



WINDRUSH PATIENTS' NEWSLETTER FOR May-June 2023

Welcome to the latest Windrush Patients' Group Newsletter.

In this edition:

- If you need medication after a hospital visit;
- Are you changing your medication provider/pharmacy?
- Covid-19 Spring Booster vaccinations;
- Talking about buses;
- A reminder to patients over 70 years old;
- Have you recently been diagnosed with cancer?
- Top tips for becoming a better listener;
- The Windrush is a Veteran Friendly Practice;
- Spring into action;
- This is Your Patients' Group.

If you need medication after a hospital visit:

Please note that if you visit the hospital and medication is prescribed for you, then the hospital will provide you with two weeks' supply which you should collect while you are there. The Practice is not able to provide you with follow-up medication within the first two weeks from your visit or stay. *So please remember to wait for your medication before you leave.*

Are you changing your medication provider / pharmacy?

then please don't forget to let the Practice dispensary know. You can ring them by calling the Practice and using option 3 which will take you through to the Dispensary line - or you can use the website or pop along to the Dispensary hatch.

Covid-19 Vaccination Spring Booster Campaign

The Windrush Medical Practice *are not* offering Covid-19 Spring Boosters (2023). However, we can have a vaccination in Witney. Oxford Health are providing appointments for these at the Elmfield Centre, New Yatt Road, OX28 1PB. Clinics are being held on Mondays, Tuesdays and Wednesdays from 10am -4.30pm.

Please do not ring the Elmfield Centre directly!!

To book an appointment you need to ring 119 or you go to the NHS website (www.nhs.uk) and search by Covid Vaccine Appointments.

Alternatively you may book to go to the Exeter Hall in Kidlington

There is now a bus which runs from Witney and stops outside Exeter Hall in Kidlington. It is the S7 and goes from the Market Square and up the Woodstock Road (handy for Madley Park). During the day there is a bus every half hour.

Talking about buses: the number 700 bus which we used to catch from the Oxford Parkway Park and Ride, no longer goes into the hospitals – but drops you on the main road. The good news is that the H2 bus from Witney will take you to the hospitals and run every hour from Witney.

A reminder all patients over 70 - this may not be you - but it may be a relative or friend ...

One of your fellow patients has written to us with an important reminder:

"Recently three friends of mind have been diagnosed with breast cancer. They all opted IN for screening after 70 years. If they hadn't, things could have been very different. Can we remind everyone over the age of 70 that you have to contact the screening service every three years for a check mammogram; they will not contact you".

To contact the Breast screening centre:

- email ouh-tr.oxfordbreast.screening@nhs.net
- or telephone 01865 235 621.

Have you recently been diagnosed with cancer?

If so, then our Practice is now offering a cancer care review following a cancer diagnosis. You will be contacted within the first three months, with an opportunity to discuss your diagnosis and to explore any support you may need.

You will be offered a further appointment within twelve months of your diagnosis to talk about your cancer experience, understand the support available to you locally and how to begin supported self-care.

If you have not had a cancer care review, please let the reception team know and they will book an appointment with Jacqui Graves, our Cancer Care Nurse. This will be at a time to suit you and can be either in person, over the telephone or digitally.

Top Tips for becoming a better listener (from the Samaritans)

More frequently these days, we are being put in the position of being a listener; our friends, family and colleagues need to tell us really important things. So how can we be a better listener?

- *Show you care:* Focus on the other person - make eye contact, put away your phone.
- *Have patience:* It may take time and several attempts before a person is ready to open up.
- *Use open questions* that need more than a yes/no answer - and follow up with something such as "tell me more" ..
- *Say it back:* To check that you have understood, but don't interrupt or offer a solution;
- *Have courage:* Don't be put off by a negative response and, most importantly, don't feel that you must fill a silence.

The Windrush is a Veteran Friendly Practice

As part of the health commitments of the Armed Forces Covenant, the Windrush has a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex Forces personnel to get the best care and treatment. If you are ex Forces, no matter what age group, please tell your GP to help ensure that you are getting the best possible care.

Spring has Sprung – and we should Spring into action?

The Windrush Practice is an “Active” Practice and encourages all of us patients to get as much exercise as we can – no matter what age we are:

For adults aged 15 to 105) - there is the Saturday morning Park Run from the West Witney Sports and Social Club up on the Burford Road.

The good news is that it is free!

You just need to register before your first run by going to

to <https://www.parkrun.org.uk/register/?eventName=witney>

You can join in whatever pace you do – sprinting or strolling is just fine.

Where can I find further details? Would you like to be a part of this, but not to run/walk/stroll - then the Parkrun is entirely organised by volunteers and your help would be really welcomed. Just e-mail witney@parkrun.com if you would like to help.

For our younger friends aged 4 to 14 years old: there is the

Wood Green junior parkrun? A free, fun, friendly weekly 2k event for juniors It is held every Sunday at 9 am at the Wood Green School on the Woodstock Road.

What does it cost to join? Nothing - it's free! But you do need to register before you first go along; like the grown ups Parkrun, you only need to register once and then you can go along to any event as long as you take your barcode; to register go to <https://www.parkrun.org.uk/woodgreen-juniors/> The aim is to have fun! You can join in however fast or slowly you go. If you have youngsters who would like to join in, and if you would like to volunteer to help with the event, then please email woodgreenjuniors@parkrun.com.

BOTH RUNS end up with the opportunity to join fellow runners / volunteers for a coffee at a local cafe afterwards.

Your Patients' Participation Group is here for **you**. To contact us then please either pop a note in the Patients' Post Box which is in the Information Area (corner of the waiting room) or e-mail us at patientgroup.wmp@nhs.net. We look forward to hearing from you!