritional Information

- 315 kcal
- 24g fat
- 10g saturates
- 15g carbs
- 11g sugar
- 8g fibre
- 5g protein
- 0.59g salt.