



The Jubilee Practice News

November 2022

Staff Announcements

The practice has been busy over the last few months recruiting a wide range of health-care professionals and administrative staff including GP's, Nurses and Physician Associate. We hope this will significantly help to meet the high demand that primary care is currently facing and allow our Patient Services Team to continue to signpost our patients to the most appropriate clinician.

MEET OUR NEW MEMBERS OF THE TEAM...



1 - Dr Debanand Dey - Salaried GP

A Little About Me....

Hi, I am Dr Debanand Dey and I started at The Jubilee Medical Practice in August 2022. I previously studied Chemistry at the University of Leeds and briefly worked in the pharmaceutical industry. Following this I enjoyed travelling and worked as a healthcare support worker, prior to starting and completing my medical training at the University of Leicester in 2017.

I undertook Foundation training and completed GP training in Leicester. I am currently a member of the Royal College of General Practitioners.

I live in Leicestershire with my wife and 2 young children. I spend most of my spare time making memories with my young family, enjoying country walks and the outdoors!



2 - Dr Jinal Shah - Salaried GP

A Little About Me...

I was born and raised in Leicester. I went to the University of Southampton for my medical degree and returned to Leicester to complete my training. I am committed to the local area and my focus is on improving the healthcare of the local community.

I joined the practice in August and it has been one of the best decisions I have made. I am involved in and enjoy teaching medical students. Currently I work Tuesdays, Thursdays and Fridays. In my spare time I enjoy walking, racquet sports and support Leicester City football club.



3 - Dr Sameer Joshi - Salaried GP

A Little About Me....

Hi I am Sameer and I started at The Jubilee Medical Practice in October 2022. I trained in Mansfield and completed by GP training in August 2022. I feel as though I am settling in very well so far and I am looking forward to meeting the patients of Syston!

In my spare time I enjoy walking, cycling and camping.



4 - Nicholas Forgione - Physician Associate

A Little About Me....

Hi I'm Nick, Physician Associate (PA) at Jubilee medical practice. I joined the team in August, where I will be starting my career as a PA. A fairly new role in the NHS, PA's are medically trained clinicians that have studied a masters on top of a science degree. They support GP's in the diagnosis and management of patients, providing valuable input to care.

Before becoming a PA I was a staff nurse in Leicester urology, which I still share an interest for. Prior to this I worked in a mental health hospital.

I love languages! I grew up in Italy, and usually spend my holidays there or in Spain, always trying to improve my linguistic skills. And so yes, my favourite food is pasta!

I look forward to continuing my career with the great team at Jubilee practice.



5 - Samantha Tadman - Practice Nurse

A Little About Me...

My name is Sam, I'm a practice nurse and have just joined from a GP surgery in New Parks. I moved into primary care 2 years ago after spending 10 years in Leicester and Nottingham hospitals working in gynaecology, respiratory and neurosurgery/neurology. My weekends are normally spent on some soggy touchline, watching my 2 young boys play football. I enjoy spending time gardening and am slightly obsessed with bees!

I'm looking forward to working with our patients from Syston and surrounding areas. I have already had a warm welcome from a few and look forward to meeting many more.



6 - Madeleine Holmes - Patient Services Advisor

A Little About Me...

My name is Madeleine and I have been working at The Jubilee Medical Practice since August 2022. After coming from a retail background, general practice has been a big change but the great team have made the job so much easier.

Fun fact about me - I have a marketing degree and I am obsessed with donkeys!!

Practice News



The Patient Participation Group (PPG) is looking for new members! The PPG is open to every patient on the GP practice list, no matter the gender, age, ethnicity or disability. It is a group of patients who meet and discuss practice issues and want to help with the continuous improvement of practice services.



The Purpose of a PPG:

- **Offer feedback on patient perspective**
- **Give patients and practice staff the opportunity to meet and discuss topics of mutual interest.**
- **Improve communication**
- **Influence decisions about proposed new services and their development**
- **Help support health awareness and patient education**

We are always looking for new members to join the PPG to bring different, fresh ideas that may help us improve our services and to help the practice make the most effective use of its resources. Your experiences matter which is why we would love you to come along to our next PPG meeting to see if this is something you would like to be involved with!

At each meeting, we always update you with relevant practice news and changes to any services, listen to your ideas/feedback and discuss any local community services that would help enhance aspects of the patient's lives. You will also gain a better understanding of the NHS and gather feedback from other patients. It is not a forum for individual complaints, personal issues or for medical advice.

The Jubilee PPG meet at the practice every 2 months and usually lasts for about 1 hour. We try to have a Dr representative at each meeting, although this is not always possible. If you are interested in joining, please speak to our Patient Services Manager, Michelle Keogh for more information.



**HRT drug shortage – expected
stock dates have been extended**

Updated supply date 30/11/22

Oestrogel 0.06% pump pack

Ovestin 1mg cream

Sandrena 0.5mg and 1mg gel
sachets

Updated supply date Friday

13/1/23

Lenzetto 1.53mg transdermal
spray

**It is worth checking with your
pharmacy before you place
repeat request as they
sometimes source stock from
other manufacturers**

**The Medicines Team at the
practice will continue to monitor
and issue alternatives.**



Health In The Community

Please see the posters below regarding some of the available workshops / support groups within the local area. Please forward onto anybody you know who you feel may benefit from these.

LOUGHBOROUGH WELLBEING CENTRE



Monday

Mindful Wellbeing Workshop
11-12pm-£1 per session
Starts Monday 14th November
Wellbeing Cafe
11-1pm
Crisis Cafe
5-10.30pm

Tuesday

Yoga
10-11am-£2 per session- email
admin@loughboroughwellbeing.com
to book your place
Calm Cafe- 11-1pm
All Female Stitching Well Group
2-4pm

Wednesday

Carers Support Group
10.30-12pm

Loughborough Wellbeing Cafe
1-3pm

Thursday

Yoga
7-8pm-£2 per session
Starts Thursday 17th November
email
admin@loughboroughwellbeing.com
to book your place

Friday

Veterans Wellbeing Hub
10-1pm

Crisis Cafe
5-10.30pm

Saturday

Chair Yoga
11-12pm-£2 per session
Starts Saturday 19th November
email
admin@loughboroughwellbeing.com
to book your place



COMMUNITY
FUND





Charnwood

ONLINE SESSIONS FOR AUTUMN/WINTER



Leicester
Ageing
Together

 Health focused Zoom sessions for over 50s living in Leicester Leicestershire or Rutland. To join a session send an email to healthplus@reachingpeople.co.uk 		
Dance Exercise (English/Gujarati) Mondays 10am	Exercise (Gujarati) Mondays 11am	SPAL Yoga (English/Gujarati) Mondays 6.45pm
Dance Exercise, Sudoku/Bingo (Gujarati) Tuesdays 11am	Chit Chat (Gujarati/English) Tuesdays 2pm	Leicester Ke Sitare Karaoke Singers (Gujarati/English) Tuesdays 4pm
Stretches (English) Tuesdays 6pm	Resistance Band Exercise (English/Gujarati) Wednesday 11.15am	Mindfulness Meditation to Music (English/Gujarati) Last Wednesday of the Month 3.45pm
Yoga (English) Thursday 11am	Krishna Yoga (English/Gujarati) Thursday 11.30am	Shreemad Bhagwad Gita (Gujarati) Thursday 2pm
Yoga (Gujarati) Friday 11am	Knit and Natter (Gujarati/English) Friday 3.20pm	Geet Sangeet (Gujarati/English/Hindi) Friday 5pm
	Stretches (English) Saturday 10am	

This project has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity and Raising Health (Gujarati) through NHS Trusts.



Hospital Waiting Times

The practice receives a number of calls regarding patient referrals and how long it may be until they receive an appointment. The information opposite relates to the waiting times for the first outpatient appointment. This is the average waiting time for your first appointment with a clinician having been referred by your GP. This may be face to face, online or by telephone.

Waiting time information is not applicable for patients on a cancer pathway. This information is updated weekly via the NHS website.

University Hospitals of Leicester NHS Trust – My Planned Care NHS

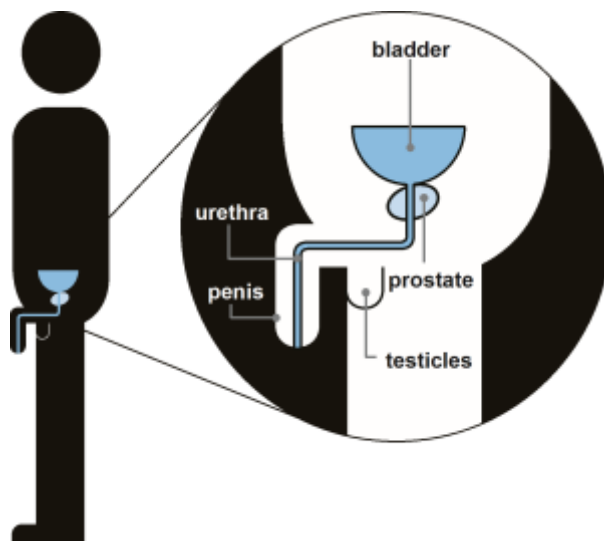
Department	Waiting Time
Gynaecology	32 weeks
Cardiology	14 weeks
Gastroenterology	31 weeks
Breast	9 weeks
Neurology	14 weeks
ENT	39 weeks
Orthopaedics	16 weeks
Pain Management	16 weeks
General Surgery	25 weeks
Respiratory	12 weeks
Paediatrics	15 weeks
Ophthalmology	30 weeks
Rheumatology	10 weeks

Please be aware that we are unable to send a request to the hospital to expedite appointments unless there is a clinical justification to do so and/or there is evidence that a patient needs to be seen sooner.

Health Awareness

Mens Health for MOVEMBER...

*Men's health is in crisis. Men are dying on average 5 years earlier than women, and for largely preventable reasons. **MOVEMBER** is the leading charity changing the face of men's health. This includes Mental Health and Suicide Prevention, Testicular cancer and Prostate cancer. Prostate cancer is the most commonly diagnosed cancer in men in the UK. Globally, more than 1.4 million men are diagnosed with prostate cancer each year.*

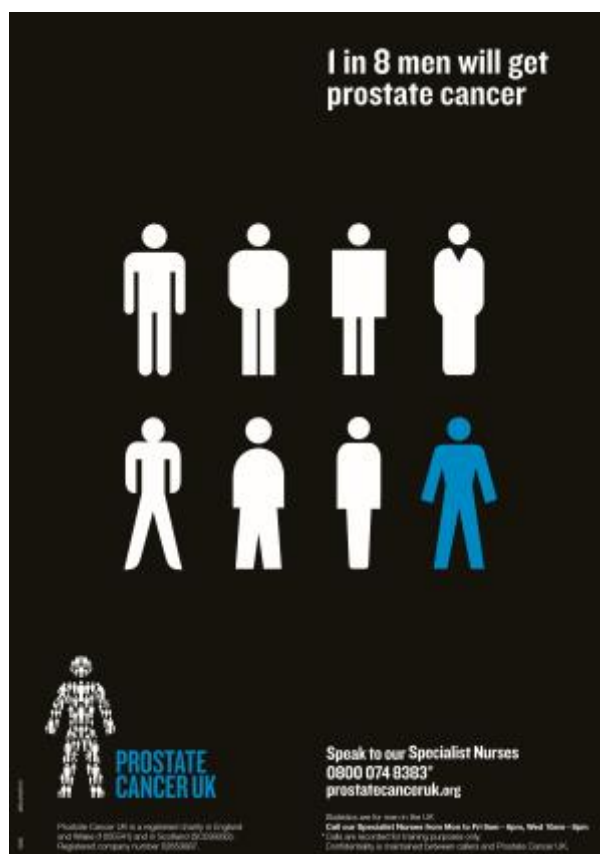


What is the Prostate?

The prostate is a gland. It is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube that carries urine (wee) out of the body. The prostate's main job is to help make semen – the fluid that carries sperm.

What is Prostate Cancer?

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way. Prostate cancer often grows too slowly to cause any problems. But some prostate cancers grow more quickly and are more likely to spread. This is more likely to cause problems and needs treatment to stop or delay it spreading.



Does prostate cancer have any symptoms?

Most men with early prostate cancer don't have any symptoms. That's why it's important to know about your risk (see below).

You may be more likely to get prostate cancer if:

- **You are aged 50 or over** – it mainly affects men over 50, and your risk increases as you get older, or **your father or brother has had it** – you are two and a half times more likely to get it if your father or brother has had it, or
- **You are black** – 1 in 4 black men will get prostate cancer in their lifetime.

- *If you're overweight, you might have a higher risk of being diagnosed with prostate cancer that's aggressive (more likely to spread) or advanced (spread outside the prostate).*

What changes should I look out for?

If you notice any changes when you urinate or have any of the problems below, this could be a sign of a prostate problem.

Changes to look out for include: needing to urinate more

- often than usual, especially at night
- difficulty starting to urinate
- straining or taking a long time to finish urinating
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- a sudden need to urinate – sometimes leaking urine before you get to a toilet
- dribbling urine after you finish urinating.

Less common changes include:

- pain when urinating
- pain when ejaculating.

A small number of men get blood in their urine or semen, or problems getting or keeping an erection. These symptoms aren't usually caused by a prostate problem, and are more often linked to other health problems.

Urinary problems are common in older men, but this doesn't mean you have to put up with them.

There are ways to treat them or manage them yourself.

Talk to your GP if you have any of the problems above. You might find it helpful to tick any problems you have and show this leaflet to your GP.

What Should I do Next?

If you notice any of the above changes or if you think you might be at risk of prostate cancer, visit your GP so they can give you more information or tests if necessary.

Specialist Nurses can also help with any questions about prostate problems, even if you haven't yet spoken to your GP. Specialist Nurses are also there for you if you are a partner of someone who has symptoms of a possible prostate problem or might be at risk of prostate cancer. Remember, urinary problems will often be caused by something other than cancer, and there are treatments that can help.

You can call **0800 074 8383** or text **NURSE** to **70004**. Alternatively you can email or chat online with a specialist nurses via the prostate cancer website at:

<https://prostatecanceruk.org/get-support/our-specialist-nurses>



Practice Information

Practice Learning Time (PLT)

Please note the practice will be closed from **13:00pm** on the following dates for Practice Learning Time:

Thursday 24th November 2022

Thursday 26th January 2022

Wednesday 22nd February 2022

If you require medical assistance during this time that cannot wait until the following day, patients can contact the Covering Care Team on 0300 323 0671 who will be able to deal with your call. In a case of an emergency always ring 999.



Christmas Opening Hours



Friday 23rd December - 08:00 - 18:30

Monday 26th December - CLOSED

Tuesday 27th December - CLOSED

Wednesday 28th - Friday 30th December - 08:00 - 18:30

Monday 2nd Jan - CLOSED

Tues 3rd Jan - 08:00 - 18:30

Urgent Access Clinic

The practice aims to offer 60 urgent appointments every day. These are now only available to book between the following time windows:

Morning: 08:00 - 10:00

Afternoon: 14:30 - 16:30

Outside of these times you will not be able to book an urgent appointment so please do not call the surgery. If you feel your problem cannot safely wait for the next booking window then you have the option of going to one of the local urgent care centres (information available here), or A&E if you feel the problem is an emergency.

Please visit our website www.jubileemedicalpractice.com for more information

Meet The Team

We would like to introduce different members of our team in each newsletter for our patients to get to know a little more about the different roles within General Practice and who you may not always come across when you visit the practice....

Hayley Kelly - Management Team Administrator

I joined the Jubilee team in March 2021. My role predominantly consists of working very closely alongside the Practice Manager, assisting and supporting in all aspects of the practice's functionality. I am responsible for the whole HR side of the practice including recruitment, inductions and staff training and most recently (and most importantly) I have taken on the finance function of the practice. I have worked in general practice for nearly 10 years now, beginning my career in a city practice as a receptionist which eventually led to me becoming Patient Services Manager. My role at Jubilee is always busy and no two days are ever the same, but I love my job and the amazing team I work with!

In my spare time I enjoy keeping fit by attending a boxing studio 3/4 times a week, going on holidays and weekends away (who doesn't!?) and spending precious time with family and friends!

