



SPRING 2025

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C R O P P R E D Y S U R G E R Y

NEWSLETTER



Our New Look Croppredy Surgery Newsletter

What would you like to see in our quarterly newsletter?

Our newsletter is for all patients of Croppredy Surgery to give you up to date information on the surgery together with health advice.

Sign up below and receive the newsletter on email straight to your inbox.

<https://www.croppredy-surgery.co.uk/blog-and-newsletters>

Read more on our website:
croppredy.surgery@nhs.net

Missed appointments

Long wait for a routine appointment?

In March, we had **35** patients who did not attend for their appointments - slots which could have been offered elsewhere.

Please can we ask that you **cancel your appointment if you are not able to attend**, in order for us to offer this appointment to someone else.

Stockpiling of Medication

Please can we ask that you do not stock pile your medication. It is so costly for the NHS and if your medication is changed, then this stock-piled medication needs to be disposed of. Please only order medication that you need. If you require an additional month's supply, such as for going on holiday, add a note to the prescription request explaining the reason why additional medication is required.

Be aware that excess and out of date medication needs to be disposed at the surgery or a pharmacy. However, we can only accept returned medication if you are a patient and if the medication was prescribed by the surgery. Alternatively, return them to any pharmacy. It would also really help when returning the medication, if you could recycle any cardboard packaging and plastic recycling yourselves and only return the actual medication to us.

LONG TERM CONDITION REVIEWS

We are changing the way we do our annual reviews. Hannah (HCA) will continue to do your blood tests/blood pressure/foot checks (if required)/height and weight as usual.

Once your blood results are back, we will now only invite you in for a review if your blood results show that this is needed. If everything is within normal limits (or normal limits for you) then we will invite you in next year again as usual. If you want to make an appointment to speak to a nurse even though your bloods are normal, then this is absolutely fine. Just call reception and they will book an appointment.



Staffing Update Welcome to Alison Butler – RGN

We are delighted to welcome our new nurse Alison (specialising in respiratory disease) to the surgery. Alison will be working Wednesday afternoons and all day Friday.

Tina – ANP, returning to face to face appointments

Welcome back to Tina (ANP) who has been busy doing telephone consultations and will now be back offering some face to face appointments at the surgery from the beginning of May.

Help Us Help You



Self Care

Stock your medicine cabinet as many minor issues, like coughs, grazes and sore throats are treatable at home.



Pharmacy

Pharmacists offer medical advice and medicines for minor illnesses like coughs, colds, tummy trouble, rashes and aches and pains, and also give flu jabs.



GP

Within normal surgery hours your GP should be your first contact with health concerns. GPs provide examinations, advice, prescriptions, vaccinations and referrals.



111.nhs.uk

You should visit 111.nhs.uk when you cannot wait to see your doctor. NHS 111 is a fast and easy way to get the right help urgently, 24 hours a day, 365 days a year.



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A&E

A&E departments in hospitals are open for life threatening emergencies like heart attacks and accidents, 24 hours a day, 365 days a year.

Health Matters – Diabetes

Diabetes is when your body can't produce enough of a hormone called insulin, or the insulin it produces isn't effective. There are two main types of Diabetes Mellitus: Type 1 and Type 2. See more information :

<https://www.nhs.uk/conditions/diabetes/>

<https://www.diabetes.org.uk/> Evidence-based, factual information.

In order to support you, we offer annual reviews with our Diabetic Nurse, who will discuss diet, medication and anything else you need to know. Please make the most of the help we provide by attending these appointments as well as your retinal screening.

Workshops are also available in Banbury for those with Type 2 Diabetes and you can be referred to this service by our nurse.

For those with pre-diabetes/non-diabetic hyperglycemia, we offer specialist help and support to try and prevent diabetes.

Bank Holiday Opening Hours

CLOSED - Monday 5th May & Monday 26th May 2025

Protected Learning Training (PLT)

Tuesday 17th June 2025 & Wednesday 24th September 2025, the surgery will be **CLOSED** from 1.00pm until 6.30pm for (PLT) countywide training.

During these times, if you need assistance call NHS 111 or call 999 if it is an emergency.

<https://www.cropredy-surgery.co.uk/opening-times>