Engage

Your FREE magazine from your local NHS

Issue Two: December 2014

Join the Rhinos –
Be a flu fighter!

Gearing up for winter

Eliminating violence against women and girls

We chat with Christine Talbot

PLUS! COMPETITIONS / TOP TWEETS / HOW TO GET INVOLVED / GARDENING / NEWS / SPORTS & HEALTH

Leeds West Clinical Commissioning Group
Naturally thoughts at this time of the year turn to Christmas. So we thought that following on from our famous (infamous) review of cinnamon in our first edition of our magazine we’d take a look at a more seasonal spice, nutmeg. Before you all shout out and tell us ginger is also associated with Christmas we did think about it but a fascinating fact about nutmeg swayed us – you can find out more in our full review on Facebook.

If you love shopping, or even if you have to do it begrudgingly, we wanted to remind you of a sometimes forgotten gem in our city – Leeds Kirkgate Market. Find out more about why it could just be the place to go for something a little different as well as picking up fresh fruit, veg and other produce.

We hope that Santa brings you what you wanted this year but just in case that doesn’t happen, we thought we’d let you know more about your rights when it comes to returning unwanted goods – this does not apply if a family member has knitted you a jumper! We’d like to thank the team behind www.moneysavingexpert.com for letting us share these tips with you.

We’ve been really lucky to have been given the opportunity to catch up with Christine Talbot, ITV Calendar News presenter. Christine tells us more about her battle against cancer, her experience of using local services and why she wants women to get themselves checked out if they have been invited for a cancer screening test.

While for many, Christmas and the New Year can be a time of fun and happiness, sadly there are those whose experiences can be very different. In late November an annual international campaign looks to address the issue of gender based violence, particularly domestic violence against women. We’ve featured this campaign, as well as the work of a local charity that supports women and girls who are the victims of sexual violence.

If your thoughts are already turning towards New Year and those dreaded resolutions we might just have the answer, especially if the question is ‘how can I go from being a couch potato to a regular runner?’ See our sports section for more.

We hope you enjoy the latest edition of Engage. Do get in touch if you want to see something in our next edition or if you have an idea for a story: commsleedswestccg@nhs.net
Staying well this winter

Right care, right place

Falling ill or getting injured is not something we plan for especially if generally we feel well. However should you need the support of local NHS services it’s important that you choose the right one so that you can be treated quickly by the right people at the right time and in the right place.

Here’s a quick run-down of the options available to you so that you only use emergency services when you or a loved one really needs them. And you’ll find that often using these other services will be more convenient for you – who wants to sit around in A&E when you could be sat in the comfort of your own home?

- Self care – a good starting point is to have a well stocked medicine cabinet and treating yourself. Remember to read the information leaflet/instructions that come with any medication.
- Pharmacy – pharmacists are trained healthcare professionals who do more than just dispense drugs. Many have private consulting rooms and are open late so next time you’re not feeling well pop into your local pharmacy.
- GPs – make an appointment with your GP practice for medical advice, examinations and prescriptions. A number of GP practices offer some later evening and Saturday appointments. Visit or call your local doctor’s surgery to find out more.
- Minor injury units – they can help treat minor injuries and illnesses so if you have sprained an ankle playing sport or bruised yourself the city’s minor injury units might be the best place for you and often you will be treated quicker than at A&E.
- Call 111 – NHS 111 is a free telephone service available 24 hours a day throughout the year. The trained call handlers will help you choose the right service to use.
- A&E or 999 – there to help you, or your loved ones, with life threatening illnesses or injuries.

Find out more about choosing the right service this winter: www.leeds.nhs.uk/isitforme

WINTER WISE: We can all take small steps to make sure we have a safe and healthy winter, and we don’t just mean wearing extra layers of clothes (although staying warm is very important). Here we look at some of the things you could do to stay well this winter.

To find out more and for the chance to win exclusive prizes, go to www.leeds.gov.uk/flu
Christine Talbot
talks to us about her travels, personal battles and what inspires her...
I’ve never let anybody tell me I can’t do anything...”
We’re sure you will fall in love with any presents you get this Christmas, New Year or for your birthday. But just in case you or a loved one doesn’t like what you’ve got we thought we’d let you know more about your rights.

We’d like to thank MoneySavingExpert.com for letting us reproduce this information from their website.

SAD FART RIGHTS
Know these and you can enforce fair treatment. It’s so crucial, you should actually memorise it. Our mnemonic is to call them your Sad Fart rights. When you buy goods they must be...

Satisfactory quality
As
Described
Fit for purpose
And last a
Reasonable length of
Time

This applies even if you buy things in a sale or with a discount voucher. We need to be polite and persistent in quoting the rights.

CONSUMER RIGHTS
QUICK DOS AND DON’TS
There’s a few simple dos and don’ts to help you protect yourself. Find out more about each of these by visiting www.moneysavingexpert.com/shopping/consumer-rights-refunds-exchange

• Do spend gift vouchers quickly
• Do take things back as quickly as possible
• Do write ‘it’s a gift’ on receipts
• Do check suitability before buying
• Do return it to the store, not the manufacturer
• Do ensure Christmas delivery’s specified
• Do consider paying by credit card if it’s over £100
• Do remember it’s about expectations as well as rights
• Don’t think ‘no receipt’ means ‘no return’
• Don’t think ebay’s different
• Don’t think you’ve no rights with freebies
• Don’t assume you can exchange it if it’s the wrong size
• Don’t think buying online means fewer rights

YOUR RIGHTS WHEN BUYING GOODS
The legal protection you have here is from the Sale of Goods Act 1979. This sledgehammer cracks any nut – it’s where the Sad Fart laws come from. At this point, it’s crucial to understand each line of the mantra and exactly how it works.

GOODS DEFINITION
ANYTHING YOU CAN HOLD
Goods could be a T-shirt, toaster or a truck, whether new, second-hand or bought online.
If the good has been provided with a service – a handset with a mobile phone contract or a window supplied by the glazing firm that fits it – you’ve a service contract.

SERVICES DEFINITION
ANYTHING FROM DENTISTS TO RESTAURANTS
A service is a contract where a company has carried out some work for you.
If you get goods with a service (ie, a mobile phone with a contract) the same rules apply.

YOUR RIGHTS WHEN BUYING SERVICES
Whether it’s a shop, restaurant, bank, insurer, public and private transport or healthcare (we could go on!), top-notch service is the least you should expect in today’s super-competitive climate.
Of course, things still go wrong and when they do, you’ve powerful protection from the Supply of Goods and Services Act 1982.
Quite simply, it demands that any service provided in England, Wales and Northern Ireland (common law in Scotland has similar effect), should be carried out with: “Reasonable care and skill, within a reasonable time and at a reasonable cost.”

Before you head down to the shops to return your unwanted goods, find out more about your rights by visiting: www.moneysavingexpert.com/shopping/consumer-rights-refunds-exchange

Information (on this page) correct at time of print.
If you have money worries or need help with debt, a payday loan can seem very appealing but this can lead to serious debt. There are other options and you can contact agencies in Leeds, which offer free, independent and confidential advice from benefits to debt support.

If you are behind with your heating bills – don’t take out a payday loan, contact your energy supplier and explain your circumstances.

If you need money for essentials, food or school items – don’t take out a payday loan, speak to the people you owe money to and ask if you can pay a smaller amount back each week.

If you need money to pay your mortgage or rent – don’t take out a payday loan, contact your landlord or building society and explain your circumstances.

If you need someone to talk to or you need help with any of these worries, then contact.

**Leeds Citizens Advice Bureau**
Offers free, confidential, impartial and independent advice and information on a wide range of subjects. Tel: 0113 223 4400 or visit [http://www.leedscab.org.uk](http://www.leedscab.org.uk)

**Money Advice Service**
Offers independent advice about money on a range of issues including, budgeting, savings, borrowing, debt, insurance as well as managing life changes such as starting a family or losing a job. Call on Tel: 0300 500 5000 or visit [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

**StepChange Debt Charity**
Offers free and effective debt advice to help transform the lives of people struggling with the stress and worry of problem debt. For more information call freephone 0800 138 1111 (Mon – Fri. 8am – 8pm, Sat 9am – 3pm).

or visit: [www.stepchange.org/Debtremedy](http://www.stepchange.org/Debtremedy)

For more advice visit the Money Information Centre website [www.leeds.gov.uk/LeedsMIC](http://www.leeds.gov.uk/LeedsMIC).

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**Positive communication group**

Do you feel isolated, alone or feel you’re not being listened to? Come and have a chat with a friendly group of people over a cuppa by attending the positive communication group. This group is held every Tuesday from 1.30 – 3.30pm and every Wednesday from 11am – 1pm, at the New Wortley Community Centre, 40 Tong Road, Leeds, LS12 1LZ.

Positive communication group is about supporting people to build and explore relationships with each other, share experiences, share views and issues (personal), be open to new information, and share information by becoming part of a support network.

The group aims to improve quality of life, health and wellbeing, and to reduce any risk of harm to self or others in vulnerable and socially excluded people. It helps to develop group members’ self-awareness through facilitated group discussion on topics introduced by members. This develops the individual’s ability to engage with other people in positive and mutually respecting ways.

A counsellor attends and leads the group but the ultimate aim is that the group starts to take ownership and becomes self-governing, with members becoming responsible for running sessions, with the counsellor dropping in every so often to continue a level of support.

The group undertakes various activities which includes meals out, day trips, going to the cinema and having a Christmas party.

The counsellors help people to discuss and debate issues in a safe and comfortable environment. The group allows people to explore negative issues that can affect the way they behave such as racism or suspicion towards public services that are there to help them.

For further information contact Sally Crosskill on 07830002084 or Jacquie Williams 07513427879

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Don’t fall foul of loan sharks or payday loan companies that could end up charging you exceptionally high interest rates leading to even more debt. The Money Information Centre could help you find the best way to access support to manage your finances.
**THE FRIDAY NIGHT PROJECT IS BACK AT PUDSEY LEISURE CENTRE FOR UNDER 18s**

**Activities include:** Sports, arts & crafts, music, Wii games, dance

**Where:** Pudsey Leisure Centre, Market Place, LS28 7BE

**When:** Friday nights
- Juniors (8–13* years) 6–7.30pm
- Seniors (12*–18 years): 7.30–9pm

*12 and 13 year olds cannot attend both projects

£1.00 with a Breezecard £1.50 without a Breezecard

For more information contact the Breeze Team on 0113 2760 837

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**DO YOU WANT TO MEET NEW FRIENDS AND FIND A NEW HOBBY AT THE SAME TIME?**

The Pudsey Camera Club is located in the local library and has a membership of predominately women, but men are very welcome.

A very friendly atmosphere, catering for a full range of photographer expertise. You don’t even have to own a camera. An interest in photography is all we ask.

We have an assortment of competitions and practical sessions together with lectures from visiting speakers.

The interests of members vary between monochrome and colour using both film and digital photography.

**When:** Thursday evenings 7.30pm

For more information contact the club on www.pudseycameraclub.co.uk/contact-us/

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**GET YOUR DANCING SHOES ON!!!**

Pudsey Civic Hall is known to be one of the best dance venues in Leeds. There are dance classes, evening dances and afternoon Tea Dances.

On Monday and Thursday evenings, learn Ballroom, Waltz, Fox trot, Quickstep, Tango, Latin, Rumba, Cha Cha and Jive or just improve the skills you have.

On Monday afternoon, join our popular afternoon Tea dances, make new friends and keep healthy.

On Thursday and Saturday nights, it’s ‘Strictly Come Dancing’ night with Ballroom, Latin and Jive.

For further information contact www.dancewithstuart.co.uk

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**VISIT PUDSEY PARK**

**Where:** Church Lane, Pudsey, West Yorkshire, LS28 7TE

You can find a range of free attractions whatever the weather and it’s a safe place to walk, play, skateboard or visit the new West Leeds Country Park visitor centre, located in the old aviary building close to the Church Lane entrance to the park.

The centre is dedicated to the wildlife of west Leeds, featuring fish, native mammals and birds, wildlife displays including a rabbit warren and a stone-built barn housing brown rats.

There is also an interactive woodland area.

You will also find an education room with an activity/community area which has activities running through the year, including bird box building, arts and craft sessions.

If you are looking for something more active, you can try a game of bowls and younger visitors can enjoy our extensive children’s playground and skateboard park.

For more information go to www.leeds.gov.uk/leisure/Pages/Pudsey-Park-.aspx or call Pudsey Park visitor centre: 0113 255 1334

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**DO YOU WANT TO MAKE THE WORLD A BETTER PLACE, THEN WHY NOT BECOME A VOLUNTEER?**

Live at Home was established in 1989 by MHA a charity providing amongst other things, support for older people living at home. Their aim is to enable older people to live and maintain their independence and live more fulfilled lives by taking an active part in the community they live in.

There are over 4,000 volunteers who support staff members to improve the quality of life for older people.

To find out more information contact www.mha.org.uk

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Leeds Kirkgate Market is home to a wide range of businesses selling anything from fruit and veg, fresh meat and produce through to carpet traders, hardware stores and fabric stalls. The market has specialist stores trading delightful treats from across the world. It plays host to a Polish delicatessen, a Chinese supermarket and an Asian Bazaar every Wednesday morning.

Leeds Kirkgate Market, which is managed by Leeds City Council, also offers a range of activities throughout the year for all the family. Find out more about the calendar of events available at the market by visiting www.leedsmarkets.co.uk.

In an effort to keep up with the latest shopping habits, Leeds Markets now offer a new shop and drop scheme. This free service gives you the chance to store your fresh produce shopping in the market’s chiller room and collect it later in the day once you’ve taken in the other cultural treats and lunchtime experiences that Leeds has to offer.

With the market open six days a week from 8.30am – 5.30pm (closed Sundays) you can be sure to find time to take advantage of the city’s hidden or should we say forgotten gem.

If you’ve not been down to Kirkgate Market for a while why not pop in – you might be in for a pleasant surprise!

Although we’ve called it a hidden gem, Leeds Kirkgate Market is probably best described as one of the city’s shopping gems. It’s one of Europe’s largest indoor markets and has proudly stood in the heart of Leeds since 1857. It has survived being bombed during the Second World War and in 1975 a large fire destroyed large sections of the market but it has bounced back on each occasion.

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For anyone looking to pick up cooking skills, Jamie’s Ministry of Food might just be for you. The centre, hosted within Leeds Kirkgate Market, will give you the chance to find out how you can cook healthy, nutritious meals on a budget.

The centre is part of celebrity chef Jamie Oliver’s drive to improve the nation’s health by getting us to cook for ourselves using fresh ingredients in an effort to move away from takeaways and microwave dinners.

Jamie’s Ministry of Food provides 10 week cookery courses in a specially developed kitchen, by staff trained by Jamie Oliver’s team. People on the course use a range of ingredients largely sourced from Kirkgate Market itself. This ensures people on the cookery course can find everything they need to show off what they’ve learned at home with their friends, neighbours or families.

The courses cover everything from simple preparation techniques and skills to more complex knowledge about herbs, spices and how to prepare larger meals and complementary dishes.

The courses are reasonably priced and concessions apply for students and those eligible for state benefits.

If you’d like to learn to cook now’s a great time to start. Visit Jamie’s Ministry of Food in Leeds Kirkgate Market (Row G) or call the team on 0113 242 5685.

Have you signed up to Jamie’s Ministry of Food or are you a graduate of the 10 week course? Then get in touch with us with pictures of anything you have cooked as a result of the course so that we can share this with other budding chefs.
It’s easy to get involved with your local NHS

Getting involved with the NHS is easier than you might think and your views and feedback could make a real difference to the health of your loved ones. Find out why involving our patients is important to us and how you can get involved in shaping current and future health services in Leeds.

As we’re responsible for planning and funding health and care (this is called commissioning) we want to work with patients, the public and our local communities to improve services so that you can get the best possible care.

We are constantly looking for opportunities to involve our communities in the work we do. We understand that people have different commitments so we offer lots of different ways for you to get involved. Whether you’re retired, working, studying or even still at school, there are opportunities for you to tell us what you think.

- By far the best way to get involved is to join our patient network. The network already has over 200 patients, carers and members of the public who support the development of the CCG. They receive a regular newsletter which outlines opportunities to get involved across the city and informs them of the latest local health news. If you want to join our network visit our website here: www.leedswestccg.nhs.uk and click on the get involved section or call us on 0113 84 35475
- Patient reference groups (PRGs) are groups of GP practice members who meet up to support the practice develop. If you want to join your PRG speak to a member of staff at your GP practice.
- Our patient assurance group (PAG) is made up of patients from across the area we cover. Their role is to make sure that when the CCG makes changes to services that we involve the right people in the right ways. To join our PAG or find out more please email us commsleedswestccg@nhs.net
- Patient representatives are involved in specific projects and help ensure that we listen to patients at every stage of the commissioning process. At any one time we have lots of different projects on the go at the CCG which means there’s a project to interest everyone. Contact us at the CCG if you want to find out more about being a patient representative.

Stop Press

Your local NHS – working to improve access to primary care

GP practices in our area have been listening to feedback from their patients and many are now open for longer – this could include early mornings, late evenings or weekend appointments. Find out more by popping in to your local GP practice or giving them a call.
Child Friendly Leeds

Leeds has a bold ambition to become the best place in the UK for the city’s 180,000 children and young people to grow up in. Leeds City Council launched its ‘child friendly Leeds’ vision two years ago to make sure children in the city have the best possible start to life, and since then has been approached by cities from across the world for advice. Leeds’ vision of a child friendly city is a place where children are valued, supported, enjoy growing up, and look forward to a bright future.

The council is keen to get everyone on board with their vision – businesses, organisations, charities and above all, families and a recent partnership with the city’s local newspaper – the Yorkshire Evening Post – is going a long way to raise awareness and spread the council’s message even wider.

The initiative already has over 300 people signed up as child friendly ambassadors and quarterly events are hosted to keep them up to date. The next ambassador event is on Wednesday 10 December, 1–4pm and interested parties are invited to attend to find out more about the ambassador’s role. If you’d like to attend, please e-mail us at childfriendlyleeds@leeds.gov.uk or call 0113 224 3966. Or for more information visit www.leeds.gov.uk/childfriendlyleeds and follow us on Twitter @Child_Leeds

60 seconds interview with Dr Kate Granger

Dr Kate Granger is an Acting Consultant in Elderly Medicine at Mid Yorkshire Hospitals NHS Trust. She previously worked at Leeds Teaching Hospitals NHS Trust where she started the ‘Hello my name is...’ campaign for compassionate care.

We spent a minute getting to know her a little bit more including her biggest challenge.

Three words that best describe you
Determined, quiet and compassionate

Being a doctor what do you enjoy the most about your role?
Caring for patients

What has been your biggest challenge?
Sky diving for the Yorkshire Cancer Centre as this was more of a mental challenge than a physical one

Which would you prefer a victoria sponge cake or chocolate brownies?
Chocolate brownies with raspberries is my signature bake but I also love baking bread and my favourite is sun dried tomato ciabatta

If you were stuck on an island who would you want to be there with?
My husband, Chris Pointon

Find out more about ‘Hello my name is...’:
http://hellomynameis.org.uk/
Eliminating violence against women and girls

In this edition of Engage we thought we’d look at the hard hitting issue of violence against women and girls. Find out more about the 16 days campaign to end gender violence. We also feature a local organisation working with women and girls who are victims of sexual violence.

16 DAYS OF ACTION
Every year on 25 November an international campaign begins to help in the global fight against gender violence. The 16 days of action symbolically starts on this date as this is the International Day to End Violence Against Women and ends on 10 December which marks Human Rights Day.

Globally, and more closer to home, a number of organisations show their support for the campaign by raising awareness of the impact domestic violence can have on victims as well as on other family members and friends. Events and campaigns are taking place all around the world to raise that awareness and to encourage support for women and children experiencing violence. This is because statistics show that victims of domestic violence are disproportionately women and children.

Find out more about the campaign and show your support by visiting: http://16daysCWGL.rutgers.edu/

DOMESTIC VIOLENCE – THE FACTS

- One incident of domestic violence is reported to the police every minute.
- On average, two women a week are killed by a current or former male partner.
- Based on cases of domestic violence reported to the police, one in four women and one in six men will experience at least one incident of domestic abuse in their lifetime. However research shows that women are more likely to experience multiple repeat incidents and fear as a result of this pattern and are also less likely to report incidents of domestic violence.
- In Europe, domestic abuse is the major cause of ill health for women aged between 16-44, more common than cancer or traffic accidents (New Internationalist Journal, 2004).

SARSVL aims to raise awareness and understanding of sexual violence and challenge and change public attitudes about the inevitability of sexual violence against women and girls.

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CONTACTING SARSVL

Our services are completely confidential, whether you contact us by telephone, text, email or face-to-face.

Freephone: 0808 802 3344
Email: support@sarsvl.org.uk
Text: 07797 803 211
Face to face: appointments held Sunday afternoon/ Monday evening

Please visit SARSVL’s website for the latest information about opening hours and updates on their campaigns www.SupportAfterRapeLeeds.org.uk

SUPPORTING VICTIMS OF SEXUAL VIOLENCE

For victims of sexual violence the nightmare of the initial incident can have a longer lasting impact on their lives. There’s a local organisation that helps supports women and girls in Leeds who have been the victims of sexual violence. Here we find out a little more about the work of Support After Rape & Sexual Violence Leeds (SARSVL).

SARSVL provide a safe environment for women and girls to talk about how rape and sexual violence has affected them. The organisation has been set up to promote the needs of victims and is an active partner in campaigns working towards the elimination of sexual violence. Here we find out a little more about the work of Support After Rape & Sexual Violence Leeds (SARSVL).

SARSVL provide a safe environment for women and girls to talk about how rape and sexual violence has affected them. The organisation has been set up to promote the needs of victims and is an active partner in campaigns working towards the elimination of sexual violence.

The service is run by women for women and girls providing confidential, non-judgemental advice in a safe and welcoming environment. Trained advisers support victims both face to face and over the telephone.

VOLUNTEERING OPPORTUNITIES

SARSVL are actively seeking women who can volunteer their skills and time. We need volunteers to support our helpline service. Other opportunities may include other support services, administration, finance, governance, help with events and activities, fundraising, publicity – or something we haven’t identified yet – generally anything to keep SARSVL up and running. Get in touch if you are interested: 0113 243 9102 or info@sarsvl.org.uk
Our gardening guru is back with some top tips for winter that will help you get ready for the green shoots of spring (even if that might feel a long way off during the upcoming dark nights).

There's always something to be doing in the garden, and winter is no exception.

If you’re feeling energetic, now is a good time to turn your compost heap. Turning compost will burn up to 600 calories an hour! The secret to good composting is the right ingredients and regular turning. You’ll need a good mixture of green material like grass cuttings (nitrogen) and brown material like autumn leaves, newspaper and egg boxes (carbon and fibre). Don’t add anything that won’t quickly decompose like cling film or anything that will attract rats such as meat or fish. Mixing the ingredients in your compost heap regularly helps the contents to decompose and by spring you’ll have lovely rich compost for your garden (and very strong arms)!

If you’re wanting something a little more relaxing, now is a good time to order your spring seeds and give those tools in the shed a good clean. To clean the tools first remove any dirt and then wipe down with an oily cloth. If the tool is blunt, brush it across the surface of a sharpening stone and it’ll be as good as new.

If, like us, you like spending time with family and friends in the lovely green spaces around Leeds, why not offer a few hours a month to help keep them looking great. Contact the Parks and Countryside service on 0113 3367548 or at countrysiderangers@leeds.gov.uk to find out how you can get involved in your local area.

Until next time…

happy gardening.

Roundhay Park picks up national award

If our gardening guru’s article has got you thinking of the great outdoors why not pay a visit to Roundhay Park. The park has recently won the Royal Horticultural Society’s ‘Best Public Park’ award at this year’s Britain in Bloom awards.

We’re sure you will find something that you, your friends and your family can enjoy including visiting the fabulous gardens that have helped Roundhay Park pick up the Best Public Park award. There’s lots of other wonderful attractions including two lakes, a number of activity areas for children and young people, a wide range of sports and leisure facilities and a chance to tour some listed buildings.

The park also plays host to a number of events throughout the year. Find out more and plan your next visit: www.roundhaypark.org.uk
To get you in the mood for festive celebration in this edition we will be reviewing nutmeg – no, not kicking a football between the opponent’s legs but the spice instead.

Nutmeg is synonymous with Christmas with its rich aroma and its addition to mulled wine or eggnog. It was once one of the most valuable spices in the world and had nations fighting over ownership of the islands that it came from, but the spice now is often left on the rack until December.

You can see the full review including its history and why it scored a six at www.facebook.com/nhsleedswestccg.

Why not try some of these nutmeg based recipes to get you ready for winter...

If you try 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 www.facebook.com/nhsleedswestccg.

Add a bit of Christmas spice to your festive season

LEMON AND NUTMEG COOKIES

- 100g margarine
- 1/4 teaspoon salt
- 1/2 teaspoon grated lemon zest
- 1/2 teaspoon ground nutmeg
- 200g caster sugar
- 2 eggs, beaten
- 2 tablespoons milk
- 250g plain flour
- 1 teaspoon baking powder
- 1/2 tablespoon bicarbonate of soda

1. Preheat oven to 190 C / Gas 5. Line baking trays with baking paper.
2. In a large bowl, blend the margarine, salt, lemon zest and nutmeg together. Add the sugar and beat well. Beat in the eggs and milk and mix until well combined.
3. Sieve flour, baking powder and bicarbonate of soda together. Add to the margarine mixture and blend until combined.
4. Drop teaspoons of the mixture onto baking trays and flatten with the bottom of a glass. Sprinkle tops with sugar. Bake at 190 C / Gas 5 for 8 to 12 minutes.

NUTMEG SCORES 6/10

BROCCOLI AND NUTMEG SOUP

- 2 packs broccoli
- 2-3 medium potatoes
- 1 medium onion
- Approx. 500ml vegetable stock
- Milk (full fat preferably)
- 1/2 teaspoon grated nutmeg (freshly grated if possible)

1. Melt a knob of butter in large saucepan.
2. Slice the onion and potato and gently sweat until onion starts to soften.
3. Add the broccoli and sweat for further 1-2 minutes.
4. Add the vegetable stock, nutmeg and some seasoning and bring to a boil. Gently simmer for about 10 mins (until potatoes are cooked). Allow to cool slightly then add the milk.
5. Liquidise until smooth, add more milk until the right consistency.
6. Adjust seasoning to desired taste.

NEWS IN BRIEF

NURSING TIMES SPEAK OUT SAFELY CAMPAIGN
We have signed up to the Nursing Times’ Speak Out Safely (SOS) campaign as we are making a commitment to improving patient safety. Speak Out Safely will give our staff, and staff from our 38 member GP practices in west Leeds, the confidence to speak out and report any wrongdoing or poor practice.

MACMILLAN WORLD’S BIGGEST COFFEE MORNING – 26 SEPTEMBER
Members of the public were invited to the coffee morning, organised by the CCG, Leeds Teaching Hospitals NHS Trust and the Robert Ogden Macmillan Centre, with all proceeds going to Macmillan Cancer Support. We also asked local people for their views on current cancer services and what they would potentially like to see in the future.
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 84 35470
Drop us an email
commsleedswestccg@nhs.net
Visit us online
www.leedswestccg.nhs.uk
Tweet us
@NHSLeedsWest
Find us on Facebook
Facebook.com/NHSLeedsWestCCG
See our latest videos
YouTube.com/NHSLeedsWestCCG

NHS Leeds West Clinical Commissioning Group (CCG) is made up of 38 GP practices in the west and parts of outer north west and south west Leeds.

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Tackling mental ill-health

Clubs and players from the rugby league community are continuing to promote the State of Mind campaign which has been set up to raise awareness of mental ill-health.

State of Mind was set up in 2011 following the tragic death of Terry Newton, a popular player, who sadly took his own life. The campaign looks to improve the mental health, wellbeing and working lives of rugby league players, fans and communities.

A team of mental health and sport professionals deliver comprehensive education sessions at no cost throughout the UK in super league, championship and amateur clubs as well as colleges and community groups, aimed at raising awareness of mental health issues within sport. Over 4,200 Rugby League players, officials and students have already accessed the education sessions and support mechanisms established by the Rugby Football League.

Jimmy Gittins, a former player and State of Mind ambassador, commented: “Within sport we try and stress the importance of mental fitness as well as physical fitness. There will be times in everybody’s life’s that pressure builds, but it’s how we handle that pressure on and off the field. The single most important piece of advice is talk to people – team mates, family, friends or work colleagues.”

For more information, visit www.stateofmindrugby.com or follow @SOMRugbyLeague on Twitter and show your support for the campaign.

Say bye to the couch and see the great outdoors

Now we can’t promise you that you will be an Olympic grade athlete but we’ve come across a great way to get you off your couch and get running.

Couch to 5K is a free nine-week running plan for people who want to be more active.

It’s perfect if you’re new to running – the plan is all about starting slowly and building up gradually. Anyone can start Couch to 5K – you don’t need to be fit!

To help you get on your way to a new you there’s a Couch to 5k app that you can download which gives you:

• Encouragement from Laura (your very own personal trainer!) to help you every step of the way
• Countdown timer that tells you how long you have left on a run
• Option to use your own playlists
• Progress wall
• A chance to share your progress with your mates on Facebook, Twitter and by email
• Rate your run – keep a Couch to 5k diary
• Real stories from other runners, just like you

Find out more and download the app today by visiting www.nhs.uk (search for Couch to 5k).

Want an easy and fun way to find out if you understand how many calories you’ve eaten on your lunch break or what effect your big night out might just have on your waistline? Then try out the play your calories right games developed by Leeds Let’s Change.

Leeds Let’s Change is a local campaign looking to help us all towards a healthier lifestyle. You can visit the Leeds Let’s Change website – www.leedsletschange.co.uk – to get tips to help you cut down on your drinking, find out how you can kick the habit or get information on local services that can help you be more active. There’s also advice on staying on top of your mental health.

The three games can be found by visiting www.leedsletsplay.co.uk – try it today and see how you get on.