



NewsWATCH

The Watlington & Chalgrove GP Practice Newsletter



Issue 013

Email us at: wat.chal@nhs.net - Website www.watlington-surgeries.nhs.uk

October 2014

PPG Members

Watlington

- Roger Beattie
- Josephine Carrington
- Jenny Tindale
- Doreen Hobbs
- Shirley Brown
- Beryl Parkinson
- Jacky Wagstaff
- Marian Davis

Chalgrove

- Neil Topping
- Evelyn Chakera
- David Lee
- Ann Reed
- Lesley McCourt
- Gill Walker
- Lynn Baker
- Peter Grout
- Helen Moss-Black
- Audrey Mainwaring

If you have any issue that you would like raised at a PPG Meeting, please contact any of the above or email us.

Special points of interest:

- Give it a Go!
- Have a Jab!
- Kids Where Are You?
- New IT System
- Hello, Goodbye
- OCCG Update

Contact Us
By Email

wat.chal@nhs.net

Has Your Get Up and Go Got Up and Gone?!

We all want to live a long and healthy life. Unfortunately, for many, events beyond their control preclude this. However, it's a fact that many of us can take responsibility for improving our overall health and well being.

How? Well healthy eating is one way but one of the most important things to consider is **Change Your Life by Getting More Active!** trying to do a bit more exercise. Now we are membership or getting up at an unearthly hour to do a five mile run before you start the day!

There are many ways to take some gentle exercise that will make you feel better - and improve your health.

At our last PPG meeting in September we were given a presentation by Hendriette Thorn from South Oxfordshire and Vale of White Horse District Council. She told us that modern life styles may appear to give us more comfort but in fact they are leading to a nation of inactive individuals. This in turn is leading to an increase in many preventable diseases including diabetes and heart disease.

She told us about 'Go Active' schemes that have been introduced by the Councils. The talk was very informative and explained how the Go Active project was trying to promote healthy life styles and fitness without imposing strict regimes that most people would struggle to commit to.

There are many options available tailored to suit a wide variety of ages and circumstances. Take a look at the website at www.getoxfordshireactive.org Alternatively, information is available in both surgeries.

If you have a specific need that is not covered there, Hendriette is available to give support and advice on how you may be able to achieve your aim.

Flu Jab Time is Here Again!!

We know, it doesn't seem like a year since the last time but it is, and yes, we're all another year older!! If you've missed out on sniffles it may be due to the flu jab you had so don't miss out!

This year's flu clinic days are;

Chalgrove on Tuesday 14th October, 9am to 3pm

Watlington on Wednesday 22nd October, 9am to 3pm

Letters will be sent to all eligible patients inviting them to attend either day. Pneumococcal & shingles vaccines will also be available for those eligible.

GP appointments will be available but there will be no Practice Nurse appointments on those days as they will all be involved administering the jabs.

You may even meet a PPG member as some will be assisting by handing out information cards and assisting with patients!

The Kids Are Alright!!

The PPG exists to represent views of all patients. For some time now we have recognised that there is a gap in our representation, namely the group best described as children to young adults. Attempts to recruit younger people to the PPG have not been successful.

To that end we recently initiated a project to attempt to understand the views of school pupils at Chalgrove School via a consultation undertaken by Dr Rachel Bray (who operates in another part of South Oxfordshire).

It was overseen by PPG members Lynn Baker and Neil Topping who facilitated the consultation with Rachel. It was regarded by all involved to have been a success.

At our last meeting Dr Rachel Bray reported back to the Group with her findings which demonstrated a high level of awareness by the pupils and presented a number of points for consideration by the Group and Practice staff.

Head Teacher, Julie Quarrell expressed her appreciation of the opportunity for the children to feed into the Practice's information gathering

As this first consultation was with children ranging from 5 to 11 years we are now looking into the practicalities of extending the project to older children at the Icknield school in Watlington.

The full report is available in the PPG News section on our website and copies can be found at both surgeries.

Hello and Goodbye!

The Practice is delighted to announce that they have appointed Michael Preedy as the new Practice Nurse, replacing nurse Judith who sadly left the Practice in July. Michael will be already known to some patients, as he has been a District Nurse covering the Practice area for several years.

Unfortunately, Shirley Brown is leaving the PPG. Shirley will be known to many of you through her other activities in organisations in the area but she has decided to relocate to another part of the country. Shirley is unsure of timescales, but will remain involved until she relocates.

As well as the Watlington and Chalgrove PPG, Shirley currently attends the Locality Patient Group Meetings with Neil Topping where all the South Oxfordshire PPG's are represented to debate issues which affect Health Services nationally.

So, we are looking for new individuals to get involved with our PPG and/or Locality Patient Group Meetings. If you care about the future of the NHS this is an ideal opportunity to get involved.

Please email us at wat.chal@nhs.net or speak to Practice Manager Kai Howard at Watlington or Chalgrove if this is something you would like to find out more about.

Computer Says NO!

We hope not!! There is a new Clinical Computer System being installed at both Watlington and Chalgrove that should go live on Tuesday 4 November.

The existing systems are very old now and the last of their type in the whole area. The new system should bring many benefits to both staff and patients.

So if you don't receive the normal impeccable service for a few days after this date, please be sympathetic. Anyone involved in this type of exercise will be aware that however much assurance the experts give, unexpected gremlins have a habit of causing surprises!

There will be notices in the Surgeries advising patients of the changes.

What's Going On?

As mentioned elsewhere, representatives from our PPG meet with similar members from all the other GP Practices in the area.

We thank Neil Topping who reported that the following items were discussed.

- Accessibility and waiting times for appointments are a major issue for some practices.
- Make better use of practice nurses with specialist training.
- Improve GP links with local community services (e.g. children's centres, support groups) which have a significant preventive role in relation to health.
- Re-visit the role of health visitors, district nurses, health promotion and health education officers who have previously carried out many functions that GPs now have.
- Extend the role of specialist GPs.
- Improve public health education for GPs.
- Make better use of pharmacies and improve communication between them and general practice.
- Provide a single point of contact for housebound people with chronic conditions.
- Provide local testing facilities, using new technology, so results are provided more quickly with less disruption for patients.

Neil also reported that it was made clear at the meeting that there is still considerable change occurring regularly in the structure and operation of the OCCG. These changes could have significant impact on the range of services available to us in the short and long term.

Even more reason to get involved!!