Stokenchurch Patient Participation Group

**News May 2024**

How busy are you on Wednesday mornings? Do you have 90 minutes spare? As we mentioned in the last newsletter, we have been asked by doctors at the surgery to set up an informal get together for patients in need of a bit of support. The Chatty Café is now up and running at the Coffee on the Green every Wednesday between 9.30 and 11am and it is literally that, just a place to meet and have a chat over a tea or coffee. There will be an SPPG member to welcome you and you can find us on the tables with the bright yellow Chatty Café signs. We are also looking for volunteer hosts to make sure there is always someone at the tables to offer a warm welcome. Our contact details are at the end of the newsletter.

If you feel you would benefit from some fresh air and exercise it’s worth looking at **Simply Walks**. There are guided walks to suit all levels of activity from 45 minutes over flat ground with no stiles to 90 minutes over more challenging terrain. Some set off from Lane End, Downley, Flackwell Heath as well as other local places but you will need transport to get there. You can get more information by searching for Simply Walks on [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk/)

There’s a new face at the Stokenchurch Medical Centre. Lorna Forster joins the team to offer advice on mental health and anxiety issues and to direct patients to appropriate support groups. Good news too that Adeel Tariq, the physiotherapist has increased his time at the surgery and is now available on Monday afternoons as well as Monday mornings. Appointments for Lorna or Adeel can be made through eConsult.

You might have noticed that the SMC website has a new look and is much more user friendly. Information from the SPPG can be seen on the newsfeed on the front page.

It’s Vaccine time again, starting with the over 75s and immune suppressed. However, the SMC Practice Manager, Martin Elliott has explained that there is a supply issue and the surgery has received very few doses so far. He is pursuing supplies with NHS England but in the meantime if you are over 75 or immune suppressed it is best if you book online or by calling 119.

Don’t forget that the Aortic Aneurism screening team will be visiting the surgery on the 28th of June and 25th of October. You can book a scan through the NHS link or contact the AAA department directly. This is based at the John Radcliffe hospital on 01865 572636. You’ll find more information on [Thames Valley AAA Screening](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ouh.nhs.uk%2Fservices%2Fdepartments%2Fgeneral-surgery%2Faaa-screening.aspx&data=05%7C02%7C%7C0233c8e730f743fa5b1f08dc226bfa31%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638423094371791976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Skbiu06cAlwQiK2dpvPV6%2BUhI7dJMBvojrRS94jkHTA%3D&reserved=0) [Programme - Oxford University Hospitals (ouh.nhs.uk)](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ouh.nhs.uk%2Fservices%2Fdepartments%2Fgeneral-surgery%2Faaa-screening.aspx&data=05%7C02%7C%7C0233c8e730f743fa5b1f08dc226bfa31%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638423094371791976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Skbiu06cAlwQiK2dpvPV6%2BUhI7dJMBvojrRS94jkHTA%3D&reserved=0)

At a Chatty Café session someone mentioned how difficult it was for them to go to the surgery to put their repeat prescription request into the box in the lobby and then go again to pick up the medication. Remember that it is so easy to order a repeat prescription through the NHS App and you will receive a text telling you when the prescription is ready for collection. We’re considering running NHS App familiarisation sessions. Would you find these helpful? Contact details follow shortly.

We are looking for 2 new members for our SPPG committee. We have 6 meetings a year and if you are someone who likes to get things done and is a Do-er rather than just being a Talker, we want to hear from you.

Martin Elliott, the SMC Practice Manager is retiring at the end of May after 11 years at the surgery. We will miss his guidance when he sets off on the long walks he has been planning for some time.

The following SMC times and dates might be useful for you:

The dispensary will be open Monday to Thursday, 9am to 1pm and 2pm to 6.30pm and on Fridays from 9am to 2.15 but note that the surgery will be closed for training on the afternoon of Tuesday the 14th of May and the 5th of June from 1pm.

Our next SPPG committee meeting will be held at 7pm on June 11th at the Stokenchurch Surgery.

**CONTACT:**

We have a Stokenchurch Patients Group Facebook page up and running so check that out for information and comments. https://[www.facebook.com/StokenchurchMedicalCentrePG.](http://www.facebook.com/StokenchurchMedicalCentrePG)

Otherwise, you can contact us on the following email.

Stokenchurchpatientsgroup@outlook.com

Or leave a note in the Comments books in the Stokenchurch Library or at the surgery. Copies of the Newsletter and the comments book can be found in the SPG folder on the wall of the surgery lobby. The one with the large red exclamation mark next to the prescriptions box!