



NewsWATCH

The Watlington & Chalgrove GP Practice Newsletter



Issue 019

Email us at: watchalppg@btconnect.com - Website www.watlington-surgeries.nhs.uk

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Members

Watlington

- Doreen Hobbs
- Jacky Wagstaff
- Roger Beattie
- Marion Davis
- Tony Williamson

Chalgrove

- Ann Reed
- Evelyn Chakera
- Gill Walker
- Helen Moss-Black
- Lynn Baker
- Neil Topping
- David Lee
- Peter Grout
- Ann McDevitt

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:

- Who are we??!
- Walk to fitness!
- Fund raising successes
- School project progress
- See your records
- More ways to get fit

Contact Us By Email

watchalppg@btconnect.com

We Are Here For You!!

Even after being in existence for 5 years most patients look blank when we mention the Patient Participation Group. The PPG acts as a link between patients and the Practice staff; keeping you up-to-date with changes and new initiatives. We also communicate your views and concerns - and compliments too of course - to the Staff for comment and action as appropriate.

You can e-mail us on watchalppg@btconnect.com or leave a comment on the Virtual PPG page of the Practice website at

<http://www.watlington-surgeries.nhs.uk/patient-group/formation/>

In an effort to increase awareness we have introduced the following:

- A new notice board in the waiting room in Chalgrove - check out the information on the board by the door; it's relevant to you
- A banner (see photo overleaf) and tabards - these had their first airing at the Chalgrove May Day Festival - look out for them, and us, at future events
- A logo - see top left! This will appear on all PPG future publicity material so you will know that, as a patient, there is information for you
- A new leaflet explaining the aims of the PPG in more detail. Pick one up in either waiting room. Many thanks to Uni-Mail Ltd at Chiselhampton for printing these free of charge

In fact none of these items have incurred any cost to the Practice or the PPG. Hopefully they will all combine to raise our profile so that we become the first point of call for patients who wish to discuss any matters concerning service they receive from the Watlington and Chalgrove Surgeries.

Get Going, Keep Going!!

Along with the GoActive Project set up by South Oxfordshire District Council, a new activity has come to Chalgrove and needs players, gentlemen and ladies, to participate in the fast rising sport of **Walking Football**.

It is particularly aimed at gentlemen of 50+ years of age who may be in need of some enjoyable exercise by going back to their earlier years and play football once again.

Play takes place on the all weather pitch/court in the Chalgrove Recreation Ground.

The rules are quite simple in that players MUST keep a MINIMUM of ONE FOOT on the ground at all times and must not run, trot gallop at any time whilst on the pitch.

Teams can range from 4/5 a-side to a maximum of 8 a-side playing for between 6 and 12 minutes per half. The only compulsory clothing is that all players wear trainers, plimsols or similar footwear.

Coloured bibs will be provided to distinguish between teams.

The first session was held at 11:00 a.m. on Friday 10th March with 10 participants plus the GoActive Coordinator with a reporter from the Oxford Mail also present. An evening session also takes place in the Community Hall on Wednesdays so that

gentlemen who work can join in.

There are now 24 registered members: about 10 or 12 who play on Wednesday evenings for an hour from 6:30; and about 8 or 10 who play on Friday mornings.

Plans are to hold a mixture of daytime and evening sessions in the coming months and it is hoped that more of those who have registered, but have not yet played as they are recovering from operations, will come

along.

The cost is £3 per session or £5 for two sessions in one week.

So, make the break from the armchair and join in at the Recreation Ground or the Community Hall for exercise and social interaction and play the sport you used to love and never thought you would play again!

For more general information and details of the sessions being arranged call Bob Larter on 01865 891544 or email: r.larter@me.com

The GoActive Project also includes **Zumba classes** on Friday mornings in the Village Hall. The sessions are open to everyone, men and women, irrespective of age and start at 11:00 lasting an hour. The classes cost £5 a session.

Finally, **Table Tennis** sessions for anyone over 50 started on 5th May in the Youth Centre. They run each Thursday at 10:00 a.m. for an hour and cost £2 a session.

Plenty of Ways for Everyone to Keep in Better Shape

May Day, May Day!

No need to panic, just news of a very successful venture at the recent May Day Festival in Chalgrove. As some readers will know, fund-raising is a new venture for the PPG, and one which we hope you will all support enthusiastically.

The Practice has a 'wish list' of items that staff feel would improve the patient experience.

Contrary to many popular misconceptions, GP Surgeries get no funding from the NHS when they have to purchase equipment, medical or otherwise.

The PPG has formed a Fund-Raising Committee which aims to organise a variety of events to help the Practice with the cost of new purchases and the Committee's first venture at the May Day Festival in Chalgrove was a tremendous success. The PPG would like to thank everyone for their support.

The Committee organised a raffle, tombola and a cake stall and raised nearly £800. In addition, we are very grateful to some patients who made individual donations. We hope to soon be in a position to help the Practice buy a new, modern and much more efficient ECG machine as illustrated in the photo. It will enable staff to see

more patients, more speedily. If you have any suggestions for future fundraising, please let us know.

The wider PPG would like to extend special thanks to the members of the Fund-raising Committee for all their hard work; both before the event and on May Day itself. In addition, many local businesses joined in and offered much valued support.

The next fund-raising event will be a **Strawberry Cream Tea** in Watlington.

This will be held at Old School Place from 2:30 - 4:30 on **7th June**.

Enjoy a delicious tea and support your GP Practice all in one go. We look forward to seeing you there.



Ann McDevitt getting ready for a very busy - and successful - day at the May Day Festival



The ECG machine on the Practice Shopping List!

School Project Update

In July 2014 a research anthropologist from the University of Oxford, Dr Rachel Bray, undertook some research at Chalgrove Primary School. The project was initiated by the PPG to obtain information about the children's experiences of visiting the GP's surgery in order to incorporate their views in the user consultation process. The full report which details the research design, process and findings can be read on the PPG page of the Practice website www.watlington-surgeries.nhs.uk

As a result of the research the Practice has introduced a number of initiatives which reflect the perceptions and expectations of the children. You may have noticed the new activity sheets for children in the waiting rooms. The School itself launched a competition to design a health notice board for children. The winning design will be made into a board by the School's Caretaker which should be up in the surgery in early summer. The children have named the board 'The Health House' and their message is 'Your health matters'.

This research has attracted a lot of interest within Oxfordshire. The PPG's original intention was to extend the research to older children and include the views of the young people at Icknield School who are patients at our Practice. Now Jen Marks from Health Watch Oxfordshire has offered to take the research forward and will be leading the project at Icknield School which will then be rolled out to other schools across the county.

Although, unlike the Primary School project, this will not give our Practice information that is specific to us, it will provide a broad picture of young people's perceptions and will include health issues which our Practice would like to be covered.

Access to Your Patient Records

From 1st April 2016, patients have more freedom to access their patient records. This means that you can, for example, now look up your blood test results.

As interesting as this might be, there are some points to be aware of when viewing the figures.

- Everyone is different and what might appear to be an above average figure for the population as a whole might be normal for you.
- Likewise, depending on your personal medical conditions, a very slightly lower than average figure might be an important warning sign for you.
- It is essential that you wait for the Doctor to interpret your test results and advise you on what, if anything, this means for you.

Healthwise

The Healthwise GP referral scheme provides a full lifestyle assessment, which includes a fitness assessment, goal setting, body measurements as well as an individually tailored activity programme. There are many physical activity options to take part in whilst on the programme, including supervised gym classes, studio classes, and swimming, walking and entry level sport options, all at a reduced price.

The scheme is offered to people aged 16 or over who are registered with a GP in Oxfordshire and who would like to use physical activity to manage a number of health conditions including: cardiovascular disease, obesity, mental health problems (such as depression or anxiety), musculoskeletal conditions, or respiratory disease.

In Oxfordshire these services run at the following centres: Thame Leisure Centre, Henley Leisure Centre, Abbey Sports Centre in Berinsfield and the Park Sports Centre in Wheatley.

For more information visit: www.better.org.uk/leisure or contact the GP Referral Team on 07444 782448 or Email: healthwise.southoxfordshire@vale@gll.org