

# OXSHOTT PATIENT BULLETIN

6<sup>th</sup> ISSUE === MAY 2016

WRITTEN & PUBLISHED BY THE PPG



## Meeting Notes

We have had two meetings in the New Year.

- After the Christmas break we met in February to discuss the new events and receiving some information from the surgery. Your response for a 'Mental Health & Mindfulness' event made us decide to go ahead with the organisation of the awareness & information evening on the subject. More about it further in the Bulletin.
- We studied the replies from the management to some questions you had put to us at the 'Meet & Greet' encounters. Unfortunately it is not possible to please everyone in a surgery of around 7,000 patients, but some steps have been taken to ease some of the inconveniences. The chairman will read some replies out at the AGM in May.
- In April we had some preparations to make for the AGM.
- We exchanged views on finances, especially the costs of hiring Halls for the events meetings.
- Should we do some fundraising for additional equipment in the surgery which will benefit us all? The surgery could do with an additional up-to-date ECG machine (possible cost £1500-2,000)
- A discussion took place about the upcoming PPG Awareness week in June (6<sup>th</sup> – 11<sup>th</sup>). Please check publications about a talk on Pharmacies and Medications by the very popular Pharmacist Wayne Lloyd M.R.P.S.GB.
- Please do note the invitations to events in your diary. Some reminders you'll find at the end of this Bulletin.

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## Surgery Notes

- The specialist nurse for respiratory diseases Sheila Smith has settled in well and patients have to be referred by the GP to make an appointment with her.
- Quite a shocking statistic of **DNA's (Did Not**

Attend) appointments reached us. In the last 12 months there were **1092** missed appointments without cancelling! Can we please ask you, to consider your fellow patients who cannot get appointments and have to wait even longer because you forgot to cancel yours? Please do remember to cancel your appointment if for any reason you do not need it anymore or you are not able to attend.

- Since 6<sup>th</sup> November 2015, the GP Health Partners have been able to offer additional flexible GP appointments for you and your family at two convenient locations: at the Ebbisham Centre in Epsom and at Leatherhead Community Hospital.
- Dr Nicola Johnson has left for maternity leave and a new Doctor has now joined the team: Dr Alice Palfreman.

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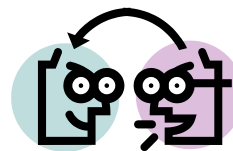
## The Focus on Mental Health & Mindfulness, Informative Evening

with the guest Speaker: Dr Mark Rackley; Chartered Psychologist was

well visited and a great success. It was clear that there is still a stigma attached to mental health in general, but one thing to remember is: if you have an injury or illness visible on the outside, you would not think twice going to the doctor... why not visit the doctor if you have a mental problem, it is as much an illness as any other. That was an important message that we should share.

As Dr Rackley did waive his fees for the presentation and we asked what his favourite Charity was to collect some money on the evening. We were able to transfer £95.45 to Cancer Research UK. Thanks to all who contributed.

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## Do you know about: The Cobham Community Garden?

Given the recent emphasis on outdoor exercise as a means of improving health, why not join the Cobham Community Garden. It's local, on the Leg O'Mutton Field in Cobham, and it's free. It started

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in October last year and it is operated like a very large shared allotment growing fruit, vegetables and flowers. It's run completely by volunteers.

Anyone can come and join in with the gardening. It's fun, outdoors, social and provides as much exercise as you want. The garden is open from 10 to 12 and 2 to 4 on both Thursdays and Saturdays until November.

For more information please go online:  
[www.transitioncobham.org.uk/#!community-garden/czd2](http://www.transitioncobham.org.uk/#!community-garden/czd2)

There's a volunteer information pack to download from there too. Come and see what it looks like and what we're up to. Dates for the Diary:  
Plant swap: We're holding our second plant swap on Saturday 7th May in the Cobham Village Hall. Our next Garden Open Day is on Saturday 21st May.

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## Oxshott Village Day 2016 (OVD)

On Bank Holiday Monday 2nd May you may experience yet another wonderful family day out in the Village. Great attractions will be returning again, including the fun-fair, jazz band, Punch and Judy, face painting, climbing wall, bungee trampoline and circus show. Of course there will be plenty of eating and drinking options like the hog roast, afternoon tea, ice creams and snacks plus the Sports Club Bar. Once costs have been covered, OVD aims to make a donation to a local charity or organisation. This year the chosen beneficiary is the Cobham Area Foodbank. The Foodbank helps people in crisis (unemployment, benefit delays, illness, and many more reasons) in the local villages Cobham, Oxshott, Stoke D'Abernon and Downside.



Always looking for volunteers (**with e-mail**) to help at the Distribution Centre, the Warehouse and with driving the wonderful Mercedes Sprinter van, (also to be found on the grounds at the OVD) we

look forward to hearing from you, ([www.cobhamareafoodbank.org.uk](http://www.cobhamareafoodbank.org.uk)) Please do visit the fun-filled day on Bank Holiday Monday 2<sup>nd</sup> May at the Oxshott Village Sports Club on Steels Lane. Visit the website for more details at [www.oxshottvillageday.com](http://www.oxshottvillageday.com)

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**You are kindly invited to our  
PPG ANNUAL GENERAL MEETING  
With an update on the OMP's Medical  
Matters by Dr Mark Jenkins, followed by a  
short Q & A session  
TUESDAY 17<sup>th</sup> May, 2016 at 7.30pm  
OXSHOTT VILLAGE CENTRE**

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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### Dates for your Diary and Reminders:

- 2<sup>nd</sup> May Oxshott Village day
- 7<sup>th</sup> May Plant swap: in the Cobham Village Hall.
- 17<sup>th</sup> May AGM, (see above)
- 9<sup>th</sup> June (19.30) Oxshott Village centre. A talk on Pharmacies and Medications by the very well-known Pharmacist **Wayne Lloyd**. (more details to be announced later)
  - Please read the Notices Board & Medical Information on the various tables.
  - Need jabs before you travel? Contact the Surgery.

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Registering with us (PPG) is very simple, does not cost any money. We'll send you 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](http://www.oxshottmedicalpractice.co.uk)

(See Tab: Patient Group)

E-mail to: Christina van Roest:

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Christina van Roest (Chair PPG)