



Langham Place Surgery
SPRING NEWSLETTER



Welcome to the Spring 2021 Newsletter, we hope you are all enjoying the warmer weather and the easing of some COVID-19 restrictions. Please feel welcome to contact us via the feedback tab on the Langham Place Surgery website, for anything you want to see in **your** seasonal newsletter.

COVID-19

We appreciate your co-operation with the changes we've made to how we operate over the past year. We are very grateful for the kind words we have received in your cards and the effort you put into adhering to social distancing guidance and our one-way system when you come into the practice, this keeps everyone safe and helps us to remain open and available to offer services to our patients.

Our COVID-19 vaccination rollout has been a soaring success, those of you who have been invited for the vaccine will know that our vaccination site is Queensview Medical Centre and our staff assist there with the rollout each week. We thank those of you who have attended for your patience and timely attendance. See page 2 of the newsletter for vaccination statistics.

I am sure you will join us in welcoming the easing of some COVID restrictions. Since March 2021 we have seen the return of rule of 6 and outdoor gatherings and activities returning. As we move forward into May, restrictions on indoor activities will ease too. While this is a welcome change for many, we do strongly advise to continue wearing a facemask and socially distance until the government changes this advice.

During this happy time of restrictions easing and normality returning, we do not lose sight of those who have lost loved ones, those who are currently receiving treatment, and those who are in recovery. We can only express our heartfelt wishes to those and hope that our condolences will be of some comfort.

Well-being apps are available, such as Headspace, Unmind, Sleepio and Daylight. Charities can also offer support, such as Age UK, Mind UK, Low down, Childline, Re:store, The Hope Centre, Carers Northamptonshire, Northampton and District Mind.

“Where there is unity there is always victory.” Publilius Syrus

For the latest government advice, see <https://www.gov.uk/coronavirus>

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General Info

Please ensure we have all your up-to-date info, such as a new name, your address, and your telephone numbers.

If a loved one takes care of you and you consent to us speaking with them on your behalf, call us and let us know and we can note the consent on your record for ease going forward.

No news is good news, but if you have had any tests and are waiting for results, you are always welcome to call us a week after your tests are conducted (2 weeks for x-ray results).

Health Days, Weeks & Months

Following on from April 29th 2021 which is On Your Feet Britain, all of May 2021 is National Walking Month. The NHS encourages people to walk more throughout May as we welcome the warmer spring weather.

As we have all become more aware about our hand hygiene in the COVID-19 pandemic, 5th May 2021 is Global Hand Hygiene Day. It's simple, washing your hands saves lives.

3rd – 9th May 2021 is both Sun Awareness Week and Deaf Awareness Week. Almost 50% of Brits get sunburnt each year; this week highlights the importance of looking after your skin in the sun. 1 in 6 of the UK adult population is affected by hearing loss, 6.7 million of those people could benefit from hearing aids, however sadly only about 2 million people utilize them. 900,000 people are severely or profoundly deaf.

Mental Health Awareness and support has become an especially hot topic during the pandemic, with people isolating and shielding for long periods of time. 10th – 16th May 2021 is Mental Health Awareness Week.

7th – 13th June 2021 is Carers Week, this is an annual campaign to raise awareness of carers by highlighting the tremendous work that they do both in families and the community. There is information and support for carers at www.northamptonshire-carers.org

14th – 20th June 2021 is both Men's Health Week and Cervical Screening Awareness Week. Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to utilize professional health services. Around 3,200 women are diagnosed with cervical cancer in the UK each year, more than half of those cases are women aged under 45.

Globally air pollution is a bigger killer than smoking. Air pollution shortens lives, causes early death, and ill health. The Environment Bill will deliver cleaner air for all, by requiring the UK government to set targets on air quality, including for fine particulate matter, the most damaging pollutant to human health, by October 2022. It is National Clean Air Day on 16th June 2021.



COVID-19 Vaccination Statistics

Data as at 28/04/21. LPS patients only.

3,779 patients have received their 1st dose, which is 86.2% of patients in eligibility groups 1-9.

1,266 patients have received their 2nd dose, which is 99% of eligible patients in groups 1-9.

Percentages of LPS Patients Vaccinated per Eligibility Group:

Cohort 1: 100%, Cohort 2: 93.6%, Cohort 3: 93%, Cohort 4a: 92%, Cohort 4b: 82.9%, Cohort 5: 88.5%, Cohort 6: 80.5%, Cohort 7: 84.6%, Cohort 8: 79%, Cohort 9: 74%.

Cervical Screening

What is cervical screening?

Cervical screening is a way of preventing cancer. It tests for a virus called high risk human papilloma virus (HPV). High risk HPV can cause cervical cells to become abnormal. Most cases of cervical cancer are linked to high risk HPV.

The cervix is part of the female reproductive system. It is the lowest part of the womb. A nurse takes a sample of cells from the cervix using a small soft brush (smear test) and sends the sample to the laboratory.

The NHS cervical screening programme invites women from age 25 to 64 for screening. You get an invite every 3 years if you are aged 25 to 49. After that, you get an invite every 5 years until the age of 64. You need to be registered with a GP to get your screening invitations. Cervical screening is also for trans men and non-binary people within this age range who have a cervix. You can talk to your GP about this.

Cervical screening is still available in the UK during the pandemic, however there are some delays and changes to how the appointments are conducted. If you have any queries about cervical screening or think you are eligible but haven't been invited, please contact your GP.

UK Statistics

3,152 new cases of cervical cancer, 2015-2017.

854 deaths from cervical cancer, 2016-2018.

99.8% of cervical cancer cases are preventable, 2015.

Langham Place Surgery Statistics *(as at 13/05/2021)*

Over the last 3 years, out of 1,475 eligible patients aged 25-49, 1,192 attended their cervical screening. That is 80.8%

Over the last 5 years, out of 688 eligible patients ages 50-64, 555 attended their cervical smear. That is 80.6%.

Research

We have recently partnered up with the National Institute for Health Research to take part in studies over the next year to improve healthcare, learn more about diseases and much more.

If you're interested in taking part there is information on our website and if we invite you to participate in any of our studies, we would highly appreciate your contribution.

LANGHAM PLACE SURGERY

11 Langham Place, Northampton, NN2 6AA

01604 638162

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Singapore Noodles

This is a fantastic recipe for spring! Quick to make, light and nutritious, either follow the recipe or add and remove whatever you like!

Serves 4.

Ingredients

- 250g Rice Vermicelli Noodles
- 1 large chicken breast, cut into thin strips
- Olive Oil
- 1 Onion, thinly sliced
- ½ red pepper, thinly sliced
- ½ yellow pepper, thinly sliced
- 1 parsnip, shredded or grated
- ½ cabbage, finely shredded
- 3 garlic cloves, crushed
- 3 tsp curry powder
- 2 tsp dried chilli flakes
- 4 spring onions, thinly sliced
- 2 tbsp soy sauce
- 2 tsp sesame oil

Method

1. Soak the noodles according to the packet instructions, then drain and rinse under cold water. Set aside.
2. Fry the chicken in a large pan with the olive oil.
3. Add the onion and continue to fry until the chicken is cooked and the onion is soft.
4. Add the pepper and parsnip and fry on a high heat to get it charred, then add the cabbage and garlic and turn down to a medium heat.
5. Add the curry powder and chilli flakes and fry for another 30 seconds.
6. Add the drained noodles and spring onions and mix together on a medium heat.
7. Add the soy sauce and sesame oil and continue mixing on a medium heat.
8. Once all ingredients are mixed thoroughly, divide between warmed bowls and serve.