

The Cambridge Practice

PATIENT NEWSLETTER



Welcome to the March Newsletter!

March 18th– 24th is Neurodiversity Celebration Week..

What is Neurodiversity Celebration Week?

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organizations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

More information can be seen below, [Neurodiversity Celebration Week \(neurodiversityweek.com\)](https://neurodiversityweek.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.



Practice Key Messages:

- If you are a carer, you can now inform one of our members of staff, who can then code this on our system. This will help other members of staff in the Cambridge Practice to know that you are a carer. It also means that you are further exposed to any updates or information that would be useful to you
- If you are experiencing symptoms of a urine infection, in order to have your urine tested, it will need to be requested by a member of the clinical team

RAMADAN AND DIABETES

A PRACTICAL GUIDE FOR
PEOPLE WITH DIABETES
AND HEALTH CARE
PROFESSIONALS



> USEFUL RESOURCES:

Trend Diabetes: www.trenddiabetes.online

Diabetes UK: www.diabetes.org.uk

Diabetes UK: ☎ 0345 123 2399

For further information, you can look at the leaflet that is currently located on our Practice website.

Practice Statistics – February

Please see some of the Practice statistics below for the month of February

Total number of HCA health reviews completed in the month of February	368
Total number of face-to-face appointments completed in the month of February	4884
Total number of telephone appointments completed in the month of February	1771
Total number of Econsult appointments completed in the month of February	563
Total number of home visit triage appointments completed in the month of February	129
Total number of calls answered in the month of February	11348
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 February	3301
Average wait time on calls in the month of February	00:06:56
Total number of DNA's (patients who did not attend or cancel their appointment) in the month of February	352
Total number of prescription requests in the month of February	4337
Total number of same day urgent prescription requests submitted to the Practice for the month of February	165

The Cambridge Practice recommends the below healthy recipe.

Burrito bowl with chipotle black beans

Prep – 15 minutes – Cook – 15 minutes.

Method

Step 1

Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.



Step 2

Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.

Ingredients

- 125g basmati rice
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can black beans, drained and rinsed
- 1 tbsp cider vinegar
- 1 tsp honey
- 1 tbsp chipotle paste
- 100g chopped curly kale
- 1 avocado, halved and sliced
- 1 medium tomato, chopped
- 1 small red onion, chopped

Nutritional Information

- Kcal 573
- Fat 21g
- Saturates 4g
- Carbs 72g
- Sugars 7g
- Fibre 15g
- Protein 16g
- Salt 0.8g

