



**Newbury Street Practice
Patient Participation
Group**



**Church Street Practice
Patient Participation
Group**

JOINT NEWSLETTER Number 2 - Autumn 2022



Dear All

Welcome to our Autumn Church Street & Newbury Street joint PPG newsletter. Those of you who have visited the Health Centre in recent weeks will be very aware of how much progress has been made – obviously there is still a long way to go but it's reassuring that the project is on track and, as everyone keeps saying, it really will be worth it in the end! As the work progresses, please look out for updates on the surgery websites – namely <https://newburystreetpractice.co.uk> & <https://wantagechurchstreet.co.uk> and Facebook. You can find out about the building work and extension at the Health Centre by following this link: <https://www.wantagehealthbuild.com>

To access the Health Centre for both surgeries and the pharmacy please use the Main entrance on the Church Street side of the building. If you come by car and park on the left (Newbury Street side) it is both quicker and safer to walk around the front of the building along the pavement. If you walk around the rear of the building, please be aware of traffic as there is no pavement.

As always please get in touch with us if you have any queries, suggestions, or any comments. You can do so via NSPG@Wantage.com / churchstreetppg@gmail.com

With our best wishes

Sandie Helm
Secretary, Newbury Street PPG

Annie Dee
Editor, Church Street PPG

COVID/FLU CLINICS: We have been very encouraged by the uptake and hope this will continue – your support is greatly appreciated and we hope you will come when you receive your invitation. Clinics will pause for the half term holiday but recommence at the beginning of November. You do not need to contact us – we will contact you.

PRIMARY CARE NETWORK (PCN) NEWS

The PCN is now in its 4th year of a 5-year contract and have expanded the team to include a wide range of health professionals and supporting colleagues who are having a very positive impact.

As part of Enhanced Access, both practices will be opening up some evening and Saturday morning appointments. These will be a combination of GP, Nursing Team and PCN Colleagues offering a variety of appointments including online consultations, phone calls and face to face appointment – **so watch this space!!!**

It will come as no surprise to many of you that patient numbers are growing rapidly. Both Practices are actively recruiting and we will look forward to introducing you to new members of the Practice teams.

At both Newbury Street and Church Street Practice, we welcome feedback from our patients so we can continually strive to improve our service. **Please let us know how we are doing.** Thank you for working with us to offer you the best possible care.

CHURCH STREET AND NEWBURY STREET PPG JOINT TALK ON

‘The role of the PCN Paramedic and the South Central Ambulance Service’

Our thanks to our very own paramedic, Rachael, who gave an outline of her work for the PCN and helped us understand just how her role and expertise is used to benefit both Practices. It was fascinating to hear just how varied her role is.



Our thanks also to Loretta Light, Governor for the Oxford Constituency, for providing a very comprehensive and reassuring outline of the South Central Ambulance Service and to James, a local volunteer First Responder, for showing us how to use a defibrillator and give CPR. The area SCAS covers is vast and the services very diverse – not just the 999 service.

If you would like to help to shape the future of your ambulance service you can by becoming a member of the trust. Membership is free, and how engaged you are as a member is entirely up to you.

You might want simply to receive an occasional electronic newsletter, or receive more regular information about the work they do. Or you might want to play a more active role, participating in focus groups or surveys or standing as a governor on our Council of Governors.

For further information visit <https://www.scas.nhs.uk>

We were delighted that some of you were able to take part, either in person or via Zoom at the recent joint talk and the positive feedback we received. If you have any particular health related topics you would like to be the focus for future talks please let us know.

In the meantime, you may be interested in joining us for the forthcoming talks that will precede Newbury Street's and Church Street's AGMs – both taking place at the Methodist Chapel on Newbury Street.

You are very welcome to join us for either or both talks whichever surgery you belong to or via the Zoom link which will be detailed nearer the time.

If you do intend staying on for either of the AGMs please be aware that you will not be able to vote unless you are a patient of the Practice.



Tues 15th Nov @ 7.30pm Newbury Street's Talk

'Innovative Transformations at Newbury Street Practice'
led by Dr Carrie Ladd will be followed by the AGM.

To join via the Zoom Meeting:

<https://us06web.zoom.us/j/81127377954?pwd=VWJ5ZVJMVUFUCRTINajFaNW5jZzZ0UT09>

Meeting ID: 811 2737 7954 Passcode: 011413

Wed 23rd Nov @ 7pm Church Street's Talk

'Health and Well-being Opportunities offered by the PCN through Church Street Practice'

For Zoom details email: churchstreetppg@gmail.com

DID YOU KNOW that Wantage PCN had been recognised nationally for the work Dr Katie Brice (NSP) has been leading on - physical activity and lifestyle focus for patients and staff? The PCN was one of only 6 networks who received the RCGP Pro-active Practice Award - well done Katie!

WANTAGE PCN WINS AN RCGP PROACTIVE PRACTICE AWARD!

Wantage Primary Care Network (which consists of NSP and CSP) are a team which love an active challenge and since getting involved with the RCGP Active Practice Charter in 2020 we have strived to increase our activity levels as well as our patients. General Practice can be a sedentary job and our backs were feeling the strain so you may have noticed that many of our team now use a standing desk – this means we have to engage our core more throughout the day.



As well as keeping us stronger, they're a great conversation starter for when patients visit and reminds us to talk to patients about the many benefits that staying active brings – prevention of several long-term health conditions and reducing our risk of falls and frailty as we become older, as well as the mental health benefits.

Standing desks are just one of the many changes we have made and we have recently had our active efforts recognised and been awarded a ProActive Practice Award by the RCGP. Some of our projects have included starting a Daily Mile for practice staff, becoming a parkrun PCN and running a pre-rehabilitation programme for patients on the waiting list for a hip or knee replacement, where we focus on getting people as healthy as possible before their surgery to prevent complications.

The UK Government advice is to aim for at least 150 minutes a week of moderate-intensity exercise but any form of physical activity is better than none at all. There are almost no risks associated with getting active and so much to gain. If you're unsure about how to get started, have a chat with our Health and Wellbeing Coach, David to learn more.

Dr Katie Brice Newbury Street Practice



OP-TIMISE PREHABILITATION PROGRAMME was developed by our team who worked hard to create an interesting and useful series of group consultations for patients who were on the waiting list for Hip or Knee surgery.

It was run as a 6-week pilot with the intention of holding more programmes in the future and possibly extend it to patients on waiting lists for other surgeries and conditions also.

Meet the Team: Dr Katie Brice (GP and Certified Lifestyle Medicine Physician), David Bosley, Health & Wellbeing Coach, Ashley Chapman (VWHDC Active Communities Team).



PREHABILITATION is the process of getting people as healthy as possible before surgery. Major surgery such as hip or knee replacement is like running a marathon – both require training. Surgery causes a huge stress response and has a big impact on the body.

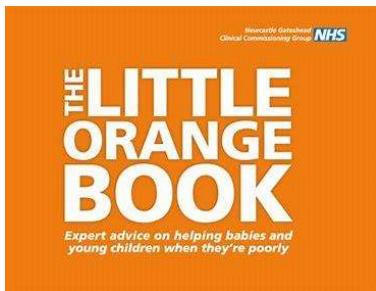
Prehabilitation (making lifestyle changes such as stopping smoking, becoming more physically active) has been proven to reduce post-operative complications by 30-80%.

Prehabilitation shifts the emphasis from a reactive model of care towards a much more proactive approach. It gives us the opportunity to identify risk factors such as having a raised BMI, high blood pressure and put evidence based interventions in place to reduce these and therefore improve the patient's chances of staying healthy.

HARMONIE TRIAL

Wantage PCN are running a clinical research study called the HARMONIE study that is enrolling new-born babies to babies 12 months old. This study is looking at how strongly babies can be protected from serious illness due to RSV infection (respiratory syncytial virus), and further assess the impact on hospitalisations.

The study will include as many as 28,860 babies, from new-borns to babies 12 months old. Learn more and see if your baby may be eligible: RSVHarmonieStudy.com



THE LITTLE ORANGE BOOK

Patients with babies and young children may find the “Little Orange book” to be of some practical help

The book contains advice on how to manage common illnesses and problems that babies and young children often experience in the first 5 years of life.



Sections give advice on how the illness is usually managed, usual length of illness and whether your child should be kept away from others. The severity of each illness is colour coded making it easier to decide who to contact for help.

The index, based on symptoms, makes it easier to identify what illness your child may have, and some illustrations help you diagnose the situation. There is also a useful section on first aid at home. This is the link: Little-orange-book-NHS-March-2017.pdf (gateshead.gov.uk)

OLD WIVES TALES - We've all heard the adage “That's just an old wives tale” to dismiss superstitions, rumors, and home remedies. But did you know recently, scientific study has lent a bit of credence to some of the wisdom of those old wives.

It's long been believed that when you're sick you should eat chicken soup. While the soup itself isn't exactly a cure for the common cold, it can help you quite a bit in the relief of some of your symptoms. Chicken soup has been scientifically proven to reduce inflammation by slowing down the white blood cell activity responsible. Plus, the salt in the soup is very soothing to a raw and scratchy throat. So the next time you're sick, by all means, stock up on chicken soup!

Another popular saying ‘An Apple a Day Keeps the Doctor Away.’ An overwhelming amount of medical evidence has been released over the last decade confirming this old wives' tale. Apples are full of antioxidants, responsible for boosting our defence systems against free radicals - Lung cancer and cardiovascular disease are two of the most notable conditions that apples are believed to ward off.



SPECIAL DAYS / WEEKS / MONTHS OCTOBER TO DECEMBER



- **Breast Cancer Awareness Month** - a global event where people show their support for those affected by the disease.
- **World Menopause Month** A call to raise awareness of the impact menopause can have on women's everyday life.
- **National Cholesterol Month** aims to highlight the health implications of high cholesterol levels.

Cholesterol Helpline ask@heartuk.org.uk

- **Veg Pledge throughout November** - an initiative that involves people going vegetarian for the month of November to raise money for cancer.
- **International Stress Awareness Week** - 7-12 November. An initiative to highlight the importance of identifying and managing stress.
- **Movember throughout November** - involves the growing of moustaches throughout the month to raise awareness around men's health issues.
- **Sugar Awareness Week** - campaign to reduce sugar consumption in the UK. **Alcohol Awareness Week** - this week encourages people to take a look at their drinking habits and to make a change.



Decembeard throughout December - involves ditching the razor and growing a beard for the month of December to raise money for bowel cancer.

World AIDS Day 1 December - World Aids Day is an opportunity for people worldwide to unite in the fight against HIV

International Day of Persons with Disabilities 3 Dec UN-sanctioned event that celebrates those with disabilities.

National Grief Awareness Week - an initiative to normalise grief and get people talking.

As always, please talk to your GP if you have any concerns or want advice.... don't wait for that 'special day'

**OXFORD HEALTHWATCH
UPDATE:**

In response to the rising cost of living crisis, Good Food Oxfordshire has launched a #FoodSupportOxfordshire campaign to help increase awareness of the crisis, to share tips and resources for eating on a budget, to promote and signpost where to find affordable and nutritious food and to share wider campaigns which call for change.

The campaign has started by highlighting resources including:

How to find your local community food service on Good Food Oxfordshire's [Food Services Map](#)

- Get [help and advice](#) on accessing the [Healthy Start scheme](#) to buy food and milk
- [Cooking toolkits](#) and a helpful [handbook](#) for anyone teaching cooking skills
- [Growing advice](#) from Harvest @Home
- Good Food Oxfordshire's [Food Insecurity Toolkit](#) to learn how to support people experiencing food poverty.

Read more about the new campaign on [Good Food Oxfordshire's website](#).

USEFUL CONTACTS:

Boots 50-51 Market PI, Wantage OX12 8AW ·
Tel: 01235 765227

Bretts Pharmacy 11-12 Millbrook Square Grove
OX12 7JZ
Tel: 01235 763941

Cleggs Pharmacy 3, Kings Walk, Wantage,
OX12 9AJ,
Tel: 01235 763046

Lloyds Pharmacy New Health Centre Mably Way. OX12 9BN.
Tel: 01235 763028

