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Easter Closure 2019

The Surgery will be closed on:

Friday 19th &
Monday 22nd
April

If you need urgent care when we are closed, please ring 111 or in an emergency ring 999.

Staffing update

Dr Galt will be returning in July 2019.

We said a fond farewell to our practice manager Andrea in January, who decided to return to her previous nursing career.

Nicci Bennett, who has previously been a practice manager in Banbury over the last 9 years has joined us since April 1st 2019



SURGERY MATTERS

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News from the Surgery

PATIENTS' PARTICIPATION GROUP (PPG)

We always welcome feedback, especially constructive ideas as to how we can maintain our service to you. The PPG is always looking for new members. We are particularly looking to recruit some younger members and parents of young children, so that we can fully represent the patient population. The PPG meets regularly with the Practice Manager and Partners & provides a vital link between the Practice & the patients.

If you are interested in joining please e mail: cropreddy.surgery@nhs.net or leave your details at reception.

Our regular blog contributor has had their latest instalment uploaded to our website but here is an extract of their timely reminder about the dangers of sun worship.

Hasn't it been lovely to see the sunshine recently, even though we are not quite done with winter yet? I expect that like me, you have been outside and enjoying the spring flowers and blossom - displays of daffodils, tulips, magnolias and flowering trees, as well as bluebells all looking wonderful this spring.

We, like the flowers, love to tip our heads back to feel the warmth of the sun on our faces but a word of warning! It may only be April but the sunshine can still be strong at this time of year in terms of UVA and UVB rays and we should all protect our skin even though we are a couple of months from summer! Dermatologists advise us to use at least Factor 30 sunscreen on all exposed areas, and a higher SPF on children. We also need to know that thin materials and the open weave in straw hats can let the sunshine through as well as car windows. Climate change is making this even more important as our weather becomes more extreme.

I know, you have heard it all before! You might say that you have darker skin so you won't burn, and anyway, if you do get skin cancer, it can soon be chopped out - job done! From personal experience and that of several friends I can tell you quite equivocally that it is NOT as easy as that!

Your Data Matters to the NHS

You can choose whether your confidential patient information is used for research and planning. For more information ask reception for a leaflet or go to:

<https://www.nhs.uk/your-nhs-data-matters/>

Travelling with Controlled Drugs

Before you go, check any rules and restrictions in that destination with the embassy

Go to www.gov.uk/government/publications/foreign-embassies-in-the-uk

In general, if your medicine contains a drug listed as schedule 2, 3 or 4 on the controlled drug list you need to either:

*Prove it is prescribed to you

*Get a Home Office licence –if you're travelling with more than 3 months supply. This is available from www.gov.uk/travelling-controlled-drugs

If required your GP can provide you with a letter to travel with but please be aware **this is not an NHS service and there is a £30 charge for providing this.**



IMPORTANT APPOINTMENT INFORMATION

We are continually reviewing the amount of nursing and GP time offered to meet patients' requests for appointments. On occasions patients fail to attend their appointments and we ask that you cancel appointments that you no longer require to enable us to offer them to someone else. The most recent attendance results are as follows::

Jan– March 2019	Patients who did not attend
GPs	78
Nurses	47

APPOINTMENTS CAN BE CANCELLED BY CONTACTING RECEPTION OR THROUGH ON-LINE SERVICES/TEXT

SURGERY CLOSURE FOR STAFF TRAINING/MEETINGS

2018/19

The Practice will be closed on the following days between 1.00 to 2.00 pm for staff training and meetings: 18th April, 13th May, 13th June, 15th July

For urgent medical problems that cannot wait until we re-open please telephone the NHS Out-Of-Hours service on 111.

Patient Access online

You can book and cancel appointments with the GP/Phlebotomist as well as order repeat prescriptions via Patient Access online.

If you are not already registered please ask at reception.



Download Oxfordshire CCG's free smartphone app which quickly signposts to local health services such as GP practices and pharmacists
The app can be downloaded from the usual app stores

Beth's Flapjacks with Cranberries

- 175g Butter
- 175g golden syrup
- 175g dark brown sugar
- 350g porridge oats
- 125g dried cranberries
- ¼ tsp ground ginger



20cm (8in) square baking tin or equivalent rectangular tin (25 x 18cm)

Preheat the oven to 150°C, gas mark 2. Line the baking tin with baking paper and lightly grease with melted butter.

Melt the butter in a medium pan over a gentle heat. Add the golden syrup and sugar to the butter and continue to heat gently until the sugar has dissolved.

Remove pan from the heat and stir in the porridge oats, cranberries and ground ginger until thoroughly mixed

Pack the mixture into the baking tin and flatten. Cook in the oven for 40 minutes. Once cooked remove from the oven, leave to cool at least 15 minutes then turn out onto a chopping board and cut into portions. **Enjoy!**

Just a note about Primary Care Networks

The biggest news item at the moment in primary care is the formation of Primary Care Network (or Neighbourhoods). This is a directive from NHS England whereby practices co-operate with adjoining practices, in order to support and assist each other and perform some level of joint working. It is still very much in its infancy at the moment but Cropredy has allied itself with the other rural practices as we perhaps have more in common with them than with the town practices – thus we are working with (to name just a few) Deddington, Chipping Norton, Wychwood & Bloxham. It is hoped that we might be able to improve buying and employment power and share the delivery of some services in future. This is still very much in its infancy and we are still groping our way through it but watch this space