

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 2024

A Message from our Chair Welcome to our Spring edition of *Spotlight*. Following on from our Annual Meeting on 17 January, and our election, I am pleased, on a personal note, to be continuing in my role as Chair, and am grateful for your support. As mentioned at the meeting, we will be seeking a successor for the role of Chair at the next election in three years' time. Please don't hesitate to contact me at any point to find out more—succession is always a topic to keep in mind. And on that theme, it seemed appropriate to have a paragraph in this issue looking at the NPPG: who we are and what we do.

At our meeting, we agreed to maintain all the activities with which we currently engage, and also to seek additional opportunities for health initiatives to complement the work of the Practice, and support its objectives through encouraging patient self-care. All suggestions welcome. We shall continue to hold our online quarterly meetings, but it was suggested too that in addition we might have a social gathering in the summer, perhaps centred on our 'bee-lovely' Practice Garden. We shall be discussing that further at our March meeting.

Hoping you will enjoy the latest Spotlight bulletin, and thanking everyone who has contributed to this edition.—*Heather Pike*

The NPPG, who we are and what we do Every practice is required by law to have a Patient Participation Group. Our Nuffield Practice group (NPPG for short) represents patients in a variety of ways, ensuring that we always embody Practice values, including of course the importance of safeguarding. We hold regular (quarterly) online meetings at which we follow an agenda that includes briefing on relevant matters by the Practice, and updates on matters of interest, including trends in data from patients' feedback. As appropriate, we enable outside agencies to contribute written papers for meetings (circulated with other documentation a week in advance). Meetings are minuted, and the minutes circulated to NPPG members. Activities to which we contribute include the notable 'bee-friendly' Practice garden, and volunteering at vaccine clinics, and our Cycling Champion appraises us of opportunities for cycling as healthy exercise. We publish a quarterly bulletin, 'Spotlight', which is distributed electronically to NPPG members, posted on the website, and made available in hard copy at the Practice.

We are always pleased to welcome new members: do please get in touch if you would like to know more.

The Garden—our *Gardening Group* report: The very mild and rather soggy weather might have felt a bit gloomy at times, but the Nuffield Practice garden has certainly benefited from the conditions, and the weeds are getting going. On the other hand, there are many joyously colourful flowers out too. Even in mid-February, there are snowdrops, crocus, pulmonaria (lungwort), and most vibrantly, bright red anemones with their dusky black anthers, and some other bright orange flowers. Glorious! Other plants are beginning to emerge – fennel,

hollyhocks and geums. Tending the garden today was a bit of a trial – the earth was so water-logged, it was impossible to do any weeding. Nevertheless, it was possible to cut down the remains of hollyhocks, echinops and other plants with seeds, leaving the heads on the ground for the birds and for self-seeding.

Passers-by may have noticed that there is now a bird feeder suspended from the birch tree. There were a couple of jackdaws strutting around today, but the feeder will attract smaller song birds. Spring must be here – the garden is home to at least three very sleepy ladybirds. See if you can spot one of them resting by the crocus in the picture.



How Cycling before Breakfast can help us Lose Weight! —our Cycling Champion, David Eaton encourages us: Now it is getting lighter in the mornings exercising in the morning before breakfast can help you lose weight. Some years ago, I decided that I needed to lose some weight as this would help me cycle faster and read that cycling before breakfast on an empty stomach can do this as one is burning calories. At first, I was reluctant to exercise on an empty stomach but decided that I should try it. I am an early riser and decided to go out on a Saturday morning before 8am and cycle as hard as I could for about an hour getting back just after 9am for breakfast. Once I had tried it, I was converted and found the endorphins released boosted my mood for the weekend. On a Saturday morning the roads are quieter, the world is waking up and it is a lovely time to ride, weather permitting. I gradually lost about 10lb in weight which I am keeping off. According to my GPS I usually burn off 300 to 400 calories on these pre breakfast rides, doing between 12 and 16 miles. One must remember, that to lose weight there must be a calorie deficit i.e., using more calories than one is consuming. This is likely to work for other forms of exercise provided it is of sufficient intensity. Also, I usually go for an early bird swim before breakfast once a week. Attached is also on the following link [Ten tips for cycling weight loss | Cycling UK](#) from the Cycling UK website.

And, if Walking is your preferred form of Exercise—How about the Walking Group? Contact Judith le Good for more information at judithlegood@btinternet.com or tel. **01993 702219**, or just turn up at **2 pm** on **Tuesday** afternoons outside the Surgery. You will find a warm welcome. Remember too for venturing further abroad on foot that the further extension of the £2 bus fare continues to bring a lot of enticing footpaths into affordable access, especially as (we may hope!) the land begins to dry out.

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