

The Cambridge Practice

PATIENT NEWSLETTER



Welcome to the November Newsletter! November is men's health month.

Movember is a fun, international event taking place each November to raise awareness of men's health issues around mental health, suicide, prostate cancer, and testicular cancer. There are lots of ways for both men and women to get involved and raise money for the campaign, which has funded more than 1,300 men's health projects globally.

Growing of moustaches is encouraged, but supporters can also set individual challenges, hold fundraising events, and get together, or take part in the Move for mental health challenge, walking or running 60km in November to remember the 60 men globally who lose their life to suicide every hour.

More information can be seen below:

<https://uk.movember.com>

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: "We have received feedback from our patients that they would like to be able to book a GP appointment at front desk."

We did: Following this feedback we have created a Standard Operating Procedure for the Patient Services Team to enable them to start booking routine GP, Advance Nurse Practitioner and Physician Associate appointments at front desk without the need to call us if already attending the surgery.

“YOU SAID”

WE DID

Practice Key Messages

This month we said goodbye to our Practice Nurse Tanecha, we wish her all the very best for her future!

Our Flu vaccines given to date can be seen below.

Overs: 2,314

Unders: 1,467

Children aged 2-3: 241

All patients who would like to book COVID vaccinations need to call 119 or use the national booking system as the Aldershot Team closed their services as of 09/11/2023.

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 - October 2023

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

Total number of HCA health reviews completed in the month of October	362
Total number of face-to-face appointments completed in the month of October	4,930
Total number of telephone appointments completed in the month of October	1,794
Total number of Econsult appointments completed in the month of October	627
Total number of home visit triage appointments completed in the month of October	100
Total number of calls answered in the month of October	12,355
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 October	9,541
Average wait time on calls in the month of October	00:05:21
Total number of DNA's (patients who did not attend or cancel their appointment) in the month of October	496
Total number of prescription requests in the month of October	4,526
Total number of same day urgent prescription requests submitted to the Practice for the month of October	199

The Cambridge Practice recommends the below healthy recipe.

Method

Step 1
Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid. **Prep** – 10 minutes – **Cook** – 35 minutes.

Step 2
Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

Step 3
Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1 ½ tsp ground turmeric and 1 ½ tsp ground cumin and cook for 1 min more.

Step 4
Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks and stir everything together so the potato is coated in the spice mixture.

Step 5
Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

Step 6
Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

Step 7
Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

Step 8
Alternatively, allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox.

Spinach, sweet potato & lentil dhal



Ingredients

- 1 tbsp sesame oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- Thumb sized piece of ginger, peeled and finely chopped
- 1 red chilli, finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 2 sweet potatoes (about 400g) cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach
- 4 spring onions, sliced
- 1/2 small pack of Thai basil leaves torn to serve

Nutritional Information

- 397 kcal
- 5g fat
- 1g saturates
- 65g carbs
- 19g sugar
- 11g fibre
- 18g protein
- 0.6g salt.

WEAR IT PINK

What an amazing and incredible day to remember!

We are immensely grateful for the amazing support we received from The Cambridge Practice in raising donations for Breast Cancer. Thank you especially to the local companies listed below for their contribution towards our raffle prizes which added an extra element of fun and anticipation. We had over 80 prizes contributed towards the raffle and all funds went towards Breast Cancer.

In total we raised **£1,201**.

Breast cancer does not affect just woman! It affects everybody. Giving a little makes a big impact. This funding will support all things breast cancer. Awareness, research, treatments, diagnostic tests and help those in our community and beyond.

Thank you to all the below companies who kindly donated gifts. Your support was greatly appreciated.

Absolute collagen	Chappies Food	Hair by Holly	Lego
Aldershot football club	Christine Taylor Tattoo	HLA Massage	Lizzie Reynolds body shop
Aldershot pools	Danias Nails	Hogs Back Hotel	Lloyds Pharmacy
All things cookie	Disney	J&J cakes	Longacres
Allure Aesthetics	DJ Home Solutions	Purity beauty	Manor Farm Tea Room
B2B personal training	D&T treats	Jennifers nails	Mark Turners Butchers
Beauty by China	Duo delights	Jenny's art	Marks and Spencer
B Gellies	Flowers by lulu	Just life's balance	Mimis memory bear
Blind River	G Live	acupuncture	MKBeaute
CAU Car valet	Georgia Lewis PT	Kerry Johnstone Dermablade	Nuffield Health
Cadburys	Guildford Flames Ice	Labelle cosmetics	Oddballs
	Hockey	Laura Jones Lashes	



Oh, my favours
Locks by liv
Pierced by Chelsea
PRH colour
Princes Hall
Reiki therapy with Kate
Rowlands
SN Event hire
Stratfords Barbers
Stratford nail studio
Swarovski
Sweetshop company
The Greyhound Pub
The Topsy Pigs
Tropic Skincare
Union Ink
Utility warehouse
Victoria Secrets
Wveryn pub
Yinyang massage
Yumi Yumi