

## ***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*

*September 2023*

**Chair's report** We hope that everyone will enjoy reading the latest edition of 'Spotlight' which this month casts light on the huge range of work of our Practice nurses as well as providing updates on the Garden, the Walking Group, and cycling. Thanks to all our contributors, and do get in touch if you take part in any healthy-living activities you would like to recommend to others in future editions.

Looking ahead, the Nuffield is already planning for the next round of COVID and flu vaccinations, and a heartening number of NPPG members have volunteered to help. If this is something you would like to help with in the future, please let us know; the more the merrier! And meanwhile, enjoy reading this issue of 'Spotlight'.

#### ***Our Practice Nurses***

This month, Spotlight catches up with just some of the myriad ways in which our wonderful Practice nurses help us to keep well and fit, by addressing immediate needs and as appropriate recommending possible lifestyle changes. They carry out chronic disease monitoring which includes asthma, COPD and diabetes, which will involve medication alterations to improve the control of their condition. Another part of their varied role is to assess wounds and produce a care plan for the Health Care assistance to follow until the nurse needs to review the wound again. Another large area of work for the nurses is to administer adult vaccinations such as shingles, implants, childhood immunisations, travel vaccinations and deliver contraceptive care including female screening. Being qualified Practice Nurses, they are able to carry out all of the roles undertaken by Health Care Assistants such as ECG's, blood tests, NHS reviews, Doppler checks etc. These are all activities involving interaction with patients, but of course they are also responsible for key bits of behind-the-scenes administration: checking stock (with particular attention given to expiry dates) and ordering necessary supplies and equipment. They also attend regular training sessions to keep up to date with the latest treatments and current health advice.

For many of us, an appointment at the Nuffield Practice will be an appointment with one of our nurses; we are fortunate indeed to have such expert support, delivered with a kind and cheerful competence that never suggests the sheer volume of work that each day brings. Thank you, nurses!

#### ***NHS 75<sup>th</sup> Anniversary***



Members of local Practices, including our own Nuffield Practice, were invited to a Civic Drinks Reception at St Mary's Church Witney on Wednesday 5 July to mark this landmark occasion, and to 'celebrate and thank Witney's past and present NHS workers'. At the same time, a carefully-curated exhibition at the Witney and District museum, including artefacts from the former medical practice at the Nuffield, reminded us how many local people have shown such dedication to this extraordinary cause over so many years with such a range of skills.

As our Chair reflects, it is staggering to think that from the NHS's foundation in 1948 as the first universal health system which was free at the point of delivery, it now provides treatment for a million people a day. From the first kidney and first liver transplant in the 1960s, to the first CT scan and first test tube baby in the 1970s, to the first liver, lung and heart transplant in the 1980s, to the first meningitis vaccine in the 1990s, huge steps have been taken. More recently we have seen the benefits of bespoke applied AI and huge advances in research across a range of disciplines to benefit many patients. Our heartfelt thanks to all our NHS colleagues for the many achievements of the last 75 years.

### **The Garden in early autumn**

We hope that Spotlight readers who have passed the practice will agree that the Bee-friendly garden has been providing a welcome blast of colour over recent months. There have been, amongst other things, scarlet poppies, blue echinops and a fanfare of glorious hollyhocks. Not only have the flowers looked splendid, but they have been providing a feast for any passing pollinators. After some problems with rampant clover, shepherd's purse and foxtail grasses, which were threatening to take over and smother everything else, we're back on track, thanks to the efforts of the Patient Participation Group volunteers and Staff from the Practice. We're particularly grateful to Dr Rourke for helping to clear the composting heap. Fortunately, we haven't had to worry about the garden not having enough water this last month or so.

The garden needs a few more structural plants to provide the framework for perennials such as the hollyhocks. We will try to find some more rosemarys or other appropriate plants over the coming months. In the meantime, we hope you enjoy the remainder of the summer display as you pass by.—*The Gardening Group*

### **Cycling**

We are fortunate to live in a lovely part of the world containing many quiet roads close to Witney which rarely have heavy traffic on them that are a pleasure to cycle on. The Windrush Bike Project in Corn Street can help people who would like to get back into cycling with training and the loan of a bike if necessary, with their Rusty Wheels project, for further details visit their website [Home - Windrush Bike Project](#). For cyclists who would like to know more how to get started, the Cycling UK website has the advice to help. Click on the following link [Advice for beginners | Cycling UK](#) and there you will find links to 4 articles - Cycling tips: essential advice for beginners; 12 biggest mistakes made by new cyclists; How to get cycling this summer; Few tips for would be cyclists. Whatever the season I find I can get out and have a ride providing it is not raining or icy on the ground. When planning a route, I look at a weather app to see not only what's in store but what the wind direction is. I look to plan a route going mainly into the wind so I have the wind behind me for the return journey when I might be starting to tire.—*David Eaton*

### **Walking**

In August, Spotlight caught up with the regular walking group, led by **Judith LeGood**, who meet outside the Nuffield Practice at 2 pm each Tuesday for a walk lasting about an hour. The route varies each week, but thanks to Judith's knowledge of Witney is always interesting. If you are attracted by the prospect of building some achievable exercise into your lifestyle with a friendly and welcoming group of people, this is definitely something to try. Contact Judith for more information at [judithlegood@btinternet.com](mailto:judithlegood@btinternet.com) or tel. **01993 702219**, or just turn up. You will find a warm welcome.

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)

