



KINTBURY & WOOLTON HILL PPG

PATIENT PARTICIPATION GROUP

SUMMER 2019 NEWSLETTER

WHO ARE WE?

The **PPG** is a group of volunteers, representing both surgeries, providing a focus for comments and suggestions to support and improve our Practice. We meet quarterly, under the guidance and firm control(!) of Chairman Peter Mason, who brings a wide variety of interests and experience to the meetings. In addition there is a Patient Reference Group PRG, who have allowed the use of their email for small surveys.

Following an initiative by the PPG members, work is proceeding on the foundation of a charity to be known as

Friends of Kintbury and Woolton Hill GP Practice

Dr Colin West has been appointed chairman of a group of three other trustees, along with a member of the PPG, and reports as follows:

“I am pleased to report that we are making good progress. The aim of the charity is to raise funds to assist the Practice, in areas likely to directly benefit patients, where currently the NHS provides no funding or only partial funding.”

Watch this space for further news.

Surgery News



Congratulations to James and Megan Fox, 6th April 2019

We are a Parkrun Practice

see over

Patient Access

Online

Book appointments
Order repeat prescriptions
view medical records

At Surgery

make appointments for
GPs, nurses, healthcare
assistants, blood tests, BP
and heart monitoring,
vaccinations and flu jabs

Defibrillators

available inside
during surgery hours

PPG

Date of next meeting:

6th August 2019

Woolton Hill

Further Surgery News

We are delighted to welcome both Dr Gemma Newman and Dr Naomi Manser back from their maternity leave.

Keeping Well Over Summer

Bright, hot summer days are what many of us look forward to for the rest of the year – especially in England!

However, whilst we are enjoying the balmy days of summer, we should not forget that the temperature can get too high, that it can become uncomfortably hot, and for some, it can become dangerously hot.

Below are some tips to keep cool during the summer.

Stay out of the heat

- Keep out of the sun between 11.00am and 3.00pm.
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf.
- Avoid extreme physical exertion.
- Wear light, loose-fitting cotton clothes.

Cool yourself down

- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower, bath or body wash.
- Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck.

We are a Parkrun Practice

Newbury Parkrun is a free 5k event, every Saturday 9.00 am at Greenham Common.

If you want to...

- Make friends
- Be part of a community
- Improve your health
- Be active
- Learn new skills

... there is no better place than parkrun!

Walk, jog, run, volunteer, or come along and watch.

Taking part is easy:

- Register once at
- www.parkrun.org.uk
- Print your barcode and just turn up.

PPG Contact Rosemary Cahill (Secretary)
written messages please, left for me at either surgery

Marked WH if left at Kintbury