

Long Furlong Medical Centre

January 2025

Welcome to the Long Furlong Newsletter and Happy New Year

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 News

Dr Sandeep Dhungana has joined the practice as a salaried GP and works Thursday and Friday.

Dr Hans-Joerg Paul has joined the practice as a salaried GP and works Monday, Tuesday and Wednesday.



This is a link to an exercise referral scheme for those living with long term health conditions. The referral would be to a local leisure centre and may include swimming, gym-based exercise, and water-based exercise classes.

[Better Health With Everyone Active - Everyone Active](#)

www.everyoneactive.com/better-health-everyone-active

Patient Survey

We will shortly be sending out a patient survey for you to complete.

Your Patient Participation Group

Who We Are

Your Patient Participation Group (PPG) presently consists of 16 patients. 12 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 Surgery 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 you, as a patient, a better understanding of interaction with the practice
- 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.

How to get Involved and the commitment 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.
- We have recently introduced an occasional face-to-face social meeting for coffee
- In summary, it is a low time commitment with occasional emails and if you can attend a quarterly meeting..

How can you become a member?

All patients of Long Furlong Surgery 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:

If you wish to join us, 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 as they are currently under represented in the group.

From the chair of the PPG;

The PPG would like to hear from the patients of LFMC about their views on the services provided. Using the email address above, please let us know if any issues you might have (good or bad) and any comments on improvements you would like to see. The PPG meets regularly (quarterly) with the management and senior partner of the Practice to discuss how services can be improved and pass on views on good points.

Thank you

Did you know?



In the last 5 years GP practices have lost funding worth over £660 million.

We're not allowed to use the poor funding we have to recruit more GPs or more practice nurses.



**This is why
you struggle
to see your GP**

**General Practice is being broken.
We know you deserve better than this.
GPs Are On Your Side.**

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

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

or a combination of both

to keep muscles, bones and joints strong

Build strength

on at least **2** days a week

Gym

Yoga

Carry heavy bags



Minimise sedentary time

Break up periods of inactivity



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

Improve balance

2 days a week

Dance

UK Chief Medical Officers' Physical Activity Guidelines 2019