

Nuffield Practice Patient Participation Group

Spotlight

The Nuffield Practice Patient Participation Group (PPG) works with the practice to ensure that through excellent communication, practice decision-making is informed by the best possible understanding of patients' needs and concerns

December 2024

A message from our Chair—Come and join us! Welcome to our latest 'Spotlight' bulletin, a briefing for patients from the Nuffield Practice by patients at the Practice. The overarching theme of this edition is to invite newcomers to join us at the Nuffield Patient Participation Group. The group is open to all, and asks only 3 to 4 hours a year of your time in joining us for one-hour Zoom meetings which include updates from the Practice which keep the NPPG group in touch with matters of interest to the wider patient body. In turn, patient feedback is valuable to the Practice in raising awareness of their experiences of services provided. We have a gardening group, a cycling ambassador, and a walking group, whilst a number of our members provide volunteers to help with signposting at the vaccination clinics.

Our 'Spotlight' bulletin appears quarterly (online and in hard copy). We want to promote lifestyles that will improve healthy living, to reduce our need for medical intervention. We encourage contributions to 'Spotlight' magazine that will promote mental and physical wellbeing.

The group is friendly and welcoming, and newcomers are always welcome. We have introduced an in-person social event at which twice a year we have the chance to meet up and get to know one another. Group members will happily share with new members useful skills including minuting or chairing meetings, writing newsletters, gardening, and cycling skills. Joining the group not only benefits the Practice, but also could enable members to gain transferable skills. If you would like to find out more, please ask at the Practice to be put in touch. We look forward to hearing from you!—
Heather Pike

The Practice garden as we head towards winter: The plants that were put in when we first created



the Practice garden are reaching maturity. The rosemary is a fine specimen that is even getting a bit too big at times when it blocks passage across the grass pathway. Careful pruning to ensure we don't cut back to dead wood will hopefully ensure it grows tall and stately. The same can be said for the sage which, although incredibly healthy, is a bit too rampant if not kept in check, again blocking the pathway. These are, of course, nice problems to have. Plus, it's wonderful pruning herbs because the perfume as you snip is so fragrant and calming. Try rubbing rosemary or sage leaves between your fingers, close your eyes and sniff the wonderful smell.

Insects have generally been somewhat thin on the ground this year - this is an indicator of a national, even international problem reported by environmental groups such as Butterfly Conservation (<https://butterfly-conservation.org/our->

[work/our-conservation-strategies](#)) and Buglife (<https://www.buglife.org.uk/our-work/pollinator-projects/buzzing-projects/>). The garden is a little sanctuary for pollinators in the centre of Witney: I was pleased to see a solitary ladybird when I was last in the garden. We need to continue to encourage many more. The last blast of the main flowering year was particularly colourful--the purple Michaelmas daisies (asters) were stunning. They can be considered as marking the end of summer, but as someone once reminded me, autumn is not just about decay, it is the time of conkers, berries, and seeds, preparing for the growth of the next year--a time of new life. --Sally Rumsey for the Gardening Group

Keep cycling!—our Cycling Champion, David Eaton provides a timely reminder on bicycle lights: These are a legal requirement if one is cycling after lighting up time. As the days are getting shorter and duller, using them before lighting up time will help make sure one is seen by other vehicles. I know some regular cyclists at least have their rear lights on flashing even in the summer months. These lights can last up to 120 hours on batteries and many are rechargeable.

Keep walking! Don't be deterred by the time of year; the Walking Group keeps going through the year—a walk is only cancelled if there is a severe weather warning, or snow or ice on the pavements. As **Judith le Good** writes, 'In winter we tend to avoid the off-road paths but there are still plenty of routes where we can enjoy open space, nature and the changing seasons. The only Tuesday we never arrange a walk is the Tuesday between Christmas and New Year which this year is Boxing Day. Getting out whatever the weather is so good for your well-being.' Contact Judith for more information at judithlegood@btinternet.com or tel. **01993 702219**, or just turn up at **2 pm** on **Tuesday** afternoons outside the Surgery. You will find a warm welcome.

Hot off the Press: Keep active with 'Move Together'! A new tailor-made initiative has been launched across Oxfordshire for residents who have limited mobility, to support them to become more physically active. Patient feedback has been positive about this scheme, which helps patients set achievable goals to enhance their mobility, following a home visit.

Ongoing individual supervision is provided, together with opportunities to attend seated exercise classes locally, including seated T'ai chi. The service is free of charge, and has been found both encouraging, and beneficial by a patient from our Practice. The Chief Medical Officer's reassuring advice that 'There is no situation, there is no age, and no condition where exercise is not a good thing' undergirds the philosophy of Moving Together. More information is available from West Oxon District Council -; contact Jennifer Bennett: Jennifer.Bennett@publicagroup.uk, tel. 01993 861564.

And, finally—Heather writes: Looking to the future, we would like to welcome everyone to join us at our next Zoom meeting on **Wednesday 15 January, 2025**, and a week later to a social gathering at Part and Parcel on **Wednesday 22 January 2025** (full details to follow later).

To contact the Patient Participation Group, and find out more about its activities, consult the [website](#) or email the practice at nuffield.practice@nhs.net