

## ***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*

June 2024

#### ***A Message from our Chair***

We are excited that in place of our usual quarterly Zoom meeting, this month we are holding a social gathering at which we will be able to enjoy relaxing and getting to know each other beyond the confines of an agenda. The event (as previously notified) will be at **6.30-9 pm, Wednesday 19 June 2024**, and the venue is the private room at the rear of '[Part and Parcel](#)', 2-4 Market Square, Witney (the old Post Office). We look forward to seeing as many of you there as possible.

As the summer approaches, with the promise of warmer weather, and with Practice's bee-friendly garden in full bloom, it is a pleasure to share good news of the achievement of the staff team at the Nuffield Practice, in their service to their patients, as demonstrated in the account of the CQC visit described below. And our thanks, too, for the continuing support of patient volunteers, in constant care of the Practice garden; in vaccine clinics; in the walking group; in support for cycling, and in the production of Spotlight.

#### ***Care Quality Commission Assessment, Heather writes:***

On March 15th 2024, the Care Quality Commission undertook a snapshot focussed assessment of the Nuffield Practice. The assessment sampled one particular thread of investigation, the Equity and Access, on the responsiveness of the Practice to provide services for patients. Patient feedback contributed to the final overall grade of 'good' in various ways, including by means of questionnaires completed for the inspectors, whilst Friends and Family feedback also provided valuable data, together with respondents to a national GP survey. The CQC inspector additionally requested information about a range of questions from the patient group, researched and provided in the Chair's response as part of the process.

The [final report](#) makes for a good read. It is brief and pithy, and acknowledges that medical practices are operating at high levels of demand at present. It explores the ways in which the Nuffield ensures equity in the accessibility of provision, even in these challenging circumstances in detail with Practice staff. The patient voice was heard as one key source of evidence during the process, and thanks are due to all patients who contributed to supporting the Practice in achieving this pleasing outcome.

Our thanks to the staff team at the Nuffield for all they do, and our congratulations for this richly deserved outcome.

#### ***The Garden—our Gardening Group report:***

It is such a delight when working on the Nuffield Practice garden that so many passers-by stop and take a look or have a chat. The garden seems to be very well appreciated by local residents and shoppers, and many comment on how they have been observing it maturing.

Now that Spring is here, it is beginning to come to life. Cowslips and rosemary are blooming, and perennials such as echinops, sage, and alliums are flourishing. The hot lips salvia and the anemones have been flowering for weeks and are still looking stunning.

More plants have been planted to fill some of the gaps including some hellebores that we can look forward to flowering early in 2025. Just this morning some purple loosestrife and bluebells have gone in - the bluebells are the English variety. You can tell they're the English ones because the bells are on one side of the stem which bends over, and they are a fabulously intense deep blue colour. The alternative, and sadly taking over, variety of Spanish bluebell has upright stems and paler flowers.

The gardening group is pretty well on top of the weeding, and the garden is looking very trim. Don't forget to take a look next time you're passing.

### ***Cycling in the Hot Weather, David Eaton writes***

With the advent of long summer days it is a good time to go exploring the countryside by bicycle. If you go on holiday you may wish to hire a bike to explore interesting locations where you are staying and particularly if you have children, it is an activity you can do together as a family. However, in hot weather one needs to be careful, in the sun and heat to use sun cream to protect the skin and to ensure one stays hydrated. If you are going out in the morning or afternoon for a long ride, I suggest you ought to have a drink every 20 to 30 minutes, do not wait until you are thirsty. More about this is explained in the link to the following article in Cycling UK '[How to Stay Cool on Hot Summer Cycle Rides](#)'.

**Walking** Now the summer weather is with us, how about an hour's guided walk with **Judith le Good**? Contact her at [judithlegood@btinternet.com](mailto: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.

### ***And, finally....encouraged by an app!***

In terms of self-help exercise, walking is my favourite pursuit, but there are times when I need that little extra push to get up from the desk and get started. This is now provided by my having activated a health app on my new phone. I have quickly become keen to match/outdo its daily 'targets' for steps taken and active calories burned, and have in fact been really encouraged to discover how far you can walk without realising it. Whatever the weather, even if you don't go further afield, Witney's a great place to take yourself for an interesting walk—and how satisfying it is to see those daily numbers tick up, and feel all the better for it.—*Elizabeth Knowles*

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](mailto:nuffield.practice@nhs.net)