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Issue #09
September 2026

The Cambridge Practice

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The Cambridge Practice

PATIENT NEWSLETTER

💚 **Suicide Awareness Month** 💚

September is **Suicide Awareness Month**, a time to raise awareness, reduce stigma, and remind people that support is available.

You are not alone. If you're struggling with your mental health, talking to someone you trust can make a real difference. Likewise, checking in on a friend, family member, or neighbour could help someone who is finding things difficult.

Need support? 📞 **Samaritans (24/7): 116 123** 🌐 www.samaritans.org

📞 **NHS Mental Health Support: 111** (select the mental health option)

🚨 **Emergency: Call 999**

💚 **Remember: A simple conversation could save a life.** 💚

PATIENT PARTICIPATION GROUP

Dear all,

I am delighted to have been appointed as Chairman and am excited to help grow the value of our Patient Participation Group (PPG).

The PPG is an opportunity for patients, practice staff and the wider community to work together, share ideas and feedback, and help improve services for everyone.

My aim is to provide a friendly and constructive voice for patients. I hope our meetings will be open, welcoming and practical, giving everyone the chance to contribute their views and suggestions.

I have already met with Claire and Patience, and we are looking at how the PPG can develop ideas for improvement and help track progress. We are also working to ensure the PPG better reflects the diverse community served by the practice.

Thank you for being part of the group. I appreciate your time and input and look forward to hearing your ideas. If meeting times, formats or locations could be improved to encourage participation, please let me know.

Please feel free to share any suggestions for improvement. If anyone is interested in taking on the role of Secretary, I would be delighted to hear from you.

With best wishes,
Nichola

Practice Key Messages:

Suicide Prevention & Mental Wellbeing

*September is **Suicide Awareness Month**, a time to remind ourselves that help is available and that no one should face difficult times alone.*
If you are struggling with your mental health, feeling overwhelmed, or concerned about someone else, support is available locally and nationally. Reaching out for help is a sign of strength, and a simple conversation can make a real difference.

***Mind Hampshire & Isle of Wight**: www.mind.org.uk/about-us/local-minds/mind-hampshire-isle-of-wight*

***NHS Talking Therapies** (self-referral available): www.nhs.uk/talk*

***The Cambridge Practice**: Contact us if you would like support or advice regarding your mental wellbeing. 01252 344868*

Remember: You are not alone. Help is here, and support is available.

Practice Statistics - August

Please see some of the Practice statistics below for July/August

Take a look at how our practice statistics changed between July and August	July	August
Total number of HCA health reviews completed in August	435	377
Total number of face-to-face appointments completed in August	5,427	4,233
Total number of telephone appointments completed in August	2,248	1,930
Total number of online consultation appointments completed, in August	621	549
Total number of voice agent contacts in August	7,178	6,480
Total number of calls answered in August	2,863	2,545
Total number of missed calls excluding repeat calls in August	207	229
Average queue answered on calls in August	5m 39s	8m 53s
Total number of DNA's (patients who did not attend or cancel their appointment) in August	403	298
Total number of prescription requests in August	5,957	4,199
Total number of same-day urgent prescription requests submitted to the Practice for August	39	42

The Cambridge Practice recommends the following recipe.

'Marry me' chickpeas

Prep – Less than 30mins | **Cook –** 10-30mins | **Serves** – 4

Nutritional Information

450-550 kcal
32g fat
16g saturates
25g carbs
5.7g fibre
12-15g protein
0.8-1.5g salt

- **Ingredients**
- 150g/5½oz sun-dried tomatoes, in oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 15g/½oz fresh basil, stalks finely chopped and leaves reserved
- 1 tsp sweet smoked paprika
- ½–1 tsp dried red chilli flakes
- 200ml/7fl oz vegetable stock, warm
- 150g/5½oz double cream
- 400g tin chickpeas, drained
- 45g/1½oz Parmesan (or alternative vegetarian hard cheese), grated, plus extra to serve
- sea salt and freshly ground black pepper
- **To serve**
- steamed green vegetables
- crusty bread

1. **Method**
   Drain the sun-dried tomatoes reserving 1 tablespoon of the oil. Roughly chop the tomatoes and set aside. Heat the tomato oil in a large frying pan over a medium heat.
2. Add the onion and garlic to the oil and fry for 4–5 minutes until the onion starts to soften. Add the basil stalks, chopped sun-dried tomatoes, paprika and chilli flakes to the pan. Fry for another 2 minutes.
3. Pour in the stock and double cream then add the chickpeas and stir to combine. Allow to gently simmer and reduce for 5 minutes until the sauce is thick and the chickpeas are tender.
4. Stir through the Parmesan, season with salt and pepper and remove from the heat. Roughly chop the basil leaves and scatter over the top. Serve straight to the table along with steamed green vegetables and crusty bread for dipping.