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## BLOXHAM & HOOK NORTON SURGERIES PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER APRIL/MAY 2024 – EDITION 1

### IMPORTANT DATES

#### APRIL AWARENESS DATES

Bowel Cancer Awareness - [Bowel Cancer Awareness Month | Bowel Cancer UK](#)

Parkinson's Awareness - [Newly diagnosed with Parkinson's | Parkinson's UK \(parkinsons.org.uk\)](#)

Stress Awareness - [Stress Awareness Month 2024 - The Stress Management Society](#)World

Autism Awareness - [World Autism Acceptance Week 2024](#)

Testicular Cancer Awareness - [Testicular Cancer Awareness Month \(macmillan.org.uk\)](#)

#### MAY AWARENESS DATES

Mental Health Awareness Week – May 13-19 - [Mental health awareness days - Mental Health UK \(mentalhealth-uk.org\)](#)

Dementia Action/Awareness Week – May13-19 - [Dementia Action Week | Alzheimer's Society \(alzheimers.org.uk\)](#)

#### PPG - AGM

The Patient Participation Group (PPG) Annual General Meeting (AGM) – Tuesday April 30 2024 – Hook Norton Surgery at 6pm – All patients registered at the practice are welcome to attend and to register an interest in joining the PPG. Please inform us via email, [bloxham.hooknortonsurgeriesppg@gmail.com](mailto:bloxham.hooknortonsurgeriesppg@gmail.com), if you wish to attend.

### PRACTICE INFORMATION

Please ensure that the practice holds up-to-date contact details, including a telephone number and address, in case the practice needs to get hold of you.

The practice is seeing an increase in appointments not being attended. Please inform the practice if an appointment is not needed, as this will enable the practice to offer the appointment slot to someone else.

### PPG INTRODUCTION

Bloxham & Hook Norton Surgeries have an active Patient Participation Group (PPG) representing patients enlisted at both surgeries.

The PPG aims to act as an advisory body for Bloxham & Hook Norton Surgeries and its patients.

The aims of the PPG are to:

1. Improve the practice-patient experience.

2. Seek to improve the services available to the practice and its patients.
3. Promote the available services to all practice demographics.

The purpose of the PPG is to act as a two-way channel between the practice and its patients. The group meets every 2 to 3 months to discuss practice issues and patient experiences, aiming to improve the service between both.

If you are interested in becoming a PPG member, fill in the online request form.

To access the form:

1. Go to:  
<https://www.bloxhamsurgery.co.uk>
2. Scroll down the page and select **Join Our Patient Group**.
3. Scroll down to **Join our Patient Participation Group** and select **Contact the PPG**.
4. Fill in your contact details and select the tick box to agree to being contacted regarding your application.
5. Select **Submit**.

We are looking for new members with diverse skills and experience to support us. You must be a registered patient with the practice.

### ARMED FORCES VETERAN-FRIENDLY ACCREDITED PRACTICE

Bloxham & Hook Norton Surgery is an accredited veteran-friendly practice.

Your GP considers any past or present military service when diagnosing new ailments, reflecting on ongoing treatment, or identifying preventive lifestyle measures.

Please contact the practice reception to update your practice records to reflect any past or current military service.

### NEW MEDICINE SERVICE (NMS)

Through the New Medicine Service (NMS), community pharmacists support patients and carers, helping them manage newly prescribed medicines for long-term conditions and supporting patients to make shared decisions about their care.

If you are prescribed a medicine for the first time to treat a long-term condition, you can get help and advice about your medicine from participating pharmacies.

As part of the scheme, the pharmacist will support you over several weeks to use the medicine safely and correctly. This service is free and easy to use.

1. Ask your local, participating pharmacist if you can register for the service.  
*Note:* Bloxham Pharmacy provides this service.
2. The pharmacist will guide you through the process, explaining medication details and addressing any concerns.
3. Provide your contact information.
4. After approximately 10 days, the pharmacist will call to discuss how you are getting on with the new medication.

The conditions eligible for the service are:

- Asthma.
- Chronic Obstructive Pulmonary Disease (COPD).
- Type 2 Diabetes.

- High blood pressure.
- High cholesterol.
- Osteoporosis.
- Gout.
- Glaucoma.
- Epilepsy.
- Parkinson's Disease.
- Urinary incontinence or retention.
- Heart failure.
- Coronary heart disease.
- Atrial Fibrillation.
- Unstable angina or heart attack.
- Stroke or Transient Ischaemic Attack (TIA).
- Long-term risk of blood clots or blocked blood vessels, including DVT (Deep Vein Thrombosis).

## NHS APP

The NHS app allows you to easily access a range of services via your phone, tablet or laptop.

NHS registration:

1. Download the **NHS App** from your device's app. store.
2. Open the app and enter your email address.
3. From the **Set up a new NHS login** page, select **Continue**.
4. A list of requirements is shown:
  - Your NHS number or name.
  - Your date of birth.
  - Your postcode.
5. Select **Continue** if you agree to provide the listed requirements.
6. Create a password and click **Continue**.
7. Check your email address and enter the code sent via email.
8. Enter your mobile phone number and select **Continue**.

9. Enter the temporary 6-digit security code sent to the mobile phone within 5 minutes of receiving the text. Click **Continue**.
10. Enter your NHS number or your full name. Click **Continue**.
11. Enter your date of birth and select **Continue**.
12. Enter your postcode. Select **Continue**.
13. Check your details are correct and click **Submit information**.
14. If the NHS details shown are correct, select **Yes, these are my details** and then **Continue**.
15. Once your information has loaded, click **Continue** to allow for the details from your GP surgery online services to prove who you are.
16. Tick the box to accept the **Terms and Conditions** and select **Continue**.

Please note that the instructions may vary for different devices. If you are unsure of the process and would like help, please contact us at

[bloxham.hooknortonsurgeriesppg@gmail.com](mailto:bloxham.hooknortonsurgeriesppg@gmail.com). We are happy to help!

## AGE UK – STRENGTH AND BALANCE EXERCISES

Age UK offers a variety of group strength and balance exercise classes, both in-person and online, to support you in maintaining health, mobility and independence.

In-person strength and balance exercise classes:

Banbury – Grimsbury Community Centre – Tuesdays 1-2pm.  
Chipping Norton Town Hall – Thursdays 1-2pm and Fridays 10-11am.

For more information, scan the QR code.



**BLOXHAM PHARMACY**

High Street, Bloxham, OX15 4LU

Telephone: 01295 722169

Opening times:

Mon to Fri: 8:45 am – 1 pm

2 pm – 6:15 pm

Bloxham Pharmacy is a provider of the New Medicine Service (NMS).

For repeat prescriptions, please order via the NHS or Patient Access app. or drop into the pharmacy.

**PUZZLE CORNER**

It is important to keep our brains active.  
 Puzzles are stimulating and fun.

	6	7					4	9
			5				7	
		5		7	4		6	1
5	9			6				7
	2	6		9			3	5
7	8	1			5	4	9	
	4				2		8	3
				8	9		5	
	5			4				2

Answers will be given in the next edition.