

Long Furlong Medical Centre Newsletter

March 2024

Welcome to our March 2024 Long Furlong Newsletter

Please tell us if you have any feedback about this newsletter or ideas for content in the next issue by emailing debbie.major@nhs.net

Practice Staff Changes

Regrettably, after 28 years' service to the practice, Dr Elwig will be retiring on 30th June 2024. He will be greatly missed. The practice is seeking a GP to replace Dr Elwig.

Two new salaried GPs have joined the surgery: Dr Anju Verma is now working on Thursday and Friday. Dr Anne Taylor is working on Friday.

Charlotte Paddick, a Pharmacy Technician joined the practice on 11th March.

Gill Gibbs joined the Patient Services Team on 4th March.

Updating Patient Email Address

We are currently updating patient records and would appreciate it if you could supply us with your up to date email address, if you have not already done so. Please email your details to: receptionists.longfurlong@nhs.net

The Surgery would like to invite you to use the NHS App

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet – including prescriptions and appointments. You can also access NHS App services from the browser on your desktop or laptop computer.

[Download on App Store](#)

[Download on Google Play Store](#)

What does the NHS App do?

Use the NHS App to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- view your GP medical record securely
- register to be an organ donor
- choose how the NHS uses your data

Plans to expand the building Long Furlong

A planning application has been approved to extend the premises for four additional rooms.



**Armed Forces veteran
friendly accredited
GP practice**



**We are an Armed
Forces veteran friendly
accredited GP practice.**



This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

**To find
out more,
ask your
nurse or GP.**

Your Patient Participation Group

Who We Are

Your Patient Participation Group (PPG) presently consists of 15 patients.

11 are able to attend our quarterly, on-line "Teams" Meetings, 4 are email only members.

All are volunteers, who support and influence healthcare at Long Furlong Medical Centre by offering the patient's perspective.

At our meetings we are joined by a GP Partner and the Practice Manager

What We Do

Our purpose is:

- To provide a patient perspective of the practice
- To gather views and feedback from patients
- To help improve the experience of patients attending the surgery.
- To improve communication through the practice website as well as through noticeboards, emails, texts and social media.
- To share ideas to help patients to take more responsibility for their own health and to help improve the services offered by the practice.
- To act as a representative group that can be called upon to influence the local provision of health and social care.

What the PPG Doesn't Do

- We do not deal with personal medical issues or complaints, as there are already well-established procedures that deal with these.
- What commitment is required on your part if you would like to join?
- We meet online quarterly, and that meeting takes up to 90 minutes.

- We ask you to give your views about issues at the practice and possibly upcoming changes at the meeting or by email.
- We have a low volume of emails with an occasional flurry if there is an important issue to discuss.
- In summary, it is a low time commitment with occasional emails and if you can attend a quarterly meeting.
- It is important to mention that we have recently introduced an occasional face-to-face social meeting for coffee.

How can you become a member?

All patients of Long Furlong Medical Centre are able to become members of the Patient Participation Group. There is no membership or joining fee and no training is required. If you wish to:

- Join us, give us your views/feedback or just find out more.

Please email the PPG at bobicb-ox.ppg.longfurlongmedicalcentre@nhs.net or leave your details at reception for the attention of the PPG Secretary.

We are very keen to recruit younger patients and patients with young families.



Choose the right service

Help us help you



Self-care at home
Treat headaches, coughs and colds, small cuts and grazes at home.



Use NHS 111
Feeling unwell? Need medical advice? GP practice or dentist closed?



Visit your local pharmacy
For emergency supply of repeat medicines. Advice on minor infections and ailments.



Contact your GP practice
For persistent symptoms, concerns about aches and pains. Vomiting. Asthma.



Visit a minor injury unit
For sprains and strains, broken bones. Minor scalds and burns. Minor head injuries.

999

Call 999
Please only call 999 in a life-threatening emergency.

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk

OR

or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2
days a week



Gym



Carry heavy
bags



Yoga



Stairs

Sport

**Minimise
sedentary time**
Break up periods of inactivity



Bowls

Tai Chi



Dance

For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

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