

WINDRUSH PATIENTS’ NEWSLETTER

March – April 2025

Welcome to the latest Windrush Patients’ Group Newsletter:

In this issue:

Spring 2025 Covid Vaccinations

Armed Forces Veterans

Engage Consult tutor updates

Dispensary

Charity fundraiser for Silver Star

Companionship Café

Stop Smoking and Social Prescribing at the Practice

Survey for mental health patients

Shingles Vaccinations

General information and updates

**Spring 2025 Covid Vaccinations**

The practice will be starting the above within shortly.

They will be in contact with those who are eligible to provide information

on how to book in for your vaccine.

**Armed Forces Veterans**

We are officially accredited as an Armed Forces Veteran Friendly GP Practice.

Very good timing as this year is the 80th anniversary of V E Day.

For those wishing to see what is offered, when accessing the Windrush Medical practice page just type in Veterans in the search box, top right and it will take you to all the narrative that you may require.

**Engage Consult tutoring**

For the past 6 months one of our PPG Committee has been offering assistance on Engage Consult and NHS App to Windrush patients at the Library. The library has now moved to temporary location, behind the Fire station. There will be additional “help” sessions in the coming months on 1st Tuesday in the month (6 May and 4 June).

There will be 4 slots available each morning. To book in please call the Library on their new phone number 01865 815207.

**Dispensary**

There used to be a message box at the end of ordering prescriptions for items if you are ordering for holidays etc.

Dispensary tell us this is now no longer available.

A reminder for patients that all enquires (including repeat prescriptions) can be made via Engage Consult and the usual message channel, which would now include the message about medications ie ordering 2 months if away on holiday or ordering a medication that is not a regular item on the prescription.

This is also a timely reminder for you to check your medication requirements as there is still a large amount of wastage.

**Please Support our charity fundraiser for Silver Star**

**\*\*To give support to this amazing feat being undertaken you can now make**

 **cash donations at the surgery in Reception\*\***

Hattie Clay (Practice Manager), Dr Alex Pora (GP partner) and Dani Bates

(Facilities Manager) will be running the 2025 London Marathon on 27 April 2025

for The Oxford University Hospitals Charity Silver Star Maternity Fund in memory

of Dr May McCrae, a much loved friend and colleague, who sadly passed away on

28 February 2024 after a short illness.

Before she died, May delivered a beautiful baby boy at 29 weeks old. Throughout

this period, May and her husband Joe were supported by Silver Star, and May

wanted to give something back for all of the support her family had received.

Our goal is to raise £10,000 for this amazing charity,

**Please** consider donating, and we thank you all for your support

**TO DONATE:Visit:** – [**www.bit.ly/wmp-marathon-donate**](https://www.windrushmedicalpractice.co.uk/practice_news/support-our-charity-fundraiser-for-silver-star/www.bit.ly/wmp-marathon-donate)

Or speak to a member of our patient services team in Reception. **Thank you!!**

**The Companionship Café – change of dates and room**

When? The 3rd Wednesday of the month

What time? 10 am to 12 noon.

Where? Wesley Room, Witney Methodist Church in the High Street.

Are you an older adult, looking for connections, creativity and friendship? Then these cafes will be the answer. And what is more, they are free and provide refreshments too!

Why not pop along? The next one is on Wednesday 16 April (then 21 May)

If you would like more information then just ring 01865 841362 or you can email Beverley.wright@homeinsteadoxford.co.uk

**Stop Smoking Clinics**

The Team from [**Stopforlifeoxon.org**](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.stopforlifeoxon.org%2F&data=05%7C02%7Chattie.clay%40nhs.net%7C2b95c66b10cd42335ccf08dd3a350363%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638730721563749057%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2FKiMr%2BGShjUUUnnxVSx4VYw1STo3c%2Ff5rszf4Ygs2V0%3D&reserved=0) will be running clinics from the practice each week on a Thursday from 10-2pm. You can book an appointment for these clinics using this link <https://visit.stopforlifeoxon.org/WindrushMedicalPracticeWitney>

**Social Prescribing at the Practice.**

We know that being active, engaging with others, learning something new and getting involved in the world around you can improve your health and well-being. Age UK provide this service through many GP practices in Oxfordshire.

*Services and activities you might be able to access*

- Getting involved in local groups and activities
- Befriending, counselling and other support groups
- Dealing with bereavement, retirement or a new baby
- Housing, benefits, financial support and advice
- Help with transport or volunteering

If you think that you or someone you are close to, would benefit from their help or support, please speak to your GP or a member of the surgery staff team who can put you in touch. You can always do this sending a message to the surgery on Engage Consult or Windrush Medical Practice webpage.

**A survey on the NHS111 service for mental health patients.**

NHS111 service for mental health services – national patient survey

NHS England would like to hear from people who have accessed crisis mental health services through the NHS 111 ‘select mental health option’ service.

If you have used NHS 111 and selected the mental health option, NHS England would like to know how you found this service, and the quality of support you received from the 111 handlers. The survey closes on 15 July.

[**Website: NHS111 service for mental health services - National patient survey**](https://secure.membra.co.uk/EmailEngage/API/Link?id=0e1ab495-db44-4d82-8334-eac0882cf2ed&c=155&m=P00028788&o=0&k=0D64DE0DxDD&u=https://www.oxfordhealth.nhs.uk/news/nhs111-service-for-mental-health-services-national-patient-survey/)

**Shingles vaccinations**

The Windrush Medical practice would like to remind and urge those who are eligible to have a vaccination against Shingles to get in touch and book one.

Eligibility criteria is:

50 years and over with a [severely weakened immune system](https://www.getshinglesready.co.uk/severely-weakened-immune-system/) (severely immunocompromised). Those aged 18-49 receiving a stem cell transplant may also be eligible. Speak to your specialist.

Turning 65 years old? You’ll be eligible from your 65th birthday (if your 65th birthday was on or after the 1st September 2023)

70 - 79 years of age

And there's a great website with lots of information on it: [Shingles National Immunisation Programme](https://www.getshinglesready.co.uk/)

**General Information**

Services remain open in the Windrush Health Centre during the building work.

Works are due to complete during the Summer.

The purpose of the building work is the cladding is being replaced.

The practice thanks the patients for being considerate with the parking.

The Witney Pharmacy is operating as normal despite the building work, however

there is no parking!!

**Gardening at the Practice**

Despite the building works, a team of volunteers try to maintain some semblance of order in the garden areas. They meet on first Sunday in the month at 10.00 so, are there any willing volunteers out there to help maintain the gardens? We can put you in touch with organiser.

We have a new e-mail address: to contact the Patient Group it is

**PPGWindrush@gmail.com**

It would be great to hear from you.

If you would like to receive email Newletters in future please send request to the above email.