

### A Patients Participation Group

This is the fifth Newsletter produced by the Lawson Practice Patients Participation Group which was formed in 2008. The group meets monthly to exchange and discuss views about the services provided in the Lawson Practice and to develop projects to support the patient community. The Practice Manager (Yvonne Pope) and Dr Jonathon Tomlinson meet with a diverse group of patients from the Lawson Practice who represent a mix of gender, ethnic groups and age groups – and between them have experienced most of the services offered by the practice.



(image from [www.napp.org.uk](http://www.napp.org.uk))

In this fifth Newsletter we have four main topics - Walking for Health, Understanding diabetes, the usual staff profiles and plans for the Patient Information Centre at the Lawson Practice.

### Let's walk together! - a 'Walking for Health' initiative

Every Wednesday, leaving from the Lawson Practice at 4:00pm.



We all need 30 minutes of moderate activity five times a week to keep healthy. Regular walking is a great way of contributing to this exercise.

Two members of the Lawson Practice Patients Participation Group have trained as Volunteer Walk Leaders and weekly one-hour walks leaving from the Surgery have begun. The picture on the left shows the happy walkers in Shoreditch Park on the first of the weekly walks.

With support from Hackney Council and the Rambler's Association, several walks have been mapped out. These walks take in the Regent's Canal

towpath and local green spaces (Shoreditch Park, Rosemary Gardens and Haggerston Park) with no

*This Newsletter is also available on the Practice website at [www.lawsonpractice.nhs.uk](http://www.lawsonpractice.nhs.uk)*

hills to climb!



*Some local scenes on the walking routes: street art along the canal (including an early Banksy), a pensive angler, and Shoreditch Park with the limestone installation art and Gainsborough Studios in the background.*



### **Do you want to take part?**

Please sign up at the Surgery (they have the registration form at Reception) or just turn up on a Wednesday at the Surgery by 3:45pm. Its good for you and it a social outing too!

### **So why walk? - In a single phrase - to improve our general health!**

The NHS Choices web site says - walking is good for your heart and lungs, and improves cardiovascular fitness. It's a weight-bearing activity, so it can help improve bone density. At the same time it's a low impact activity, so it won't strain your joints .....- **and almost everyone can do it.**

### **Plans for a Patient Information Centre at the Lawson Practice**

You will all have noticed that the Lawson Practice is just building an extension! As well as adding much needed consulting rooms and other medical facilities, it will include a meeting room that will be used for Patient Participation Group (PPG) activities and other meetings. Meanwhile, the redevelopment of the whole St Leonard's site is being undertaken by the City and Hackney Primary Care Trust (PCT). The Lawson Practice will be a key GP service in the centre of this East London NHS services hub.

So this is an excellent time for us to develop and broaden the initial activities that have been undertaken by the Patient Participation Group and in the last Newsletter we announced plans to develop a Patient Information Centre. However, with the delay in the building extension, caused by the need to remove the asbestos that was unexpectedly found in the foundations of the old hospital that used to be on this site, the plans for the full Patient Information Centre have had to be delayed until next year.

### **Understanding diabetes - a call to action**

Whilst the extension is being built, we have decided to begin work on a part of the Patient Information Centre, by focussing on providing an information resource on diabetes. As you will see below, well over two million people in the UK have diabetes. At the Lawson Practice there are over three hundred patients known to have diabetes. Diabetes is a life long (chronic) illness and for sufferers it is important to manage their lives carefully, through medication, exercise and a good diet. More details will follow over the months.

This Newsletter takes diabetes as its medical topic this quarter, as a call to action to all our patients. Our doctors believe it is likely that about 200 of the Lawson Practice patients have diabetes and do not know

*This Newsletter is also available on the Practice website at [www.lawsonpractice.nhs.uk](http://www.lawsonpractice.nhs.uk)*

that they have it. Please read about the symptoms below and talk to a doctor if you are at all unsure.

### **Did you know?**

1. More than 100 years ago the German doctor Rudolf Virchow observed that the artery walls of patients dying of disease of the arteries were often thickened and irregular, and contained a yellowish fatty substance subsequently identified as cholesterol. This state of the arteries was termed *atheroma*, which is the Greek word for porridge.

Today porridge is recommended as part of a healthy diet to keep cholesterol levels down!

2. There are currently over 2.6 million people with diabetes in the UK and there are up to half a million people with diabetes who have the condition and don't know it.

3. You can skydive to collect funds for the diabetes charity - visit <http://www.diabetes.org.uk> for more information.

4. Professor Graham Welch, Chair of Music Education at the Institute of Education, University

### **Parachuting and skydiving in the UK**



Parachuting and skydiving in the UK



Some people jump out of a plane for kicks, others pluck up the courage for a good cause – you can combine the two with Diabetes UK.

of London, who has studied developmental and medical aspects of singing for 30 years says, “The health benefits of singing are both physical and psychological. Singing has physical benefits because it is an aerobic activity that increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when sitting (see <http://www.heartresearch.org.uk> ).

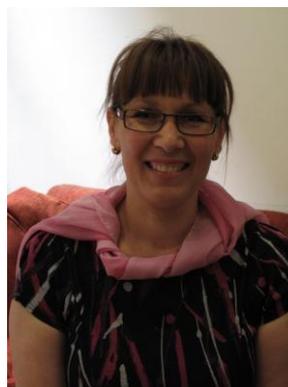
Regular exercising of the vocal cords can even prolong life, according to research done by leading vocal coach and singer Helen Astrid, from The Helen Astrid Singing Academy in West London. “It’s a great way to keep in shape because you are exercising your lungs and heart. Not only that, your body produces ‘feel good’ hormones called endorphins, which rush around your body when you sing. It’s exactly the same when you eat a bar of chocolate. The good news with singing is that you don’t gain any calories!

*This Newsletter is also available on the Practice website at [www.lawsonpractice.nhs.uk](http://www.lawsonpractice.nhs.uk)*

### **The staff**

We do a short introduction to some of the staff in each Newsletter.

*Dr Deborah Colvin*



*Bozhana Vasileva, Healthcare Assistant*

I started working at The Lawson Practice 2 years ago. During the first three months here I was a part time phlebotomist, taking blood samples. Then I was offered the position of a health care assistant. This made me extremely happy, because it gives

me a chance to show more of my abilities.

I have 13 years of experience as an Endoscopy Nurse in my native country Bulgaria. During those years I have carried out duties like new patient health checks, measuring blood pressure, wound care, removal of stitches and doing electrocardiograms.

In the past year I managed to do a number of courses in order to improve my confidence and skills in Primary Care.

I must say that it is a great honour and pleasure to work at The Lawson Practice and be part of the team.



*Jushna Begum, Receptionist*

I am a medical receptionist at the Lawson Practice. I have been working here for the past 4 years and have learnt a great deal from the staff here and the patients. I have grown very close to the patients and the staff here. Working

here has given me a great understanding and an empathy for the NHS and how it works. I hope to carry on and gain more knowledge from the practice.

## The doctors column

Here we cover some items about the practice in each newsletter.

### The Extension to the Practice Building

You will be glad to hear that all the asbestos has been removed from the site and work on the new building can proceed. It is expected to be finished during the first quarter of 2011.

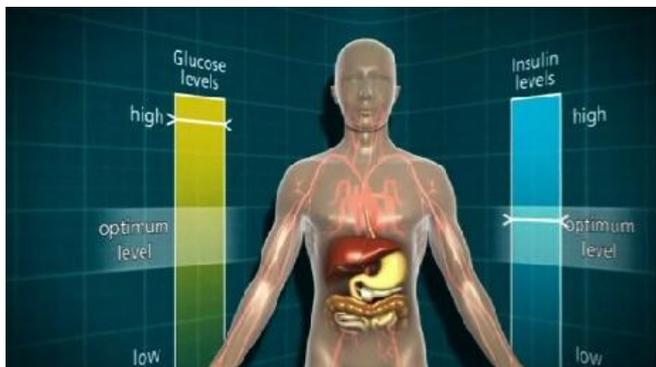
The picture below shows the finished building with new entrance and two story extension.



### Springfield GP-led Health Centre

The Lawson Practice now also runs the Springfield GP-led Health Centre at 19-21 Oldhill Street, London N16 6LD, between Stamford Road and Upper Clapton Road, about 600 metres north east of Stoke Newington Station. It is a Walk-In Centre, open from 8:00am - 8:00pm seven days a week. In an emergency during these hours, it is probably better to go there than to an A&E Department at the hospital.

## Understanding diabetes



Diabetes is a common life-long condition where the amount of glucose in the blood is too high as the body cannot use it properly. This is because the pancreas does not produce any, or not enough, insulin or the insulin that is produced doesn't work properly.

There are two types of diabetes and they have common symptoms which include blurred vision, always being thirsty, tiredness, weight loss, needing

to urinate frequently, slow healing and thrush or genital itching.

Diabetes is diagnosed by blood tests to measure glucose and insulin levels.

## Other sources of information about diabetes

Never forget that the Lawson Practice staff should be your first port of call for help, advice and general information. Remember they are 'only a phone call away'!

The NHS Choices website has a very comprehensive section on diabetes, so visit <http://www.nhs.uk/pathways/diabetes/Pages/Landings.aspx>.

The UK charity Diabetes UK also has much useful information on their web site at <http://www.diabetes.org.uk/Guide-to-diabetes/>.

### ...And finally, some cooking tips

Healthy eating is an important part of living with diabetes. Recipes need to be higher in fibre and lower in fat, sugar and salt. The following general tips are taken from the Diabetes UK web site which has a great number of glorious recipes and a lot of good advice.

- Try to reduce the amount of fat you use by swapping high fat ingredients for lower fat alternatives.
- Grill, bake, poach, steam, microwave or boil foods rather than frying them or cooking with added fat.
- Use low fat dairy products where possible such as skimmed or semi-skimmed milk, reduced fat cheeses and low fat yogurts.
- Use light crème fraiche instead of double cream.
- When you feel nothing but cream will do, spoon extra thick single cream onto fruit or puddings instead of double cream.
- Use fats and oils which are high in monounsaturates.
- Try using stronger cheese for cooking. You'll find that you won't have to use so much to give it a cheesy flavour. Grated cheese tends to go further too.
- Try and reduce the amount of salt used in cooking and at the table as we eat more salt than we need. Flavour your food with lemon juice, herbs, spices or mustard instead for healthier, tastier food.



## Getting in touch with the Lawson Practice Patients Participation Group (L3PG)

We would very much like to hear from patients. The Patient Participation Group may be contacted by leaving a written note with the practice receptionists.

*The following people are members of the L3PG:*

Dr Jonathon Tomlinson, Yvonne Pope, Kim Cole, | Wilson, Christine Russell, Nusret Sen, (George) Roger  
Veronica Duberry, Doreen Gilmour, Stewart Harvey- | Till (who prepared this Newsletter) and Gulay Yildirim.