

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 2026

A message from our Chair, Heather Pike Welcome to our latest edition of 'Spotlight'. Besides including our regular updates from the gardening group, our cycling ambassador, the walking group and 'Spotlight' information, it is a pleasure to share information from our member Rhys Williams about the work of the Witney u3a in spearheading a new development in healthy living, in all its various elements. We hope that Rhys will regularly keep us informed about this sterling work. In other news, the Locality group of local PPG Chairs is keeping abreast of new developments at the Witney hospital, which are designed to enhance the patient experience. More of this anon. Work is also afoot in the Locality group to ensure local patients are informed about scams which can detract from our health and wellbeing. Meanwhile, if you have any tips about a healthy hobby you would like to share, please let us know. These can be wide ranging, particularly now we are advised that taking an interest in the arts is beneficial. Thanks as always to our contributors, and enjoy your read!

News from the Garden 'Spring is sprung... And the grass is riz' as the rhyme goes. To which the response could be 'It sure is!' Many, many plants are bursting into leaf and bloom in the Practice Garden. What a joy to see, especially as many people live with concerns about the world and themselves. I read somewhere recently that '*While calling ourselves intelligent, we've lost touch with the natural world. As a result, we've lost touch with our own souls.*' While that sounds rather high-minded, there are definitely benefits from taking notice at the green world around us, and for those that can, tending some plants. Personally I find if I'm feeling a bit low, raising my eyes to the tops of the trees, or focusing on the beauty of flowers can go some way to lifting the spirits and getting me



out of myself.

As I've said before, one thing we all notice when we're tending the Practice Garden is the sheer numbers of passers-by who stop to have word and tell us how much they love to see the garden and

the flowers that grow there. We've spoken to people of all ages from the very young who are fascinated by the seed heads and insects, to the most mature people who often love to see the herbs growing. This Spring has been a blaze of colour in the garden, from the bright and cheery orange and yellow of the marigolds and leopard's bane, to the softer tones of white, blue and purple of honesty, rosemary and camassia. I wonder which flowers will bloom next?—*Sally Rumsey for the Gardening Group.*

'Living Well, Living Better'—a Witney u3a Programme Witney u3a ('University of the Third Age') is running an ambitious year-long Programme to assist u3a members to maximise their mental and physical health. It consists of talks and discussion groups on such subjects as nutrition, physical activity, safe driving, complementary therapies and much more. These sessions are available only to u3a members and take place in the High Street Methodist Centre in Witney. The membership fee for the Witney u3a is £20 per annum. Joining could give you access to these sessions and more!

The u3a is a UK-wide movement of locally run groups providing a wide range of opportunities to those who are no longer in full-time employment and who come together to 'Learn, Laugh and Live' in a variety of ways. The Witney branch (which currently has over 850 members) arranges speaker meetings, special interest groups and outings. You can find out more with regards joining this organisation at <https://witney.u3asite.uk>. If you decide to join after reading this short article, please mention that this is how you found out about us!—*Rhys Williams, Vice-chair Witney u3a*

Reducing travelling costs and improving your health: timely advice from our Cycling Champion David Eaton With the Iran war and the sudden spike in fuel prices, many people are planning to reduce using their car less to save money, walking instead or using a bike for journeys. For some journeys a car is essential but least 80% of all journeys by car are for 5 miles or less, most of these could be done by bike. A litre of petrol now costs around £1.60 per litre in which most cars is sufficient to travel 8 to 10 miles on the urban cycle.

Walking or cycling more rather than using a car is beneficial for one's health and wellbeing and CyclingUK have produced an article about this which you can find on the following link [The financial benefits of cycling: How pedalling more can save you money | Cycling UK](#). The Windrush Bike Project in Corn Street can help one get back into cycling and have second hand bikes they have refurbished which you can buy. Their website is [Home - Windrush Bike Project](#).

Keep walking To enjoy the Spring weather (rain or shine) get out with the weekly Walking Group. 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 an enjoyable hour with a friendly group—in, hopefully, Spring sunshine.

And, finally...Please note that the next (online) meeting will take place **6.30-7.30 pm, Wednesday 17 June**. The Agenda and any relevant papers, together with the Zoom link, will go out the week before.

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