

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 2025

A message from our Chair A warm welcome to new members who have joined our group following on from the publicity we displayed during a recent vaccine clinic. We hope you will enjoy our meetings and the activities on offer.

Practice staff have been working hard to implement new national guidelines for practice triage arrangements as described on the website. These are designed to increase accessibility for patients seeking appointments, grouping the weighting of patients' needs required by a new system, known as 'segmentation'. For more information on how this will affect the appointment process, please refer to the [website](#). Our best wishes to staff as they implement the new requirements.

You may have noticed that there is a new method of contacting the Practice on line by means of a simple drop-down box messaging system, by an online patient consultation form. This helpfully complements the e-consult system. For patients who need help with any IT queries, the newly refurbished Witney Library opens on *Saturday 6 December*, and offers one-to-one help with IT queries (it is advisable to book an appointment in advance) besides many other useful services.

Sending all best wishes, for a happy and healthy new year.—*Heather Pike*

The Garden—glorious November colour



What a spectacular autumn is has been. It's said to be a 'mast year'--a year when fruiting trees produce a bumper crop. If you've been walking in oak woodland recently you may have noticed a thick carpet of acorns. Squirrel Nutkin will be in his element. Whatever the reasons, it has been a very warm summer this year, and quite a mild autumn so far. As a result the Nuffield Practice garden is still blooming lovely, even in November. The marigolds are festooned with jolly orange flowers;

pink hollyhocks are decorating their fading stems. As for Hot Lips--this specimen has been astonishing this year. I don't think it's stopped flowering for about 12 months. Last week when I was tidying up the garden, it was absolutely covered in flowers--in late October!--Sally Rumsey for *The Gardening Group*

Locality group: Chairs of patient groups at medical practices in Cogges, Eynsham, the Nuffield, and Windrush meet regularly as a locality group to share good practice in our patient groups and discuss matters of topical interest. We are joined by a representative from the Oxford Hospital Trust who provides information of relevance from the hospital sector, and we receive regular updates from the Development Manager of the Primary Care Network. These meetings are beneficial, exemplified in our most recent endeavour of jointly agreeing to launch a membership drive through a local publication, to encourage new members to join our respective patient groups. Still at the planning stage, we hope this initiative will prove successful.

The locality group is proving valuable in keeping us updated about new initiatives being introduced across the county. Please let me know if you have any questions about the group.—Heather Pike

Cycling—get fit and stay active Our Cycling Champion David Eaton writes: We are into the time of year where people do less exercise than they do would otherwise until the daylight starts lengthen and the weather improve. The benefits of getting fit and staying fit and active improves both your physical health and your mental health. Cycling is a good form of exercise in which you can improve your fitness gradually and also use a bike as another means of getting from A to B instead of the car which will save you money. There is the Windrush Bike Project in Corn Street that can help you get started. The Cycling UK website give lots of advice about [cycling in winter](#). I know when I cycle I feel 30 years younger than my age. However, if cycling does not appeal to you, find one you can do and enjoy, such as walking, jogging, swimming or going to the gym to name but a few.

I read recently in the CyclingUK bimonthly magazine of an 89 year old man who took part in an Audax 100km cycling event and completed it at an average speed of 14mph. I should explain that an Audax is at least a100Km (62 .2 miles} cycle ride, not a race but the riders have to complete it within certain time period usually in about 8 hours. Depending on the terrain I normally average between 11.5 and 13.7mph. If I happen to live to the age of 89 it gives me the hope that I will still be able to cycle up to 100km. This shows you me what one can achieve if one stays fit and active through regular exercise.

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. Contact **Judith le Good** for more information at judithlegood@btinternet.com, tel. **01993 702219**, or just turn up at **2 pm** on **Tuesday** afternoons outside the Surgery. You will find a warm welcome.

And, finally....new blood needed The coming year will be my last as Editor of 'Spotlight', by which time I shall have been in post for 5+ years—as a former publisher I know that's quite long enough. From March 2027 another pair of hands will be needed. Do consider if this is a role that might suit you, and get in touch with me if you would like to know more.—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