

OXSHOTT PATIENT BULLETIN

5th ISSUE === DECEMBER 2015

WRITTEN & PUBLISHED BY THE PPG

Meeting Notes



We have some news from our last committee meeting.

- You will have noticed that there are now some chairs in the waiting room more user-friendly

(Blocks fitted) especially for patients who had operations, hip or other, needing a higher chair for their comfort.

The Chair (CvR) has taken part in a Meeting of the Surrey Downs PPGs involving 33 PPGs (representing 300.000 patients in total); about 20 representatives were attending, some chairs & others in another capacity.

- Surrey Downs Patient Participation Group Forum: This Forum will meet once a year and smaller groups of about 10 PPG chairs, will help each other and discuss NHS matters, hospitals and other issues arising. Founding group of officers are: Patricia Wiltshire (Chair), Ann Pickering (Vice-Chair), Peter Steadman (Meetings Secretary), and Dawn Feltham (Minutes Secretary). This Forum will make sure that voices are heard and PPGs taken seriously by the Practices and their Medical Staff. If there are matters of great concern the Forum has taken on the responsibility to even take it higher up, with MP's and the Governmental Departments if necessary.

- We had various opportunities to 'meet and greet' our 'visitors' to the surgery in October & November and have welcomed many new 'virtual' members to our data base. We tried to have an informal talk with all patients who were visiting the surgery and gathered a list of great comments, but also some less favourable ones. We were able to compile a list with all comments, favourable ones and others to discuss with the Management/Staff.



Surgery Notes:

- In January we will have Specialist respiratory nurse Sheila Smith starting. Sheila will be conducting reviews of our Asthma and COPD

patients. In addition she is a Nurse Practitioner and she will be able to see patients with minor injuries and illness.

- We will close on Christmas Eve and re-open Tuesday 29th December at 8.00am. We will then close again on New Year's Eve and re-open Monday 4th January 2016 at 8.00am. If patients require medical attention (which is not life threatening) patients are requested to telephone 111 or visit the walk in centre in Weybridge.

The Stroke Evening Talk with a slides show by guest speakers Zuher Panju - Area Manager South East - and Pauline Neary - a Volunteer of the Stroke Association- was well attended, standing room only at the back. The realisation of the seriousness of the illness and the vulnerability of many of us was quite an eye opener. Imagine: every five minutes someone in the UK has a stroke and they can be of any age! Save lives by thinking **F A S T**: Facial weakness; Arm weakness; Speech problems; Time to call 999 that is the essential message to remember.

The evening was a lively one with many questions both to the Speakers and to our 'own' Dr Jan Austen.

Coffee Morning raising funds for the Stroke Association. Coffees and a great variety of homemade cakes were consumed and bought to take home for family and friends. We raised about £300.00 for this good cause.



If you have missed the opportunity to attend and would like more information?

Leaflets and booklets are in the waiting area of the Oxshott Medical Practice on the table and direct contacts to the Association to find out about their services are:

Stroke Helpline: 0303 3033 100;

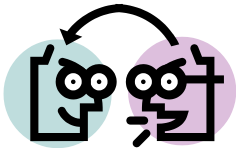
Website: Stroke.org.uk;

Email: info@stroke.org.uk

OXSHOTT PATIENT BULLETIN

5th ISSUE === DECEMBER 2015

WRITTEN & PUBLISHED BY THE PPG



Do you know about:

"The Christmas Lunch"?

"There is such a thing as a free lunch - and it is in Cobham!"

The Foodbank, Waitrose, St Andrew's Cobham and St Mary's, Stoke D'Abernon have teamed up to offer a **FREE Christmas lunch**, with all the trimmings, **ON CHRISTMAS DAY**, starting at **1pm**. All ages are invited - bring your babies and your granny! **EVERYONE IS WELCOME!**

At: Church Gate House, Downside Bridge Road, Cobham KT11 3EJ; Please let us the office know if you wish to attend:

tel.: 01932 867883.



Winter health advice:

Cold weather doesn't have to go hand in hand with illness. Here are some simple things you can do to help yourself stay well this winter.

Keep warm – this may help prevent colds, flu or more serious health conditions such as heart attacks, strokes and pneumonia.

Eat well – food gives you energy, which helps to keep you warm. So, try to have regular hot meals and drinks throughout the day.

Get a flu jab – flu vaccination is offered free of charge to people who are at risk, pregnant women, carers and some young children to ensure that they are protected against catching flu and developing serious complications.



Do you remember about

"Message in a Bottle"?

Anyone living alone, but specially, the elderly or infirm, can have an accident. The Accident and Emergency Services need immediate access to information such as the Patient's GP, medication, allergies, next-of-kin and dependents (pets to be fed etc.). Message in a Bottle (MAIB) is a great way to address this need. A brief form is filled in and stored, in a small plastic bottle, in the fridge (a secure and easily identified location that all houses have). A sticker inside the



front door (not outside, which would advertise the presence of a vulnerable resident) and another on the fridge alerts the Emergency Services to its presence.



The bottles, stickers and forms are readily available, free, at Doctors' surgeries, Chemists, Libraries and other Community Organisations such as Day Centres. The scheme is organised by Leatherhead Lions and is financed from sponsorship and donations.

You can ask for a (MAIB) bottle at our Surgery, they are available just by the reception desk, take one next time you come round.

Reminders:

- Don't forget your repeat prescriptions well in time for the Festive Season!
- Need jabs before you travel? Contact the Surgery.

Please do read the notices on our board in the OMP, take our leaflets from the table, when we are



advertising events. And most of all do not be shy to contact us with your wish list for services and changes, you would like to see in our OMP. Registering with us is

very simple, does not cost any money and you get all the information from the PPG. Your details will be kept confidential and for the sole use of PPG matters. 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

Merry Christmas and Happy

New Year to all!



Christina van Roest (Chair PPG)