

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

March 2023

Chair's report: Welcome to the Spring edition of *Spotlight* as we enjoy the first signs of Spring. In this issue we introduce you to two key members of the team: our pharmacists. We have our usual reminder to keep an eye on our 'bee-friendly garden', already showing promising signs of growth thanks to our 'Garden Gang' (let us know if you too might be interested in working in the garden, even for an hour or two in the week). Judith le Good reminds us of the chance to join in the weekly walks she leads, and David Eaton shares more of his cycling expertise.

The last few months have been a busy time! Some NPPG members have been assisting with the registration of some new townsfolk who arrived as asylum seekers, spearheaded by Witney's rector, Rev Toby Wright. We are pleased to be actively supporting the town's wider activities in this specific way. Some NPPG members have also assisted in interviewing residents on behalf of the NHS hospital trusts to ensure feedback on hospital liaison is captured appropriately. Meanwhile there has been a successful recruitment campaign at the Practice including the appointment of our new assistant manager which is great news.

Our main NPPG objective is of course to support our Practice in maintaining their excellent provision, with patient feedback captured in the Friends and Family survey results which are very positive overall. Our thanks to you all for your support of the NPPG over the past few busy months.

Further expert help at hand: introducing our pharmacists. Did you know that our wonderful team at the Nuffield Practice have the support of not one but two clinical pharmacists? **Vaiva Mikalauskaite** is a prescribing clinical pharmacist, and can deal with reviews for a range of health issues including asthma, diabetes, and hypertension; she also undertakes new patient medication reviews and medication change requests, plus structured medication reviews. **Vitalija Butkyte** can do medication reviews and changes and responds to requests from the District Nurse team. Together they are a fantastic resource, and a highly valued part of our clinical team.

Spring in the Garden



As Spring arrives, don't forget to keep an eye on the garden as last year's planting bears fruit—as 'Spotlight' goes to press, the first showing of a lovely display of purple crocus catches the eye as you walk past. Many thanks to the Gardening Group for their hard work and creativity!

Walking: The Nuffield Health Walk, every Tuesday at 2pm. Meet outside the Nuffield

Practice Spring is on the way and it's time to get outside and enjoy the local area. The Nuffield Health Walk is part The Ramblers 'Walking for Wellbeing'. It is a leisurely circular walk for about an hour starting and finishing outside the Nuffield Practice and is usually between 2 and 3 miles.

Judith Le Good worked in the Nuffield Practice as a Health Care Assistant for many years and took on the voluntary role of Walk Leader when she retired. **John Abrams** is also a Walk Leader who usually accompanies our walks with lots of local historical facts and figures. Everyone is welcome, we don't leave any walkers behind. Health Walks are about having a chat while exploring different paths of Witney, getting some gentle exercise, and appreciating the changing seasons. We put the world to right and enjoy being outside. If you want to meet new people, have some gentle exercise while exploring Witney, come and join us.

Contact: Walk Leader Judith if you want more information. **Tel : 01993 702219** or email judithlegood@btinternet.com, or just turn up on **Tuesday at 1.55pm** outside the Nuffield Practice where we gather.

Cycling

David Eaton, our Cycling Champion, keeps an eye out for points of interest. This month, David calls attention to an article on e-cycling, in a recent issue of Cycling UK's weekly newsletter. As the article points out, e-cycling is sometimes regarded as 'cheating' —but in fact it can be a good for you, and a route to useful exercise. Follow this [link](#) to discover more!

And, finally...

Some of you will remember that in June 2022 we flagged up a study on Active Travel (walking and cycling) among residents of Witney, run by the University of Bristol in partnership with OCC. Follow this [link](#) to read about the publication of this award-winning study.

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