



Langham Place Surgery
Summer Newsletter



Welcome to the Summer 2021 Newsletter, we hope you are all enjoying this years summer sunshine, the current relaxation of COVID-19 restrictions or maybe you even got away for a holiday this year!

In this edition of our newsletter you will find information on staff changes, data sharing, medical research, upcoming health events and a sweet summer recipe!

COVID-19

Whilst we enjoy the current relaxation of rules and restrictions, we want to thank all of our patients for your continued support in COVID-19 safety when visiting our surgery.

COVID-19 booster vaccinations are right around the corner and if you are eligible the surgery will be in contact with you.

For anyone with anxiety regarding the relaxation of restrictions, or if you have had a bereavement, well-being apps are available, such as Headspace, Unmind, Sleepio and Daylight. Charities also offer support, such as Age UK, Mind UK, Lowdown, Childline, Re:store, The Hope Centre, Carers Northamptonshire, Northampton and District Mind.

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

“Believe
you
can
and
you
are
halfway
there.”

Theodore
Roosevelt

“Try to
be a
rainbow
in some-
one
else's
cloud.”

Maya
Angelou

Staff Changes

Danielle and Alisa will be missed from our Reception team, however we are sure you will join us in a very warm welcome to Lesley and Nicola who have joined the Reception team from July.

A big congratulations to Dr Matthew Bundock who after being a trainee doctor with us in 2015 and a permanent GP from 2018, Dr Bundock has become a partner of Langham Place Surgery!

Data Sharing



Langham Place Surgery has become a contributing practice to the Clinical Practice Research Datalink. What this means is that anonymised information from patients' records can be used in research. This research can include, but is not limited to, the development of new treatments, testing the safety of medicines and improving patient and public health.

To learn more about how your data is used please visit www.cprd.com/public

To opt out of sharing data, please contact the surgery.

Upcoming Health Events

6-12 Sept is Know Your Numbers Week. Encouraging adults to know their blood pressure numbers and take action to reach and maintain a healthy blood pressure. www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/

10 Sept is World Suicide Prevention Day. Promoting worldwide commitment and action to prevent suicides. www.iasp.info/wspd2021/

13 Sept is World Sepsis Day. An opportunity for people worldwide to unite in the fight against sepsis. www.worldsepsisday.org/

17 Sept is World Patient Safety Day. Increasing public awareness and engagement, enhance global understanding, and spurring global solidarity and action to promote patient safety. www.who.int/news-room/events/detail/2021/09/17/default-calendar/world-patient-safety-day-2021

20-26 Sept is International Week of the Deaf People. An initiative of the World Federation of the Deaf (WFD). <https://wfdeaf.org/iwdeaf2021/>

20-26 Sept is Organ Donation Week. www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/

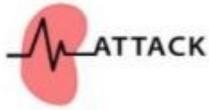
20-26 Sept is National Eye Health Week. www.visionmatters.org.uk/

22 Sept is National Fitness Day. www.nationalfitnessday.com/get-involved/

23 Sept is International Day of Sign Languages. www.un.org/en/observances/sign-languages-day

25 Sept is Worlds Biggest Coffee Morning. coffee.macmillan.org.uk/

Medical Research



Aspirin to Target Arterial Events in
Chronic Kidney Disease

We are partnered with the National Institute for Health Research and as a surgery we have been approved to participate in a study called the ATTACK study; Aspirin To Target Arterial Events in Chronic Kidney Disease. As a surgery we are thrilled to contribute towards medical advancement through research. Soon we will be contacting potentially eligible patients with information and to request voluntary participation.

Annual Flu Campaign

As we do every year, the annual seasonal flu campaign is fast approaching.

If you meet the eligibility criteria for the seasonal flu vaccine, we will be contact with you in the coming weeks.

Look out for comms from us about your seasonal flu jab!



On the last page awaits you
a delicious no –bake
cheesecake recipe to enjoy!

Sweet Summer Treat

Strawberry no-bake cheesecake!

Ingredients

150g melted butter (plus extra for the tin)
300g digestive biscuits
650g soft cheese
175g icing sugar
300ml double cream
1 vanilla pod 1, halved lengthways and remove the seeds
1 tsp vanilla extract
200g hulled and diced strawberries

Topping

250g strawberries — 100g hulled and quartered, 150g halved
50g caster sugar
1 tsp cornflour

Method

Lightly butter the base and sides of a deep 20cm cake tin and line the bottom with baking paper. Put the digestive biscuits into a food processor and whizz to crumbs, then add the melted butter and whizz again briefly. Tip into the tin, spread out and press down firmly to make an even base. Put into the fridge to set.

Put the soft cheese into a mixing bowl and use an electric whisk to mix until fluffy. Add the icing sugar and gently mix until smooth. Pour the cream into a separate bowl, add the vanilla seeds and extract, and whisk to very soft peaks. Gently fold the cream and diced strawberries into the soft cheese mixture.

Spoon the filling over the biscuit base and spread until even and smooth. Put the cheesecake into the fridge and leave to set for at least 4 hours but preferably overnight.

To make the topping, put the 100g of quartered strawberries into a small pan with the caster sugar and a splash of water, and cook over a low-medium heat for 8-10 minutes or until the sugar has dissolved and the strawberries have softened. Gently mash the strawberries in the pan to break them down, then pass through a sieve into another bowl and pour the juice back into the pan. Add the cornflour and stir constantly on a low heat until the sauce is thickened and smooth. Cool.

Once the cheesecake has set, take it out of the fridge, carefully remove from the tin and transfer to a serving plate. Pour over the strawberry sauce, top with the remaining halved strawberries and serve.