

Your **FREE** magazine from your local NHS

Issue Four: July 2015

Engage

Our gardening guru
meets his idol...

Joe Maiden

Say no to
tummy woes...

Don't ruin your
barbecue with
food poisoning

PLUS!
QUIZ CORNER /
TOP TWEETS /
RECIPES /
GARDENING /
NEWS / SPORTS
& HEALTH



Enjoy the great outdoors this summer
by visiting our hidden gem
see page 9

NHS
Leeds West
Clinical Commissioning Group

Summer sun & the great outdoors

With long, glorious sun filled days ahead of us we are thinking of the great outdoors and this edition of Engage is very much focussed on summer related topics.

Our guest interview is with Joe Maiden, a well-known gardener who co-hosts a regular gardening show on BBC Radio Leeds. We've had a chat with him to talk about all things gardening before finding out more about his experience of prostate cancer.

The smell of barbecues being fired up can fill the evening air on late summer evenings. So we thought we'd bring you some top tips to keep tummy bugs away. In addition we've got some advice on sun protection and getting the right dose of vitamin D while you can, before the darker days of winter arrive again.

Talking of the great outdoors, this edition's hidden gem is the rather splendid Golden Acre Park which boasts a fabulous café (and of course lots of things to see and do). And our gardening guru has provided you with some ideas to keep your garden in shape this summer.

Whether you're out and about or lazing in the garden during periods of warm or hot weather the risk of dehydration is never far away.

The temptation to drink alcohol is all too easy on lazy summer days but remember this can lead to dehydration as can fizzy drinks and caffeine.

Early signs of dehydration include having dark coloured strong-smelling urine and feeling thirsty and lightheaded. Babies may also get dehydrated. Signs to watch out for are a sunken soft spot on their head, few tears or no tears when crying, fewer wet nappies and they may appear drowsy.

Summer also sees a rise in incidents involving people getting into difficulties while swimming in open waters such as lakes or reservoirs. Over 400 people a year drown in the UK with 50 of these being children and young people. You can still enjoy open water swimming but just remember to take the necessary precautions. These tips below could help you and your loved ones stay safe.

- Never go swimming alone and only swim in places that have a lifeguard.

- It may be a hot day but the water will be cold. Cold water saps your body heat making swimming more difficult.
- Be careful and consider dangers such as tides, currents and debris that is hidden under the water.
- Always read the signs – if it says 'no swimming' then don't go in.
- Cover up cuts with waterproof plasters before swimming to avoid Weil's disease which is a bacterial infection spread by animal urine, especially that of rats.

Whatever you do this summer we hope you have a safe and enjoyable one. We'd love to see your summer snaps please feel free to send them to us: commsleedswestccg@nhs.net and we'll feature them in our next edition of Engage.

The Editing Team
NHS Leeds West Clinical
Commissioning Group

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commsleedswestccg@nhs.net
or calling 0113 84 35470

Get ready for a sizzling summer (we hope)



Our magazine is hitting the shelves, so to speak, just in time for the great British summer. We're sharing some top health tips so that you make the most of the glorious sun-filled days ahead. Read on to find out how you can avoid barbecue-related tummy bugs, top up on vitamin D and keep your skin in tip top shape.

Be sun safe this summer

You've waited a long cold eight months for the arrival of summer and now it's here you want to enjoy it. Taking some simple precautions could help you stay safe in the sun.

Sun protection

It's easy to dismiss the need for sun protection when out in the UK, but sun damage doesn't just happen when you're abroad. Each year 2,000 people die from skin cancer. Report mole changes or unusual skin growths to your GP and protect yourself when out by following these tips.

- Spend most of the time in the shade between 11am and 3pm.
- Be aware of the risk of sunburn in strong sun.
- Aim to cover up with a T-shirt, hat and sunglasses.
- Remember to take extra care with children.
- Use sunscreen with a sun protection factor (SPF) of at least 15.

Vitamin D – the sunshine vitamin

Protecting your skin means you can enjoy one of the main benefits of sunshine as it is the main source of vitamin D hence its nickname 'sunshine vitamin'.

This is why it's important to get out in the sun as, unlike most vitamins, it's difficult to get enough vitamin D from our diet so we get most of it from direct sunlight on our skin. During November and March there isn't enough sunlight for us to produce vitamin D so our body relies on stores built up over the summer.

The body is unable to produce vitamin D if you wear sunscreen or if you're behind glass. Just remember to protect your skin if you're spending longer than 10-15 minutes out in the sun by using a sunscreen with a sun protection factor (SPF) of at least 15 to minimise the risk of developing skin cancer.

Fact: Around 10 million people across England have vitamin D deficiency including 1 in 5 adults and around 1 in 6 children. (Source: National Institute for Health and Care Excellence)

For more information and top tips on summer health visit www.leedswestccg.nhs.uk/summer-health

Barbecue safety and food poisoning

Barbecues are a sure fire thing in summer whether it's with your mates at home or the staple of all festival goers. But we wouldn't want your barbecue to be remembered for all the wrong reasons like food poisoning!

During the summer, food poisoning cases double so if you're planning on digging the BBQ out of the shed or using a disposable one from the local supermarket, it's important to ensure you prepare and cook food the right way. The biggest risks are from undercooked food or spreading germs from raw meat onto food that's already cooked. To avoid any unwanted illnesses follow these tips.

- Wash hands before, during and after handling food especially raw meat. If at a festival ensure you have some wet wipes and antibacterial gel to keep them germ free.
- Don't store or place cooked meat next to raw meat, and use separate utensils.
- Keep cold food (salads, dips, milks, etc.) cool, don't leave them out in the sun.
- Ensure frozen food is thawed properly before you cook it, if possible pre-cook the meat using your oven.
- When cooking meals, ensure the middle is piping hot, juices are clear and no pink meat is visible. Just because it looks cooked or charred on the outside doesn't mean it's cooked in the middle.
- If using coal only start cooking when it is glowing red with a powdery surface.

A photograph of Joe Maiden, a man with a grey beard and a tan flat cap, wearing a dark purple sweater over a light-colored collared shirt and grey trousers. He is leaning forward in a garden, holding a long-handled tool (possibly a fork or trowel) vertically. The garden is filled with large-leafed green plants, likely cabbages or cauliflowers, and is bordered by a white netting supported by wooden stakes. In the background, there is a green lawn and a dense line of trees.

Joe Maiden

Our gardening guru caught up with **Joe**, a well-known gardener, horticulturalist, author and BBC Radio Leeds presenter at his home in Weeton, north Leeds.

When I arrived Joe was with his district nurse, receiving his latest round of cancer treatment. Joe's wife Betty made us a coffee and we sat outside in the sun taking in the stunning views of Kirkby Overblow. Undeterred by his treatment Joe was upbeat and talked passionately about his career and cancer diagnosis.

You were brought up in Cumbria, so how did you end up in sunny Leeds?

I once came home from school and told my mother I'd come seventh in a test, seventh from bottom that is. I didn't do well at school; I was destined to do something with my hands. My father was a gardener and I followed in his footsteps. I left Cumbria to study horticulture at Askham Bryan College in York and ended up working for the parks department in Pudsey. I joined the Leeds Horticultural Society and got myself a little allotment. It turns out I was rather good at growing vegetables!

Your Sunday morning show with Tim Crowther on BBC Radio Leeds is really popular. How did you make the jump into broadcasting?

My friend Geoff Thompson at the Horticultural Society was asked by the BBC to record a gardening show. He came straight to me for an interview. 'Now then Joe' he said, 'how's tha grow big onions?' That's how it all started nearly 45 years ago, I've been on BBC Radio Leeds ever since. I love doing the show and we have listeners from as far away as South Island, New Zealand!

We have a few keen gardeners at work so you have lots of fans in our office. What would be your top tip for running an environmentally friendly garden?

I'd love to say I'm 100% organic, but I can't. I think it's really important to grow in a way that's in tune with the environment and wherever I can garden organically, I do. I'd say that the best thing you can do in your garden is to make your own compost by recycling garden and kitchen waste. You need even amounts of green and brown materials and you need to turn the compost regularly.

You must have a favourite flower and vegetable. What are they and why?

My favourite has to be the humble spud. It's a beautiful plant and so versatile. You name it, you can do it with a potato. If I was stranded on a desert island I'd definitely want to take my spuds. I was brought up with sweet peas so that would be my second choice. Last but not least it's *Galanthus nivalis*, the stunning snowdrop. It gives me the biggest lift when I look out the window on a cold winter's day and see it peeking through the snow.

After asking Joe about his passion for gardening we spoke about his experience and outlook on life since he was diagnosed with prostate cancer.

You were diagnosed with prostate cancer a few years ago. It must have been an awful shock, what did you think when you first found out?

I can beat this! That's what I thought and six years on I'm still here. I've always been fit and healthy but then, about six years ago, I'd started feeling tired and losing weight and one day I suddenly couldn't pee. I had some tests and my prostate specific antigen (PSA) test came back at 4,008 ng/ml, which is pretty high by all accounts.

How has your treatment been?

Well, it's not easy but I was beginning treatment within two weeks. I can't praise the NHS staff highly enough. They have been amazing, so helpful and kind. I've been well for a few years now but I've been poorly again over the last six weeks. It doesn't stop me doing things but I have to carry this syringe driver around with me in a bag which is a bit embarrassing. I'm still managing to speak at a few lectures and doing my radio show.

What have you taken from this experience?

My dad died of bowel cancer and I think he'd have lived much longer if he had talked about his symptoms. In those days it was a closed shop; you didn't talk about health, especially as a man. Because of this attitude he may have died much earlier than he should. I'd encourage people to be aware of the symptoms and visit their doctor as soon as they are concerned. Early diagnosis makes such a big difference.

Now for some questions you weren't expecting...



Favourite film?

I like daft stuff that makes me laugh. My favourites are 'A Fish Called Wanda' and 'Crocodile Dundee'.

Best holiday?

I'm lucky to have had some great holidays. Anywhere on Corfu is lovely.

Your inspiration?

It has to be my dad. He inspired me to be a gardener. He was strong too, he never let anything get him down. I've also been inspired by my friends Geoff Smith and Eddie O'Donald.

What did you want to be when you were younger?

I don't really know. I've always loved the outdoors and nature.

If you weren't a gardener what career do you think you'd be in?

Probably something outdoors. I really enjoy growing things to be eaten, so maybe a chef?

Guilty pleasure?

I do like a drop of whisky. I also like lots of the old comedies like 'Last of the Summer Wine', 'The Two Ronnies' and 'Dad's Army'. I have been known to laugh at Rik Mayall and Adrian Edmondson in 'Bottom' – best not print that though! (Sorry Joe we couldn't resist – editor)

Tim Crowther with Joe Maiden is live on Sunday mornings on BBC Radio Leeds from 9am and previous shows are available on BBC iPlayer.

Patients as leaders

NHS Leeds West CCG has set up a new project that gives patients a much greater chance to get involved in the work we do. Our patient leaders project means that patients really do sit on the key decision making panels and meetings. But what does this mean in practice? We spoke to Sue Watson, one of our patient leaders, to find out more.

Tell us a bit more about yourself. What are your interests outside work/health?

I spent many years in London working within the corporate legal environment and moved to Leeds just over 12 years ago. I am interested in aromatherapy and was working as an aromatherapist until 2008 when I was diagnosed with severe rheumatoid arthritis, this continues to cause major health problems for me. I attend regular Tai Chi classes which I find very enjoyable as well as trips to museums, the theatre and going to restaurants.

How did you get involved with the patient leader programme?

I was invited to join the patient leader programme after I was involved in a chronic pain engagement focus group.

What steering group do you attend and what does it do?

I attend the chronic pain steering group working as part of a group that has been designing a new pathway for patients with chronic pain. The group has a mix of NHS health professionals and NHS managers so that decisions are considered clinically as well as using the latest available information about other NHS services that are funded. As a patient leader it is my job to be objective and make sure that feedback from patients, carers and the public is considered by the group.

What sort of things do you get involved in?

I attend regular meetings of the chronic pain steering group. In addition to attending meetings I review reports and provide comments. My role also involves reading patient leaflets and offering suggestions to make them more 'patient friendly' and to lose 'medical techno speak'.

What support do you get to get involved?

I get a huge amount of support from Chris Bridle, who is the Engagement Lead at NHS Leeds West CCG and also support from the chronic pain steering group leader. There is also peer supervision and some training modules which are in the process of being set up which will help to give a better understanding of patient participation in all aspects of a project.

What do you like about the programme?

It gives me the opportunity to speak to other patient leaders who participate in citywide as well as the CCG's own projects. The programme allows us to discuss all the good points and bad points about being a patient representative on projects.

How would you like to see the programme improve over the next year?

I would hope the patient leader programme will be able to help new people who want to take part in projects that are being carried out both within NHS Leeds West CCG and citywide. It can be quite daunting initially to become involved so speaking to people who have already gone through the process will be of tremendous help. I also see it as a partnership with NHS Leeds West CCG where patients have a voice and are listened to on proposed new health systems and hope that this will continue to grow.

Did you know...

Our patient leaders volunteered a combined total of just over 260 hours from January to March 2015. THANK YOU!

Want to know more...

Just visit our website
www.leedswestccg.nhs.uk/patientleaders
call us on 0113 84 35470 or email:
commsleedswestccg@nhs.net

Meet a practice nurse ...

Name: Alison Dunkerley
Role: Lead Nurse at Leeds Student Medical Practice



We met up with Alison who works at Leeds Student Medical Practice which serves a total population of around 36,000 patients, with the majority of them being students, to find out what her role is within the practice.

Why did you want to become a practice nurse?

I had a placement as a student nurse in general practice and although it was only a two week placement, it's one that I have fond memories of and I really enjoyed. I also have an aunty who is a practice nurse and without her I would not be where I am today.

How many patients do you roughly see in a day?

About 23 although this varies greatly as I have a split role which is 50% clinical and 50% non-clinical.

What would you say are the most important aspects of your role?

Health education and health promotion are vital for my role. Student health can be quite challenging and each year we have a new cohort of students to support during their first time away from home. We not only offer advice about managing health but also general wellbeing and how to cope with day to day life.

Do you do anything additional to your lead practice nurse role?

I am currently working with Health Education Yorkshire and the Humber to help roll out the Advanced Training Practice Scheme (ATPS) across Leeds. Together with the Leeds ATPS we work with GP practices across Leeds to offer 30 day quality placements to students to enable them to gain knowledge and experience of general practice with the intention that once qualified they may consider a career as a practice nurse. In November 2014 the ATPS was a winner in the Health Service Journal Awards which was a very proud moment.

What do you find most rewarding about being a nurse?

Working with students by mentoring and supporting them and seeing the transformation over the weeks from day one on placement to their very last day is incredible and rewarding. The feedback we have received from the students has been fantastic. Although some of the nursing team were apprehensive initially about hosting students, they are also giving excellent feedback and telling us how much they enjoy having them.

What do you find most challenging about your role?

It would have to be patient expectation. Within Leeds Student Medical Practice we have over 90 nationalities (including British) all with different experiences and expectations of healthcare. It is very difficult at times to meet the expectations of patients and it is important to recognise that you will not always meet them. Knowing how to deal with this is essential and challenging. Healthcare services not only vary across the world but also across the country.

Your practice mainly sees students, is there one piece of health advice you would give to students?

Learn about health services in your area, what each service is for and how you access them. It's important to register with a GP while away from home and find out about what support your pharmacy could offer you – this means you don't necessarily need to see a GP or use any other service. Ring NHS 111 if you urgently need medical help or advice but it's not a life-threatening situation.

Guilty pleasure?

Roller derby ...!
(See more on the sports page)

Spotlight on... Yeadon

Aireborough Leisure Centre

Where: The Green, Guiseley, Leeds LS20 9BT

Aireborough Leisure Centre offers a range of activities to keep the kids active and entertained over the summer holidays.

Why not try 'Flip n Fun' which gives children the opportunity to learn how to dive. They will develop water confidence by using glides, somersaults and jumps into the water.

Monday to Thursday – check website for session details

Also check out:

Striker 4 Tots for children aged 2–4 years old

Striker 9 for children aged 5–16 years old

For more information go to www.leeds.gov.uk or call **0113 378 1230**

Yeadon markets

Yeadon's pretty market square, overlooked by the Gothic town hall, comes to life every Friday as well known traders set out their stalls.

A regular favourite, Leeming's fish van brings in the freshest catch from the Yorkshire coast, complemented by fresh fruit and vegetables and the butcher's finest cuts of meat. This market has everything you need for the weekend whether it's tackling those DIY tasks, celebrating a birthday or getting together for a hearty roast dinner.

Opening times: every Friday 9am–4pm at Market Square, Yeadon

For further information call **0113 378 1950**

Yeadon Storytime for the Under 5s

Where: Yeadon Library, Town Hall Square, Yeadon, LS19 7PP

Want to make new friends? Join other parents and carers for a fun packed session of sharing stories in a relaxed, friendly atmosphere

Opening times: every Thursday from 10am

Yeadon Tarn Park

Where: Yeadon Tarn, Leeds LS19 7UR

There's lots you can do at Yeadon Tarn. It's the place to be to walk your dog, ride your BMX bike or watch planes taking off for faraway places from Leeds and Bradford Airport.

Leeds Sailing and Activity Centre, holds Sail at Yeadon sessions on the Tarn on Tuesday evenings throughout the summer, giving beginners the opportunity to learn to sail. Why not ring them to book a 'Come and Try' session on **0113 378 1271** or find further information here: www.yeadonsailingclub.co.uk/book.asp





Hidden gem... **Golden Acre Park**

We asked our gardening guru to unearth a hidden gem in Leeds, here's what we've had back...

A perfect place to escape for a couple of hours with family or friends...

This popular park in north west Leeds is renowned for its wonderful gardens, popular café (with, we must say, some lovely scones) and circular lakeside walk.

Golden Acre Park started welcoming visitors in 1932 when it began life as an amusement park that included a miniature railway and a boating lake. The onset of the Second World War led to the closure of the amusement park and its miniature railway.

Since then the park has enjoyed a new lease of life offering a family friendly outdoor space with plenty of activities and things to see. Golden Acre Park has swans, geese and ducks, informal gardens, demonstration gardens and bands play each Sunday throughout summer.

The park covers 55 hectares and is near to Breary Marsh and Adel Dam, two nature reserves in Leeds.

Breary Marsh is an area of marshland with wooden walkways for crossing. It is part of the Leeds Country Walkway, a circular 62 mile walk around Leeds and the Meanwood Valley Trail, which runs from Woodhouse Moor, through Headingley, Meanwood and on to Golden Acre.

Golden Acre Park volunteers meet every first Wednesday of the month to help with gardening and nature conservation. For further information please contact the Parks and Countryside Head Office on 0113 395 7400.

Café opening hours

Summer:

Monday to Friday:
10.30am to 4.30pm

Saturday and Sunday:
10.30am to 5pm

Winter:

Monday to Sunday:
10am to 3.30pm



Top tweets

Using social media is a great way to keep up to date with your friends and family but you could also use it to find out more about your local NHS. Here's a selection of tweets from our account @NHSLeedsWest. If you've an event or some info that you think we should be sharing, get in touch with us and don't forget to follow us. We are also on Facebook: [facebook.com/nhsleedswestccg](https://www.facebook.com/nhsleedswestccg)

NHS Leeds West CCG

@NHSLeedsWest

It's #WorldAsthmaDay 2day - find out how we are looking to improve the care of children with #asthma <http://bit.ly/1OWnvWP> @lunguk @Child_Leeds

Student Minds

@StudentMindsOrg

Wondering how to support a friend with an eating disorder? Check out our Understanding Eating Disorders video series: <http://ow.ly/M9XaO>

Bramley Elderly Action

@NHSLeedsWest

@DementiaFriends we've started weekly activities to support people with dementia. Remember Thursdays <http://bit.ly/18wRQr3>

Alzheimer's Society

AlzSocLds @AlzSocLeeds

If you are a dementia friend you can become a Champion & host sessions in your community @NHSLeedsSE @NHSLeedsNorth @NHSLeedsWest @leedsdaa

NHS Leeds West CCG

@NHSLeedsWest

Two new meningitis vaccination programmes announced by @PHE_uk More info on meningitis & jabs via @MeningitisNow meningitisnow.org

Thinking of a career change?

If you are trawling through job adverts but struggling to find a role that matches your skills how about a career in the NHS?



We are not just about doctors and nurses, there's lots of different and varied jobs you could apply for. As you'd suspect we have opportunities in traditional roles such as IT, accounting and finance and administration. But did you know there are opportunities in the NHS for arts and music therapists as well as skilled trades such as plumbers and tilers? All these roles play a crucial role in helping the NHS deliver services for you, our patients.

Find out more about the great career options that could be available to you by visiting www.nhscareers.nhs.uk – there's a handy A-Z which shows you the range of roles available.

You will find NHS jobs advertised online at www.jobs.nhs.uk, we hope you will join the NHS family!

Remember Thursdays

Bramley Lawn Remember Thursdays is a day of guided activities to help anyone in the community affected by dementia. Our support workers and trained facilitators run a programme of activities for people with dementia to take part in, accompanied by a family member, friend or carer.

Sessions must be booked in advance. Each session costs £2.00, including refreshments... For further information please visit www.bramleyea.org.uk

Calming your exam result jitters

In August, many of our younger readers will be receiving their exam results. Whether it's your A Levels or GCSEs this can be a daunting time, just ask those who have been there! Sometimes the pressure of waiting for your results feels worse than actually sitting the exams.

Tips on how to look after yourself whilst waiting for your exam results

It's important that you look after yourself in the days leading up to your exam results, do something that you enjoy or try the following to help you deal with stress.

- Exercise – hormones such as endorphins are released during exercise which help you feel better about yourself.

- Talk to your friends – they may be going through the same thing as you.
- Acknowledge your feelings – if you feel anxious, excited, downhearted or queasy it's important that you express those feelings. If you don't want to talk to someone, consider keeping a diary.
- Stay clear from alcohol – this won't help with your stress.
- Visit your doctor (GP) - if you think the stress you're feeling is impacting adversely on your daily life speak to your doctor for further advice and treatment.

What next after exam results day?

There's lots of options open to you regardless of what results you get, here's just a few things you could consider.

- UCAS Clearing – clearing is how universities and colleges fill places they have on their courses. If you have no offers or you didn't meet the conditions of your offers, it's an ideal way to find another course. For further information visit www.ucas.com
- Foundation degree – a full-time foundation degree will usually take about two years to complete and part-time courses may take longer. Completing an honours degree following on from a foundation degree will normally take an extra year. For further information visit www.ucas.com
- Become an apprentice – find out how you can become an apprentice by visiting www.gov.uk

Parents and carers can get advice on how they can support their child when they get their exam results by visiting www.familylives.org.uk



60 seconds with...

Nicola Woodgate

Nicola Woodgate is Head of Marketing and Communications at St Gemma's Hospice in Leeds. She has been in this role for 10 years now. Her role is to make sure that the vital work of the hospice, what they do, how people can access their care and how the community can support them is communicated effectively across Leeds.

What do you enjoy about your job?

I love that every day is different and motivating. I meet utterly inspiring people, people in need of our support, people who tell me how amazing St Gemma's is and people who help me to do my job well. I learn something new every day.

What difference does St Gemma's Hospice make to a patient?

St Gemma's provides expert palliative and end of life care to thousands of patients and their loved ones each year. We care for the individual and their specific needs, so it's specially tailored care for each and every person. We care for patients at the hospice or in their own homes, 365 days a year.

What are you most passionate about?

Living life to the full and taking your opportunities.

What has been your greatest achievement?

Being a caring mum, wife, daughter, sister, friend and colleague simultaneously.

What has been your biggest challenge and how did you overcome this?

Leaving my hometown Liverpool for a new life in Leeds challenged me in so many ways; the accents, the one way systems and the football teams! Being married to a 'Leeds loiner' helped with the transition!

What will be on your bucket list of the five things that you would like to do before you die?

Own a convertible car, learn how to speak Italian, go into space on a shuttle, see my son achieve his ambitions and be a Bond Girl!

What's your definition of a lazy day?

Family, wine, sunshine and laughter.

Be breast aware

October is breast cancer awareness month and we wanted to give you an early taster of activities taking place in Leeds to support local charity The Haven.

There are an estimated 570,000 people living in the UK today who have been diagnosed with breast cancer and it's the most common cancer in women in the UK. Breast cancer can affect men too with figures showing that one in every 100,000 are affected. Latest figures for Yorkshire show that 5350 people were diagnosed with breast cancer and the rate that men get breast cancer has doubled in Yorkshire in the last 10 years.

Thanks to advances in treatment and quicker diagnosis through NHS screening services more people survive cancer than ever before. However it is important that we continue to be aware of the signs and symptoms of cancer. If you notice any unusual changes in your breasts it is important that you speak to your GP. Visit the Breast Cancer Now website for more information on signs and symptoms to look out for: www.breastcancernow.org

You can help raise funds for local charity The Haven (www.thehaven.org.uk) by taking part in the following:

Paws in the Park
Sunday 6 September 2015
£5.00 per dog

An enjoyable 5km sponsored dog walk to raise money for The Haven. Once registered The Haven will send you their fundraising pack and on the day you'll get a Paws in the Park doggy bag!

To register for for this event email tom.robertshaw@thehaven.org.uk or sarah.hey@dogstrust.org.uk

Yorkshire Marathon
Sunday 11 October 2015
£20.00 entry fee – half price (£500 minimum sponsorship)

The public ballot sold out within hours but do not fear, as a charity partner, The Haven has places available!

To register for this event email tom.robertshaw@thehaven.org.uk or call 0113 284 7800

What will you have on your bucket list?

According to ComRes research a third of British adults (32%) think about dying and death at least once a week. Research also shows that 72% of the public believe that people in Britain are uncomfortable discussing dying, death and bereavement.

Dying is a subject that is often not the topic of everyday conversations, which is why we are working in partnership with NHS Leeds North CCG and NHS Leeds South and East CCG to encourage local people to submit their top five things they would like to do before they die.

The 'bucket list' is open to all people across the city and beyond to contribute to online: www.leedswestccg.nhs.uk/bucketlist



St Gemma's dying matters café

During Dying Matters Awareness Week (18-24 May) St Gemma's Hospice held a dying matters café. This was a successful event with almost 100 people attending and was supported by Dr Kate Granger (founder of global 'Hello my name is...' movement for compassionate care) and Claire Henry (Chief Executive at Dying Matters). The event provided an opportunity for people to ask experts questions on writing a will, planning a funeral or discussing their wishes with their family.



Local support services

St Gemma's Hospice

St Gemma's Hospice provides the best possible care and quality of life for local people with cancer and other life threatening illnesses. For further information visit: www.st-gemma.co.uk

Sue Ryder Wheatfields Hospice

Sue Ryder Wheatfields Hospice provides incredible hospice care for people living in the north west, west and south of Leeds, they provide holistic and personalised end of life care. For further information visit: www.sueryder.org

Leeds Palliative Care

Further information about local end of life care support services is available by visiting www.leedspalliativecare.co.uk

Gardening **guru**

It's gardening time!

This weekend I saw my first pipistrelle bat of the season. Its unmistakable jerky flight gave it away as it hunted insects against a darkening sky. It's a sure sign that summer is here so pull on your boots and roll up your sleeves; it's gardening time!

They tell me that 'a weed is simply a flower out of place' but that doesn't help me get them out of the lawn! It is important to remember however that many of the plants we identify as weeds are really beneficial to local wildlife. Dandelions are a great example, providing early nectar to bees.

If you decide to put an end to weeds in your garden, try and replace them with other pollinator plants for bees and butterflies. Heather (*calluna vulgaris*) provides a great nectar source in spring and lavender (*lavendula*) takes over in the summer.

In the autumn you have loads of plants for pollinators to choose from, why not try a Butterfly Bush (*Buddleja*) or the beautiful Cosmos. For a list of plants that are perfect for pollinators and to find out how you can encourage more wildlife into your garden, visit the RHS website here: www.rhs.org.uk and type pollinators in the search box.



Top tips for summer

June 21 was the longest day of the year which usually means bigger plants and more weeds. Keep on top of weeds by hoeing the borders, it will stop them taking over and give you a great workout.

Hopefully we'll get a sunny summer, but heat brings with it dry soil and wilting plants. A water butt is a simple way of being 'water-wise'. If you do use a hose, give the base of the plants a good soak in the evening, this way the water has a chance to soak down to the roots overnight.

Finally, it's time to prune those spring flowering shrubs like Forsythia, and Lilac (*Syringa vulgaris*). The general rule is that anything that flowers before 15 June should be cut back after flowering to a strong sideshoot that has no flowers.

Until next
time... **happy
gardening!**



Spice review:

New girl on the block?

Star anise

No, it's not the winner of Britain's Got Talent, star anise is one of the ingredients of the traditional five-spice of Chinese cooking. It's used widely in Indian, Vietnamese and Indonesian cuisine and can also be found

in baking. The oil from the fruit is also used in perfumery, soaps, toothpastes, mouthwashes and skin creams.

Star anise is used in some Chinese teas as a traditional remedy for rheumatism and the seeds are sometimes chewed after meals to aid digestion.

In 2005, there was a shortage of star anise as it was used in the manufacture of Tamiflu, a medicine used in preventing and treating influenza in the elderly and people with certain medical conditions.

STAR ANISE
scores
7/10

Why not try some **star anise** in your next recipe?

Spicy Tomato Chicken (Ayam Masak Merah)

Ingredients

- 4 chicken breast pieces
- A pinch of dried chilli
- 1 teaspoon ground turmeric
- 3 fresh red chilli pepper, finely chopped
- 4 cloves garlic, minced
- 1 red onion, chopped
- 2 tablespoons sunflower seed oil
- 1 cinnamon stick
- 2 whole star anise pods
- 5 whole cloves
- 5 cardamom seeds
- 2 tomatoes, sliced
- 2 tablespoons ketchup
- 1/2 cup water
- Salt to taste

Method

1. Rub the chicken with turmeric powder and salt.
2. Then soak the dried red chilli peppers in hot water until softened
3. Blend the softened dried chilli, chilli pepper, garlic and an onion to a paste.
4. Heat the oil in a large pan over medium-high heat
5. Brown the chicken in the hot oil until golden on all sides.
6. Remove the chicken from the pan, remove excess oil leaving about 1 tablespoon. Cook the chilli paste, cinnamon, star anise, cloves and cardamom until fragrant.
7. Return the chicken to the pan, stir in the water, adding more if needed.

8. Toss in the tomatoes and stir in the ketchup.
9. Bring to a boil then reduce heat to medium-low and simmer until the chicken is cooked thoroughly (about 15 minutes).



If you've tried one of these recipes we'd love to see your pictures. Send them to commsleedswestccg@nhs.net and we'll post all those sent on our Facebook page at [facebook.com/nhsleedswestccg](https://www.facebook.com/nhsleedswestccg)

NEWS IN BRIEF

KEEP UP TO DATE WITH THE
LATEST NEWS FROM THE CCG...

LOCAL NHS SECURES FUNDING TO IMPROVE ACCESS TO GPs

In March of this year it was announced that the CCG had been successful with its application for the Prime Minister's Challenge Fund to improve access to general practice. The funding will give us an opportunity to really revolutionise the way our patients access primary care and other support services.

HAVE FUN IN THE SUN TO REDUCE RISK OF VITAMIN D DEFICIENCY

The CCG is encouraging Leeds residents to spend more time out in the sun during the summer months (April to October) to avoid vitamin D deficiency. Vitamin D, also known as the sunshine vitamin, is vital to help the body absorb calcium from food and a lack of this vitamin can lead to bone deformities such as rickets in children, as well as bone pain and tenderness in adults. It is important to remember to apply the appropriate sun protection on and not to overexpose yourself to the sun as this can increase the risk of conditions such as skin cancer.

15 MINUTES THAT COULD SAVE YOUR LIFE

During Cervical Cancer Screening Awareness Week (15-21 June) we reminded local women that a 15 minute appointment could save their life. According to Jo's Cervical Cancer Trust, every year in the UK around 3,000 women are diagnosed with cervical cancer and it's the most common cancer in women under the age of 35. To improve the chances of spotting cancer early there is a national screening programme for cervical cancer which saves around 5,000 lives a year. The programme invites women aged 25 – 49 for a screening once every three years (once every five years for women aged 50 – 64).

Quiz corner

SUDUKO

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		9			8			3
	4		6		5			1
				7	4			
	2							6
			1	5				
8			9		2			7
9			5				2	
6	1			4			5	3

WORDSEARCH

Q	S	A	M	M	E	G	T	S	Q	Q	M	J	V	N
H	L	Y	W	N	R	D	P	H	L	E	N	E	N	I
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E	E	U	A	U	D	H	G	Z	C	N	P	M	X	A
N	Y	D	J	D	N	Y	P	O	A	B	H	B	K	T
I	G	Y	B	R	E	D	R	E	L	L	O	R	Y	I
H	L	W	Y	J	V	R	V	S	O	W	B	N	J	V
S	F	T	B	G	A	A	B	A	R	B	E	C	U	E
N	L	E	N	J	L	T	N	O	V	A	R	I	A	N
U	E	G	S	S	F	I	Y	E	J	E	S	D	A	O
S	X	O	M	T	W	O	B	S	D	S	P	W	P	D
B	A	T	X	O	I	N	G	T	T	I	B	D	M	A
D	M	H	G	X	D	V	D	Q	Z	N	A	V	C	E
J	S	I	J	K	U	W	A	B	W	A	Z	M	G	Y
T	L	C	B	D	N	E	D	L	O	G	D	T	O	C

- ANISE
- LEADER
- BARBECUE
- MAIDEN
- DEHYDRATION
- OVARIAN
- EXAMS
- ROLLERDERBY
- FESTIVAL
- STGEMMAS
- GOLDEN
- SUNSHINE
- GOTHIC
- VITAMIN
- LAVENDER
- YEADON



Get in touch with us

We are your local NHS and we want to hear from you so that we can make sure that we can help plan and fund the best possible services.

If you have an idea, suggestion or would like to feedback your experience of using local NHS or NHS-funded services do get in touch with us.

Write to us at

NHS Leeds West
Clinical Commissioning Group
Suite 2-4
WIRA House
West Park Ring Road
Leeds
LS16 6EB

Call us on

0113 8435 470

Drop us an email

commsleedswestccg@nhs.net

Visit us online

www.leedswestccg.nhs.uk

Tweet us

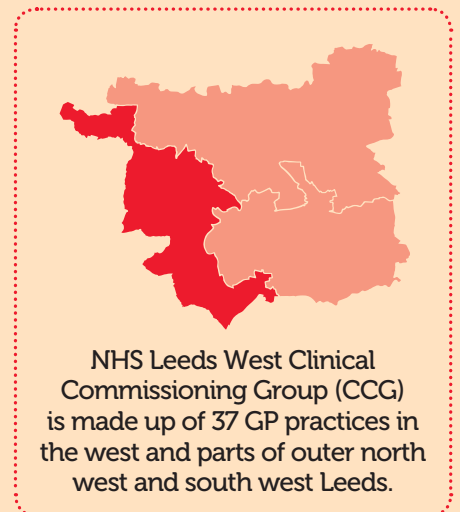
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NHS Leeds West Clinical Commissioning Group (CCG) is made up of 37 GP practices in the west and parts of outer north west and south west Leeds.

SPORTS round up

Guiseley make history

Congratulations to local team, Guiseley FC who have taken a further step towards the Premier League following a historic promotion to the Vanarama Conference. This is the first time that Guiseley have made it to the top tier in non-league football and they are only four promotions away from making it to the big league.

History was made following a rollercoaster game against Chorley, with the club turning around a 2-0 score line into a 3-2 victory and sealing their promotion in the process.

We look forward to seeing how well the guys from Guiseley do next season. You too can follow the club's progress by visiting: www.guiseleyafc.co.uk



Alison Dunkerley (left) celebrating with the Hot Wheel team

Keep on rolling

IT'S FAST, IT'S FUN AND IT'S TAKING OFF IN THE UK – YES WE ARE TALKING ABOUT ROLLER DERBY.

Roller derby is one of the fastest growing sports in the UK. It's unique in that it's a sport that has been pioneered by women although it's featured men's teams and mixed teams in its early incarnations.

Now a team from Leeds is giving people a chance to give roller derby a go. Aire Force One, a men's team, is looking to get more people into the sport. No previous experience is necessary as you will be taught how to skate and it's a great way to keep fit. You can contact the team by email contact@aireforceone.co.uk – the invitation is open to anyone.

To find out how much fun the sport is we asked Alison Dunkerley, Lead Practice Nurse at Leeds Student Medical Practice and roller derby enthusiast.

Alison said: "Roller derby is a fast and furious full contact sport played on roller skates on an oval track. I skate with a team called Hot Wheel Roller Derby. They are a Leeds based team who are always looking for new faces to come and join in the fun either as a referee or a player. Some describe the sport as rugby on skates without a ball – the only way to really understand is to watch it! If you want to know more visit www.hotwheelrollerderby.co.uk or find us on Facebook and Twitter."

WALKING ON SUNSHINE (AND MAYBE SHOWERS)

If you're having a staycation this summer why not consider a walking holiday, the UK is home to some breath-taking and scenic walks. The great outdoors could be just the tonic you need to walk away any blues and all in glorious sunshine – ok maybe that's one thing you might not get with a holiday at home!

From the top rural beauty spots like the valley of cinders walk in the Lake District to a picturesque trail taking in the beauty of the city of Bath and its distinctive skyline, there's a trek to suit different ages and abilities. So if you're thinking of a holiday on these shores you could take advantage of the many areas of outstanding beauty that are almost on your doorstep.

The National Trust is a great source of information. Their website could help you find the right type of walking holiday or even help you choose a remote location for you to get away from it all. Visit the National Trust website – www.nationaltrust.org.uk – and see what the nation's favourite walks are and find one that suits you and your family.

CLOSER TO HOME

Did you know about the Leeds Country Way? It's a 62 mile-long footpath around Leeds that takes users through some of the beautiful and varied countryside surrounding the city.

The route is split into four main stages, each of which has an accompanying leaflet:

- Golden Acre Park to Barwick-in-Elmet;
- Barwick-in-Elmet to Carlton;
- Carlton to Cockersdale; and
- Cockersdale to Golden Acre Park.

In the leaflets, the Leeds Country Way is split up into 4-6 mile sections, each end of which links to a bus or train route. You can attempt each of these sections as an individual two and half hour walk, or take on a few sections at a time. You might even decide to take on the Leeds Country Way Challenge and complete the whole route over a number of weeks or months.

Find out more and download a leaflet by visiting www.leeds.gov.uk