

OXSHOTT PATIENT BULLETIN

8th ISSUE === DECEMBER 2016

WRITTEN & PUBLISHED BY THE PPG

Meeting Notes



We have had just one meeting after the publication of the last Bulletin.

- Our discussions included the outcome of the recent events and planning future activities: the St John Ambulance event in October, our 'Meet & Greet' sessions on three days in November and the plans for February 2017.
- Of great concern is always our advertising campaign for any of the upcoming events. Did we do enough, are we reaching the audience interested in each particular information evening?
We are open to suggestions for the future if you missed out on any evening of your choice.
- The remarks and the suggestions brought to our attention during the days of 'Meet & Greet' were discussed. It is so useful to be able to talk to you in person. We did discuss what improvements could be made and how to implement them. We would particularly like to welcome all newly registered members (80 in total) and hope you will enjoy and appreciate our communications.
- We have discussed the possibility of an information evening about how to cope with the loss of a family member or close friend? Unfortunately, it seems to be too difficult to deal with such a sensitive subject and generalise all aspects to present an informative evening for all. Therefore we have decided to plan a different event about general well-being and the prevention of ill-health. We are planning an informative evening with Gail McKenzie and Fiona Paterson on Health DIY on the 23rd February! More about this in the New Year.
- Please do contact us with any news, concerns or constructive criticism. You can find our details at the end at this Bulletin.

Surgery Notes



Dr Nicola Johnson will return after maternity leave in January 2017.

- There is still time for Flu Jabs:
These jabs are available from your Surgery free of charge for eligible patients.
- Also don't forget: if you are aged between 70 and 80 you may be eligible for the SHINGLES jab. Shingles is extremely painful and the effects can last for a long time. The jab can prevent such a nasty experience so do ask if you can have it.

- Oxshott Surgery **closure times** over Christmas: Monday 26th, Tuesday 27th 2016 and 2nd Jan. 2017.
Open all other weekdays over Christmas from 8.00am to 6.30pm incl. Friday 23rd & 30th December.
When closed please dial 111 for medical problems that cannot wait until the surgery is open. For a medical emergency patients should dial 999.

Weybridge Walk in Centre also can be used - 22 Church St, Weybridge KT13 8DY – tel.: 01932 826013; opening hours over Christmas and New Year:

Christmas Day - closed

9am - 4pm Boxing Day

9am - 4pm Tues 27th December (Bank Holiday)

9am - 4pm New Year's Day

9am - 4pm Monday 2nd January (Bank Holiday)

Normal weekdays 7am - 8pm

Saturday & Sunday 9am - 4pm

Woking Walk in Centre will be open Christmas Day, Sunday 25th Dec. 9.00–15.00. Tel.: 01483 846209

Ashford Walk in Centre will also be open Christmas Day, Sunday 25th Dec. 8.00–20.00. Tel.: 01784 884000

Patients are advised to look on the website to verify

• **Blood Pressure Checks by Dr J. Austen**

Please have your blood pressure measured at least annually if you take medication for your blood pressure. Some people assume that their tablets are still working but have not had a blood pressure check for some time. Blood pressure tends to go up as you get older so you may need the doses of your medication adjusting to achieve the correct blood pressure. If you are taking your blood pressure tablets regularly but only have a mediocre blood pressure rather than a perfect one then that is annoying!

We have a blood pressure machine in the surgery porch which you can use whenever the surgery is open (8am to 6.30pm Monday to Friday).

It will print out a little ticket with your blood pressure on it and you can pass it on to the receptionist who will record the result in your notes. Otherwise if you find it difficult to get down to the surgery then you can measure your own blood pressure at home with a personal blood pressure machine which you can buy from one of the pharmacies. In general wrist monitors are not so accurate so should be avoided.

The pharmacist can measure your blood pressure if you request this or the nurse or doctor can check it when you come about another concern.

Please look at the repeat slip when you collect your prescription or your medication at the pharmacy. We put messages on it to you about blood tests and check-ups. On old prescriptions we often wrote in red so that

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it was obvious but the new electronic system does not allow us to make the message big, bold or obvious. Do check that you are not missing something.



This is to certify that
Oxshott Medical Practice PPG
Has helped to raise £214.55 for St John
Ambulance South East

On behalf of everyone at St John Ambulance South East Region,
Thank you
Your hard work will mean the difference between life and death for
many people

Signed

Date: October 2016

Great Event and Great Thank You!

The Demonstrations of basic Lifesaving techniques & essential First Aid was very professional, informative, educational and great fun. The very attentive audience had a refresher course on common accidents and minor injuries and discovered that they did not know it all; some had a try at CPR and the procedure for the use of AED (Automated External Defibrillator) equipment was shown. Commonly known as 'Defibs' it might interest you to know their location in Oxshott:

Oxshott Medical Practice; Oxshott's Village Sports Club; Danes Hill School; Danes Hill Juniors (Bevendean); Royal Kent School & Reeds School.

Unfortunately none of these are accessible 24/7. There is only limited access possible during opening/activity hours. Additional AED points outside Oxshott area can be found on www.heartsafe.org.uk/AED-Locations, not all AEDs are registered. When you register your AED you have the option to make its location publicly available to emergency dispatchers.

Finally the PPG is very grateful for the support given to this event and mostly for the generous donation that was collected during the evening (£214.55) and will benefit St John Ambulance which is such a great institution.

Due to very popular demand we might be able to repeat this kind of event in the future.



Out of the Box:

ARE YOU A DRIVER?

Oxshott Care is an essential community service operated by volunteers. It provides non-specialist assistance to help people who are unable to drive or who find the lack of public transport a problem, to get to their hospital, physiotherapist, optician or doctor's appointment by providing them with a friendly local driver. Our service is increasingly popular, and so we are appealing for more drivers to join our team. You will receive a detailed briefing about how the system operates, and you can claim for expenses if you wish. You may volunteer as often or as little to suit you. If you would like to become one of our volunteer drivers, why not visit our website www.oxshottcare.org.uk or feel free to contact Shona Macduff-Duncan, our Volunteer Co-ordinator, for a chat on 01372 842759.

Dates for your Diary and Reminders:

- **23rd February** (19.30) Oxshott Village Centre. An Evening on Health DIY with Gail McKenzie and Fiona Paterson.
- Need the Flu jab, the Shingles jab or other immunisations before you travel over Christmas? Contact the Surgery.

Merry Christmas and a Happy New Year



Contact by letter: **Oxshott Medical Practice; Att. of PPG; Holtwood Road; Oxshott KT22 0QJ.**

Contact us on: www.oxshottmedicalpractice.co.uk

(See Tab: Patient Group)

E-mail to: Christina van Roest:

chairman.ppg@oxshottmedicalgroup.co.uk

Or: Anita Lee:

secretary.ppg@oxshottmedicalgroup.co.uk

Christina van Roest (Chair PPG)