



## WINDRUSH PATIENTS' NEWSLETTER September-October 2022

### Welcome to the latest Windrush Patients' Group Newsletter

- Covid and Flu vaccine clinics;
- Thank you to the Drivers!
- Keeping fit in every way – physically, mentally and socially;
- South Central Ambulance need Community Responders;
- Improving end of life care for patients in Oxfordshire;
- A new chapter for the NHS in Oxfordshire, Buckinghamshire and West Berkshire;
- Worried about debt and in need of advice?
- Prescription dates for September and October

**Covid and Flu vaccine clinics: please note** that the Practice is contacting patients in priority order; the clinically vulnerable and over 80s are high on the list and then the over 75's, over 70's etc etc. Please can you ask your fellow patients not to ring the Practice! They will be contacted by phone or text when their turn comes along."

### A Huge Thank You to the Drivers!

Thank you to the patient who contacted us to say that this Thank you is overdue - it is for the drivers who have been delivering prescriptions to the local villages for the past two years or more....

The service is reverting to be available to housebound patients only; our patient understands this and is so grateful that they expanded the service in 2020. Receiving medication was one thing that she didn't have to worry about (we have forgotten how scary that summer was).

So to each and every driver, from each and every patient who benefited here is a **HUGE THANK YOU!**

**As the schools go back and the summer passes,** we are all being encouraged to keep fit physically, mentally and to take care of our social wellbeing.

*Socially?* There is a host of activities and opportunities to choose from in Witney and the surrounding villages. Volunteers are needed in our charity shops, clubs and organisations are welcoming new members, and September is the start of so many social calendars. Let us know what you choose to do, and we can let others know too!

Physically? We don't all have to be Adam Gemili or Dina Asher-Smith! As well as runners, the Park Run is welcoming walkers, trotters and hobblers 😊 And, of course, spectators and volunteers.

When? Every Saturday morning (unless really bad weather).

Time? Most folk arrive about 8.45 am for a 9 am start.

Place – West Witney Sports Ground on the Burford Road.

Parking? good, free Parking opposite Ue Coffee, (five minutes' walk from the start).

You can bring a dog (on a short lead) or children (don't need to be on a lead but if under 11 need to keep close to an owner 😊).

Lots of folk walk it, push prams or walk/run. It's friendly, fun and supportive and it's completely **free**. See you there!

More info at <https://www.parkrun.org.uk/witney/>

Mentally? Do you enjoy reading? Teabooks is in Witney! Teabooks provides special book groups for the over-60s to share their love of books and reading and (best of all!) to make new friends. It is just £1 per session - and your first session is free.

- Where? Witney Community Support Service, 6 Moorland Road (this is the road which runs up the left-hand side of Witney Hospital).
- When? the first Friday of each month starting in September: so 9th September: 14th October: 11th November: 9th December.
- What time? 10.30 am to 11.30 am.
- Any other questions? ring 0345 450 1276.

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### **South Central Ambulance Service (SCAS) needs Community First Responders in the Witney area:**

Could you or someone you know be a real lifesaver for our community? Community First Responders (CFRs) make a life-saving contribution to local patients who dial 999. There are over 1,000 Responders supporting SCAS in Oxfordshire, Bucks, Berkshire and Hampshire. CFRs are made up of members of the public, and also include firefighters, police community support officers and military responders. They are all volunteers who undertake training to be able to help people in the Community with the support of SCAS.

A CFR needs to be physically fit, have access to a vehicle and want to make a life-saving difference to our community. They are asked to give a minimum commitment of 20 on-call hours a month and all training and support is provided. So please pass this on to anyone you think may fit the bill and make a real difference to Witney and its surrounding villages! Full details can be found on the South Central Ambulance website ([scas.nhs.uk](http://scas.nhs.uk)) - use their magnifying glass to search for Volunteer Information.

### **Improving end of life care for patients;**

A new project is set to enhance the quality of care for patients with life-limiting conditions in Oxfordshire and South Northants. This will enable more people to receive personalised care, including being cared for in their own homes at the end of their life, provided that is their preference. It is a partnership between Oxford University Hospitals, Sobell House Hospice Charity, Macmillan Cancer Support, and Social Finance.

There are three phases; the first is Home Hospice which aims to support people at the very end of their life whose choice is to die at home rather than in hospital. Patient Support Workers provide domiciliary care and support at home with specialist oversight and input from OUH Palliative Care teams. One of the main drivers behind it is improving patient choice and experience during end-of-life care. By reducing the time in hospital, people can continue to be cared for at home with the right support in place.

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**A new chapter for the NHS in Oxfordshire;** Over the past fifteen years, the NHS in Oxfordshire has been overseen by the Oxfordshire Clinical Commissioning Group (OCCG). As part of a national change in the way the NHS is organised, the new NHS Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board took over from the 1<sup>st</sup> July. It aims to bring together GP teams, hospitals, local authorities, the voluntary sector and other partners to plan and deliver health and care services for more than 1.9 million people across those three areas. These changes are part of the 2022 Health and Care Act which aims to make it easier for the NHS and social care organisations to work better together.

### **Worried about debt and in need of advice?**

Then don't forget that excellent volunteers at Citizens' Advice West Oxfordshire are there to help you. They give people the knowledge and confidence they need to find their way forward - whoever they are and whatever their problem. All their advice is confidential, independent, unbiased and free. They are based in the centre of town and easy to find. It will help them if you telephone first

Their advice line is on 0808 278 7908:

Opening hours? Monday-Friday 9.30 am-12.30 pm and 1.30 pm-4 pm;  
Closed on Saturdays and Sundays.

They are based at The Old Print House (behind the Blue Boar).

To learn more go to <https://citizensadvicewestoxon.org/>.

### **Prescription collection dates July/August**

- If the date on your last prescription package was August 5<sup>th</sup> your next prescriptions are due on Sept 2<sup>nd</sup>, Sept 30<sup>th</sup> and October 28<sup>th</sup>;
- If the date on your last prescription package was August 19<sup>th</sup>, your next prescriptions are due on September 16<sup>th</sup> and October 14<sup>th</sup>;
- If the date on your last prescription was August 12<sup>th</sup>, then your next prescriptions are due on September 9<sup>th</sup> and October 7<sup>th</sup>;
- If the date on your last prescription was August 26<sup>th</sup> then your next prescriptions are due on September 23<sup>rd</sup> and October 21<sup>st</sup>.