

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 2022

Chair's report Awareness in the current climate of ongoing pressures in local practices and pharmacies makes us determined as a PPG to continue to support the Nuffield Practice. We particularly welcome new members: do get in touch if you would like to learn more about us. We want to promote lifestyles that will improve healthy living, to reduce our need for medical intervention, and we encourage contributions to 'Spotlight' magazine that will promote wellbeing. We are grateful too for our occasional outside contributors: in this issue, Emma Teasdale helpfully fills us in on 'Healthwatch'. As always, our thanks to all volunteers for helping with the clinics and our other projects, all of which are much appreciated. And our congratulations and thanks too for 75 years of the NHS: a significant achievement that we look forward to celebrating next year.

Plugged into the networks The Nuffield Patient Participation Group is affiliated to other local PPGs at regular locality group meetings with the Windrush, Eynsham and Cogges Practices, and on occasion Charlbury. The purpose of these meetings is to exchange local information, news and views including topics such as patient surveys, social prescribing and phone communication. We are beginning to liaise with the newly developing Patients' Community Network to ensure currency of knowledge. We also are affiliated with an online national PPG platform, a useful tool for keeping up with new developments such as the revised framework for patient feedback collated at Practice inspections by the CQC . It also enables us to ask any questions of others nationally.

Healthwatch *Emma Teasdale writes:* Healthwatch Oxfordshire is the independent champion for people who use health and social care services in the county. We listen to people's experiences of using health and social care services in Oxfordshire and then use this information to make recommendations to providers and commissioners about how services need to change and improve. We also have a role to support the work of Patient Participation Groups throughout Oxfordshire. This support includes weekly emails, newsletters and regular webinars on topics of relevance to patients. In addition, Emma Teasdale, who leads on this work, attends PPG meetings online and in person and promotes the work of PPGs. To find out more about our work see our [website](#), where you can complete a survey on one of our current research projects, leave a review of a local service or sign up to receive a copy of our fortnightly news briefing. We can also provide information and advice about local health services, so if you have a question or query, please get in touch by emailing us at hello@healthwatchoxfordshire.co.uk or by calling 01865 520520.

Help is at hand....Closer than you think We all know libraries as warm accessible spaces with books (not to be sneezed at in the coming winter), but they can also be a source of

direct help and inspiration. In Witney, our local library is just a few steps away from the Nuffield Practice: why not call in and see what information is on offer? Not least, IT assistance: did you know that as well as computers on which you can book a session, Witney Library has a 'Digital Helper' from 10 to 12 on Tuesday and Thursday mornings? Call in or ring to book a session, and find hands-on help with which to learn to navigate the online world. The library also showcases key contact information for other important sources of help: [Oxfordshire Age UK](#)'s 'Little Handbook of our Services', revised August 2022, provides useful information about sources of practical help across a range of topics, from health to social activities. Why not drop into your library and browse on what's available?

Dance yourself fit! Who would have known that a charity dance fundraising afternoon at the Windrush sports centre would provide the impetus for me to take up dancing for fun which proved such a benefit during Covid with online classes? Having taken up ballet as a child, and then later ballroom dancing, I found my later experience of Zumba absolutely addictive! This has led me to enjoy 7 hours of dancing a week on zoom and virtual and hybrid classes. I fully recommend this for being an incredibly accessible dance for anyone and everyone. Or if Zumba isn't for you there are many other local opportunities for dance, including Jazzercise, tap and ballroom dancing. I am convinced that there is a dance form for everyone to enjoy, and how better to keep fit? If you have a keep fit routine you would like to share with us please get in touch. Otherwise...Keep Dancing! *Heather Pike*

Season of mists and mellow... It's been either feast or famine in the Nuffield Practice garden. The summer drought hit hard leaving barren patches. Now we're into autumn and incredibly wet and mild weather has provided the perfect environment for flourishing weeds. Weeds are plants in the 'wrong' place – we need to remove them so they don't swamp the herbs and flowers we have purposefully planted to attract bees. Time never hangs heavy on your hands in a garden. *Sally Rumsey*

Exercising in the cold?...not just for cyclists! : As cold weather approaches, getting out may be less attractive—but our Cycle Champion David Eaton draws on an article published in 'Cycling Plus', January 2021, to remind us that (providing we are sensibly clad) it's still very well worthwhile. Benefits of exercising in lower temperatures can range from burning fat, to fighting Seasonal Affective Disorder and boosting mental resilience. On exposure to the cold, your heart rate and metabolism rises, your breath quickens, oxygen floods to the brain, and blood is channelled to your muscles. At the same time, glucose is released and muscle activity – whether through shivering or the urge to exercise – increases. This burns extra energy, sharpens the mind and warms the body, which is why skiers and open water swimmers report such exhilarating winter highs. So...worth thinking about, whatever your chosen outdoor exercise may be.

Watch this space!

Bookings for flu vaccination and COVID booster for specific groups now available.

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