

OXSHOTT PATIENT BULLETIN

9th ISSUE === APRIL/MAY 2017

WRITTEN & PUBLISHED BY THE PPG



Meeting Notes

Time flies, they say, Christmas and Easter long gone, spring here and gone, summer far away... we have ploughed on and had some discussions about our surgery and the way forward.

- We look back to a very successful event, popular with many of our OMP and PPG members: "Your Health DIY". Gail McKenzie (Preventative and Support Services Manager of Elmbridge) and Fiona Paterson (Health Development Officer) gave a talk about a great variety of subjects: Available Community Services, Community Alarm, Hydrate, Volunteering & Indoor and Outdoor Activities. Our collection (during the event £90.03) was appreciated by the well deserving Charity CHEER: Concern and Help for East Elmbridge Retired. (www.cheer-elmbridge.org.uk & Elmbridge Mayor's Charity 2016/17). CHEER is a local charity providing advice, friendship and support to older people. (The office is based in Claygate: tel.: 01372 879321)
- We might have met you while visiting the Oxshott Medical Practice on one of our 'Meet & Greet' sessions in March. It was very nice talking to you and sorry for the inconvenience of holding you up slightly. The data system has grown with 71 new members, we welcome you. We also had a chance to talk with many patients about the services provided by and the general running of the practice. The PPG does appreciate all your comments, whether excellent and very happy with the practice, or not such great comments due to unsatisfactory experiences. The aim of the PPG is to improve services and procedures that will make life easier for patients and staff at the practice.
- The committee of the PPG consists of 10 elected members, all volunteers and patients of the Oxshott Medical Practice and registered as virtual members of the PPG. Every year at the AGM there is a possibility to join the committee, you are eligible as a virtual member and you already receive our bulletins and other communication during the year by e-mail. Having e-mail is essential.
- This year the AGM will be on the **Thursday 25th May** in the large hall of the Oxshott Village Centre commencing at 19.30 (7.30pm). Dr Richard Draper, the senior partner of the Oxshott Medical Practice, will share some thoughts and news relating to the practice and its future plans. Some members of the committee are stepping down and there is the opportunity for new candidates to express their interest.
- We do need volunteers to step forward, please, as there are five vacancies this year and only two candidates

have offered their time to join the PPG committee. If you are interested or wish more information, please write two small paragraphs about yourself and why you'd like to join the committee asap to:

chairman.ppg@oxshottmedicalgroup.co.uk

Surgery Notes



Dr Nicola Johnson has returned from her maternity leave & was warmly welcomed back by the practice.

- As you probably are aware Claire Broadhurst has been appointed Practice Manager and Michelle Gibbs has been appointed Reception Supervisor to assist Claire in the day to day running of the Surgery. Two new members of staff, Stephanie and Jessica, are currently in training for reception duties. During the summer the practice will continue to mentor students from St Georges & UCL and also a student Nurse will be mentored by Nurse Rose and Nurse Tracy.
- Opening times remain the same 8.00am to 6.30pm Monday to Friday however pre-bookable (Extended Access) evening appointments are available for the working professional.
- 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 (2 years for some!). The jab can prevent such a nasty experience so do ask if you can have it.
- Please use the Blood Pressure Pod in the entrance hall, before seeing your doctor. Take the slip of paper in with you and it will be registered on your medical records.
- There is a 'Health Care Team' consisting of Community Nurses – District Nurses: Daytime (01372 384384) Night time (01372 384323) and Health Visitors (01932 867231)



Feeling unwell?

Choose the right service:

- Self-care for:** hangover; grazed knee; sore throat; cough.
- NHS 111 for:** Unsure? Confused? Need help?
- Pharmacist for:** Diarrhoea; runny nose; painful cough; headache.
- GP (Doctor) for:** Unwell; vomiting; ear pain; back ache.
- NHS Walk-in Services for:** If you cannot get to the GP and it is not getting any better.
- A&E or 999 for:** choking; severe bleeding; chest pain; blacking out.

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Out of the Box:

STOP & THINK FIRST

Do you know the costs of:

- Calling an Ambulance? £247
- Stepping into A & E? £124
- Going to a GP surgery? £ 32
- A phone call to NHS 111? £ 16

A click on NHS Choices: www.nhs.uk Just 46p!!

Please, stop, think and choose well!!



A New Free Service

Are you anxious, stressed or depressed?

Online talking therapy can help.

"Ieso" Online Talking is provided on behalf of the NHS offering a free service; evening and weekend appointments; one-to-one with a qualified psychotherapist; quick access to therapy.

Cognitive-behavioural therapy (CBT) is provided in real-time over the internet using written (typed) conversations. You can self-refer today or talk to your GP.

To be eligible for "Ieso" Online Talking Therapy in Surrey you must be registered with a GP in Surrey and be aged 18 or over. The benefits of online CBT are:

- appointments available at a time to suit you
- Removes the pressure of face-to-face conversations
- There is time to develop thoughts before communicating them
- Transcripts from the sessions are always available to reflect on and review.

Accessing "Ieso" online: www.iesohealth.com/surrey or call 01954 230066

Outdoor Activities:

A fun day out with the whole family:



Visit "Oxshott Village Day", celebrating their 10th Anniversary on Bank Holiday Monday 1st May from 11am – 5pm. Packed with entertainment for the young and not so young!

This year's local Charity benefitting from the event will be "Princess Alice Hospice", so well known to many of us for the great work they do for the terminally ill and their families.

There will be a great variety of food and drink, children's entertainment, games, dance, sports, Jazz band, classic cars and much more...Entrance fee: Adults £2.50, children under 12 FREE! For more information and great videos:

www.oxshottvillageday.com and on Facebook and Twitter.



Walking for Health!

Walking is one of the simplest and most effective forms of exercise you can do. Anyone can do it and it's very easy to get started.

There are many opportunities to join walking groups. Go online and find out about Elmbridge Walking Groups: www.walkinginsurrey.co.uk/groups.php
www.walkingforhealth.org.uk/walkfinder
www.ramblers.org.uk/go-walking/find-a-group.aspx
www.carersupportelmbridge.org.uk/cse-walking-group
Here are just some links, but there are plenty more.



Come down to **the Cobham Community Garden** and help with: Gardening - as energetic as you like. Building things;

organising & planning; enjoy the garden & products. Come and volunteer with us to help grow vegetables, fruit & flowers for yourself and the local community. The garden is open: Thursday 10-12 & 2-4pm; Saturday 10-12 & 2-4pm. Find out more here:

www.CobhamCommunityGarden.org.uk

You are kindly invited to our

PPG ANNUAL GENERAL MEETING

With an update on the OMP's interesting matters by Dr Richard Draper, followed by a short Q & A session

THURSDAY 25th May, 2017 at 7.30pm

OXSHOTT VILLAGE CENTRE

Dates for your Diary and Reminders:

- **Don't miss: Bank Holiday Monday 1st May from 11am – 5pm! : "Oxshott Village Day" a great fun event for the whole family on the grounds of the Oxshott Village Sports Club; Steels Lane!**
- **AGM of the PPG: Thursday 25th May** in the large hall of the Oxshott Village Centre commencing at 19.30 (7.30pm). Dr Richard Draper updating you!
- **Need the Flu jab, the Shingles jab or other immunisations before you travel over the Summer Holidays? Contact the Surgery: 01372 844000**

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)