

Wallingford Medical Practice

Patient Group NEWSLETTER November 2017



HEALTH WALKS

Health walks have been going well. We leave the surgery at 10.30 on alternate Saturday mornings, and return after approximately an hour. These are very pleasant walks, with lots of conversation. Do join us - all levels of fitness welcome! The walks for the remainder of this year are Saturday 18th November, Saturday 2 December and Saturday 16 December. Please let us know if you are coming by using one of the contact options below.



CONTACT US

Either by post to:

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OR

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PATIENT GROUP COMMITTEE

Maureen Norton
(Chair)

Jean Cowley
Lesley Caswell
Simon Josephs
Val Mowlam
Carolyn Newbert
David Rowley
Anne White

Two members of reception staff have now been inducted as Carers' Champions. They are Kim Wise and Josie Peacock. If you are caring for a relative or a friend, please make this fact known to one of the champions at reception. It can be very helpful to your doctor if you are identified as a carer, and Kim and Josie can make sure you are included in carers' initiatives and special news alerts.

THAMES VALLEY CANCER ALLIANCE and MACMILLAN are holding a morning event to discuss how to improve cancer care in our area. They will discuss the results of the national survey about cancer patient experience, and will give you an opportunity to have your views and ideas heard. This is a FREE event, to be held at Jury's Inn Hotel, Godstow, Oxford, OX2 8AL on Thursday November 16th from 10am until 12.30. Refreshments will be provided. If you have had any experience of cancer, then this should be of interest to you. Please book a place by

Email: michael.mawhinney@nhs.net

or

Telephone Michael on 07730 380079

FLU. The immunisation programme has been in full swing, with very good numbers at the Saturday clinics. If you, or a relative, are in one of the at-risk groups eligible for the free vaccination, and if you have not yet been immunised, please ask to be included in the next clinic. Call the surgery after 10.30 am to make an appointment.

AGE UK continue to come to the surgery on the second Tuesday of each month. There is no need to book an appointment. They are happy to help with many of the practical problems we encounter as we age. Visits for the rest of this year will be on Tuesday 14 November, and Tuesday 12 December.

We would like to welcome new Receptionists Hayley Muggleton and Amanda Dunham and a very warm welcome also to Practice Nurse Caroline Doyle, we hope they will enjoy working with us.