

# **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 2022*

### **Chair's report**

Welcome to our June edition of *Spotlight*. In this bulletin we include an informative article on social prescribing; a description outlining volunteering experiences at the Practice; useful links to Tricia Jessiman's active travel research project, and an update on gardening news from the Practice. As part of our work as a PPG, we hope to signpost for people helpful and reliable resources which can offer further support to that wonderfully provided for us by the Nuffield Practice. We want *Spotlight* to be one of the means by which this can be achieved, with a regular theme expressed through the slogan 'Help is at Hand'. We look forward too in our next bulletin to sharing with you amongst other features an article introducing Rachel Simmonds, the new Practice Manager. Meanwhile, enjoy the read!

### **Social Prescribing**

At our March meeting, we heard about Social Prescribing, a system enabling GPs and primary care professionals to refer people to a Link Worker for a first conversation to find out what non-clinical resources might be helpful for their social, health, and welfare needs. This is currently being actively investigated by the Nuffield Practice, and we shall hope in a future issue to bring you more detailed news.

### **A Volunteer's Story**

*Jill Farrow shares her experiences of volunteering at the vaccination sessions:*

When I was in the queue for my first vaccination, and during the process, I was aware of the number of volunteers who had given up their time to help the doctors and other retired medical staff with the task of administering the vaccinations. I decided to become a volunteer myself. Now, after many months of being a volunteer, I am always happy to add my support to the medical staff. I get a feeling of being able to give something back to the Nuffield Medical Practice each time I act as a volunteer.

It is always a daunting task at first when I see the list of possibly over 200 patients who have been called for their jab in that session. It is satisfying in a way when the continual queue of patients diminishes as the medical staff administer the vaccination. It is with satisfaction that I am able to get the patients in the right place and in line for the vaccinators. And, how rewarding it is when the queue of people waiting for their vaccination becomes shorter. I get the superb feeling of having been of assistance to the medical staff.

The feeling of giving something back to the community in this way is paramount.

### **Healthy Enterprises**

#### *Calling would-be cyclists and walkers: an appeal*

Researchers from the University of Bristol are conducting a study into walking and cycling (Active Travel) amongst residents of Witney. Oxfordshire County Council (OCC) have recently made improvements to cycling and walking infrastructure and the study will look at whether these have been successful in encouraging people to walk or cycle, and what more could be done. The group want to speak with adults who never (or only occasionally) use active travel methods to travel within Witney. Participants will be invited to take part in a focus group lasting up to one hour to talk about attitudes to walking and cycling, facilities, and infrastructure in your town, and what might be done to encourage residents to walk or cycle instead of using the car. Participants will be offered a £30 voucher for taking part and there will be an opportunity to take part again later in the study if you want to. For more information please contact the lead researcher by emailing [Tricia.Jessiman@bristol.ac.uk](mailto:Tricia.Jessiman@bristol.ac.uk) or calling Tricia on [07977 902012](tel:07977902012).

### **Garden News**

The Nuffield Garden Project was initiated by Dr Anna Morrish. She planned it with a view to bringing some brightness and cheer to the front of the Nuffield Practice, notably the area outside the Mental Health building, as well as providing a site to encourage bees and other important pollinators.

The PPG gardening group began in practical terms in summer 2021. The first aim was to turn over the lawn area, with grass buried under the turfs and black polythene sheets put on top of the turfs in order to help break it all down which made the next stage of digging a lot easier. Lindy, one of our keen gardening volunteers, reports 'My main contribution in terms of plants was to put in four or five clumps of aconites in full flower in front of the four or five cowslip plants I'd established earlier on in the year, immediately opposite the entrance to the Mental Health building. All of them seem to be flourishing. Given the ability of the aconites to spread, we should see a larger patch in early 2023! Since then I've put in two "cotton lavender" plants near there, and some anemone corms in a labelled plot near the fence close to Costa.'

April saw plenty of maintenance activity with weeding, digging, hoeing, edging, and most importantly, putting down mulch to suppress the weeds. Some more plants were dug in too. A display of bright tulips are currently providing a splash of colour, along with cowslips and pulmonaria (lungwort). Alliums are in bud so we look forward to a stunning display in the next weeks.

### **Watch this Space**

Patients will soon be receiving information about a new enhanced appointment system aimed at offering an increased volume of face to face appointments with GPs in response to patient feedback. We are grateful to the Practice for implementing this change, and look forward to more news to follow.

*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)*