

# OXSHOTT PATIENT BULLETIN

3<sup>RD</sup> ISSUE === MAY 2015

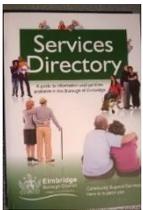
WRITTEN & PUBLISHED BY THE PPG



## Meeting Notes

At our last two meetings (February & April) quite a wide variety of topics were raised and discussed as you will find as you read on. These included updating the Webpages and adding some links to the various documents. Please do check out the [www.oxshottmedicalpractice.co.uk](http://www.oxshottmedicalpractice.co.uk) and click on the Patient Group tab to view our pages. We had great feedback from our members about the desire for a more versatile surgery, sending us ideas about services that might be of interest to most of the patients in the future. We compiled a wish list that is by no means complete, but to give you an idea of the services mentioned they included: on site pharmacy, family counselling, mental health support, 'well women clinic', screening facilities for 'ultra sound' and other scans, a baby changing area and even a very 'futuristic' "Skype" connection with their own GP while being ill abroad.

We were also pleased to receive very complimentary remarks mentioning that we are indeed fortunate to have such a good practice with excellent medical staff & service record. We were preparing an extensive directory of local services to put on our information table, when suddenly we received copies of a "Services Directory" newly published (February 2015) by the Community Support Services Elmbridge. For anyone in search of a particular service, we recommend that you do consult this booklet of 139 pages, which has the most comprehensive collection of Organisations, their addresses and other ways to contact them. Be aware the Publisher does not mention whether the Services are chargeable or for FREE! (Copies of the booklet can be found on the table in the surgery).



We were also very pleased with our successful recruitment days for membership of the PPG. Thank you all who signed up with us. That means that you are in our PPG 'growing' data base and we could contact you about your opinions and views with regard to the surgery and its services. Communication is essential and we are always happy to reply to your emails or letters.

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Preparations were made for the Medical Practice Patient Survey that took place online during February/March 2015. The results of the survey can also be found on the above mentioned website under Patient Survey 2015.

At our April meeting we discussed and prepared for the events that will take place in June.

We will start off with our AGM on Tuesday 2<sup>nd</sup> June followed by an interesting informative evening for men (and women) about 'Prostate Cancer and other Prostate Diseases' on Wednesday 3<sup>rd</sup> June and finally on Wednesday 17<sup>th</sup> June, a coffee morning will be organised in Aid of Diabetes UK (See for details further in the Bulletin). Publications were made in Fedora Magazine Spring 2015 and in the Oxshott Parish Magazine May 2015 issue. We also welcomed the news of the 'Chatterbus', a service which started on 7<sup>th</sup> April. A not-for-profit company managed solely by local people for the local Community. You can look up the timetable and other information at the website: [www.chatterbus.org.uk](http://www.chatterbus.org.uk) Remember: 'Use it or you lose it' as it is on trial for a year!

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**You are kindly invited to our  
PPG ANNUAL GENERAL MEETING  
Followed by a brief presentation:  
"Present and Future Plans of the Oxshott  
Medical Practice"**

**by Dr R. Draper, followed by a short  
Q & A session**

**TUESDAY 2<sup>ND</sup> June, 2015 at 7.30pm**

**OXSHOTT VILLAGE CENTRE**

**LARGE HALL**

Please do come along to hear what has been achieved during the year and what possibly could be done in the next year and beyond.

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## Do you know?

- One of the nurses from our surgery has retired: Angela Sadler left us in March and we thank her for the years of helpful service to our patients. We would like to welcome Nurse Tracy Crook, a Welcome addition to our

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medical staff. We hope Tracy will soon feel at home in our surgery.

• Did you ever go to a consultant at the hospital or clinic, and forget to mention something about your condition? Here are some tips to make the next visit easier:

- Write down your two or three most important questions.
- List or bring all your medicines – including vitamins and supplements.
- Write down details of your symptoms, including when they started and what makes them better or worse.
- Ask your hospital for an interpreter or communication support if needed.
- Ask a friend or family member to come with you, if you like.
- Don't be afraid to ask if you don't understand. For example, 'Can you say that again, please?'
- Write things down, or ask a family member or your friend to take notes.

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Everyone is invited to:



**"Little Gland – Big Problem & Men United"** on Wednesday 3rd

June 2015 at 7.30pm in the Small Hall of the Oxshott Village Centre. It is an informative Talk: "What we need to know about Prostate Cancer and other Prostate Diseases" followed by Q & A. The talk is suitable for any audience both Men and Women and depending on the Q & A session can take up to one hour. There will be some patient survivors of the Cancer who can give support and are willing to share their experience about the way to recovery. Plenty of leaflets and other information on the subject will be available for distribution.

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## Thinking out of the Box:



Do you feel a sense of 'Social Exclusion' because you do not know how to use a computer or a 'tablet'? Are you aware that there are Organisations which offer Computer Courses for all

levels for example: Cobham Centre for the Community (Tel: 01932 596031), also AGE UK run a number of computer training courses across the country. Call the Freephone number 0800 169 6565 for your nearest course.

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Please come and support our



## Diabetes UK Coffee Morning

Diabetes is a common life-long health condition. There are 3.2 million people diagnosed with diabetes in the UK and an estimated 630,000 people who have the condition, but don't know it. Do please come have a coffee and you might be able to get a free Blood Glucose Monitor test by our Nurse Rosemary from our Diabetes Clinic after 11.00 am. We will also try to have a display of brochures and some recipes to take away? Our Group members will make an effort to make specific cakes/cookies suitable in moderation for Diabetics. We kindly request a Donation of £3.00 for a cup of coffee and a piece of cake/cookie. We would like to welcome you on **Wednesday 17<sup>th</sup> June at 9.30 – 12.30 at the Oxshott Village Centre, small hall.**

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## Reminders:

- 2<sup>nd</sup> June at 19.30 AGM 2015 at OVC large Hall.
- 3<sup>rd</sup> June at 19.30 Informative Evening on Prostate Cancer at OVC small Hall.
- 17<sup>th</sup> June between 9.30 – 12.30 Coffee Morning for Diabetes UK at OVC small Hall.
- Ask your friends and family to join this PPG.
- Keep in touch with us, your PPG, we would love to hear from you.
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## Light hearted thoughts:

Things that might drive you insane?

- There's always a car riding your tail when you're slowing down to find an address.
- There's a dog in the neighbourhood that barks at EVERYTHING!
- You can never put anything back in a box the way it came.

