

## ***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 2022

#### ***Chair's report***

Welcome to this bumper Spring edition of 'Spotlight' — seasonally appropriate in supporting the Practice's 'green initiatives', and the Green Estates strategy. As a Patient Participation Group we are keen to support the Practice's developing Green Estates Strategy within the recently published [Primary Care Strategy](#) framework guidelines. (See also the green '[toolkit](#)' circulated in December.) The Practice would welcome help from any patients with experience in this field to ensure the Nuffield reflects best practice for sustainability. We would be delighted to hear of any offers of help.

Also in this bulletin, David Eaton, our new Cycling Champion, shares with us his expertise in developing proposals to encourage patients to benefit from cycling. Judith Le Good's article promotes the benefits and pleasures of her health walks. A note on the Practice's 'bee friendly' garden reminds us how this, now resplendent for all to see, has progressed thanks to the hard work of many supporters.

Finally we welcome Sarah Chapman's article where she shares valuable medical insights gleaned in her work. Although she is reluctantly drawing back from her reviews for the future due to work commitments her past contributions have been widely appreciated. On a closing note as the Patient Participation Group gathers momentum and new members we would invite any patients who would like to join us to get in touch. Enjoy the read!

#### ***Nuffield Practice Cycling Champion***

The NPPG have asked **David Eaton** to become its Cycle Champion. David is a patient of the Nuffield Practice and a keen cyclist who regularly cycles 50 to 100 miles a week for pleasure and to keep him fit and healthy. He is a member of Cycling UK and knows a lot about cycling which he is willing to share.

The Nuffield Practice want to encourage more active travel by walking and cycling which will not only have health benefits but will help reduce greenhouse emissions. It is also looking for Oxfordshire to provide more infrastructure so people will want to cycle or walk. It has been proved in Europe the more cycle lanes or paths you put in the more people will use them.

Cycling is great for one's mental and physical health and the charity Sustrans has produced an excellent guide 'Cycling for Beginners' and you can find this on the following link [Cycling for beginners - Sustrans.org.uk](#). We are fortunate also to have in Witney in Corn Street the Windrush Bike Project which aims to promote cycling. They run bikeability cycle training, have mechanics courses and it is where you can buy second hand bikes. Their website is

[www.windrushbikeproject.uk](http://www.windrushbikeproject.uk). There is also Ricks Cycles bases at Crawley where you can buy affordable second-hand bikes, see [www.rickscycles.co.uk](http://www.rickscycles.co.uk)

We are currently exploring ways in which David can take forward this initiative, but he is prepared to organise cycle training, take people on group rides and make sure it is well within any one's capabilities. One of the advantages of cycling is that it is a form of low impact exercise and over time one can gradually build up their fitness to do much longer rides. The longest ride David has done is the Islip Big Ride, 71 miles from Westminster Abbey, through the London suburbs, the Chilterns to Islip where the villagers clap you home on the final leg.

### ***The Nuffield Health Walk***

*Every Tuesday at 2 pm . Meet outside the Nuffield Practice. New walkers welcome and wanted.*

The Nuffield Health Walk is part of The Ramblers 'Walking for Wellbeing' scheme and was started nearly four years ago. It is a leisurely 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. We look at plants and flowers and appreciate the changing seasons. We put the world to right and enjoy being outside. If you want to meet new people, and have some gentle exercise while exploring Witney, come and join us. *\*\*For more information: contact Walk Leader **Judith Le Good**, tel. **01993 702219**, email [judithlegood@btinternet.com](mailto:judithlegood@btinternet.com). Or, just turn up on Tuesday at 1.55pm.*

### ***Keep an eye on the garden!***

When you're next passing the Nuffield Practice take a peek at the new bee-friendly garden. Over the coming weeks you will see signs of spring as our newly planted plants come to life. Some of the first flowers you may notice are jolly yellow aconites—a lovely blast of colour just when we're all getting rather fed up with the short days of late winter, and other plants will leap into life as the days get warmer. Sadly there is a certain amount of litter, and we need think how to encourage 'litter bugs' to be more responsible—but that doesn't prevent readers and passers-by enjoying the benefits of our new 'bee paradise'.

### ***And, finally...***

The Nuffield, as is the case with all practices in the area, is experiencing unprecedented demand for its services. There has been a huge increase in the volume of interactions with patients since November 2020. Please be assured that the Nuffield is rising to this challenge.

*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)*

## Appendix

### Do you know about Cochrane?

**By Sarah Chapman, Knowledge Broker at Cochrane UK and Nuffield Practice patient**

Trustworthy health information has never been more important than now. If you haven't yet come across Cochrane, this is a good time to get acquainted! All the resources mentioned here are free.

Cochrane is an independent, not-for-profit global organisation with headquarters in the UK. Cochrane is for anyone interested in using high-quality information to make health decisions. Whether you are a clinician, patient or carer, researcher, or policy-maker, Cochrane evidence provides a powerful tool to enhance your healthcare knowledge and decision-making.

Cochrane produces **Cochrane Reviews**, systematic reviews which gather and summarize the best evidence from research to help people make informed choices about health care. Each review addresses a clear, focused question. For example: *Can antibiotics help alleviate the symptoms of a sore throat?*

You might have come across Cochrane in the media, on publication of important new evidence. During the pandemic, Cochrane has been working to produce rapid reviews, bringing together evidence as it becomes available on key questions that have arisen about Covid.

Cochrane Reviews are published online in the [Cochrane Library](#), a collection of databases that contain different types of high-quality, independent evidence to inform healthcare decision-making. This [Training Hub](#) can help you make the most of the available resources.

But there are other ways you can find out about Cochrane evidence too.

[Plain Language Summaries of Cochrane Reviews](#) are easy-to-understand summaries of the evidence on a wide range of health topics.

[Evidently Cochrane blogs](#). Evidently Cochrane is Cochrane UK's blog site which aims to make evidence really accessible. The blogs cover many different health, research, and evidence topics and often have patient and professional reflections in them. Some also include questions to reflect on and/or discuss with your family or health professional, to help with making health decisions, and signpost useful resources. You can sign up to receive the monthly newsletters and join in the conversation by commenting on the blogs.

Patients and carers play a vital role in Cochrane – [find out how you can you get involved](#).

Learn the basics about health evidence in this [free 'Evidence Essentials' course](#).

