



WHADDON HEALTHCARE



Winter 2024



Newsletter

Chairman's piece

Welcome to the winter edition of the Practice newsletter. As I sit writing this in early October, I must take a pause from my various travels around the country to look back on what your Patient Participation Group (PPG) has achieved during 2024.

Back in July, a PPG conference took place within the Technology Space at the South Central Institute of Technology, part of the Bletchley Campus of Milton Keynes College. An initiative by the Red House surgery, participants included Red House, Westfield Road, Bedford Street and myself representing Whaddon Healthcare. The purpose of the meeting was to explore how PPGs might work more effectively together and help within the wider Bletchley community. The second meeting was hosted by Whaddon Healthcare, and we explored how we might encourage a greater uptake of the Friends and Family survey, whether our respective practice websites were up-to-date, and measures that we have put in place to ensure that it remains fresh and relevant to the needs of us the patients. The PPG network also considered how membership of respective PPGs was derived and what could be done to improve recruitment especially from young mothers and from a more ethnically diverse background.

Flu jab sessions commenced on 5 October, and our Secretary Shirley and I assisted Practice staff in directing patients to the correct area as well as handing out leaflets to attendees publicising the PPG. I'm pleased to say that this has already spawned some interest, so I look forward to welcoming these newcomers to a future PPG meeting.

I know that there has been considerable angst about the inability to gain a GP appointment, but the

new Accurx triage system has proved its worth. Speaking personally, I have both secured an appointment and achieved the information that I required quickly and efficiently. And, I am told that the number of waiting calls has consistently fallen which is good, as there is nothing more soul destroying than finding that you are number 30 in the queue! Inevitably, there will be teething issues as there are with any new system, but when it has fully bedded in, I am sure that the overall experience for patients will be much better.

You may well have seen some new faces at the practice. We have welcomed a new intake of GP Registrars who are undertaking their final year of training. Fully qualified, they are mentored by our experienced GPs. In addition, Dr John Walters who has been with us for some time, has become a partner so we welcome them all.

At our regular PPG meetings, we receive reports from the various groups that offer activities for the benefit of our patients all of which, are designed to promote a sense of well-being. Whaddon Healthcare is fortunate in having links to Chatters, Living in the Moment, West Bletchley Shed, Walking for Health, and the Chair Exercise Group for those with limited mobility. We frequently include details of these groups within the newsletter, but if you would like further details or know of someone who might benefit, please do ask at Reception as your contact details will be passed onto Group Organisers to follow up.

As this will be the last newsletter of 2024, it remains for me to wish all patients and staff a very healthy Christmas and a peaceful New Year.

Paul Egerton

If you would like a large print copy of this newsletter, ask at reception.

Whaddon Walkers News

WHADDON WALKERS

Whaddon Walkers have enjoyed many walks this past year throughout Milton Keynes and despite the rain causing last minute planning of the routes. Our numbers are still between 75-85 each week but that also means we are unable to invite new members. We are now part of The Parks Trust and there are many walks and activities in their programme that every one can take part in.



We were lucky to have had many sunny walks in the summer and our summer coach trip to Windsor was enjoyed by many and it included lunch on a river boat with a tour guide. We also enjoyed a social picnic over at Wavendon Pavilion which included games and a quiz but also a wonderful performance from the Bletchley Harmony Hub.



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We have recently seen on our walks the changing colour of the trees and the rivers and lakes so full of water. Now we are planning towards our winter walks and of course closer to Christmas we have our Santa Hat and mince pie walk and then a Christmas Lunch has been booked. We have a couple of weeks off from walking and then come the New Year we will be walking again and looking forward to a beautiful Spring.



Being part of the Whaddon Walkers we get to know about other events and clubs from Whaddon Medical Centre, like the Choir that meets on a Wednesday evening and Living in the Moment that meet fortnightly with speakers and events. All details are available either on the surgery website or ask at reception.

Bletchley Pathfinder – Bletchley Get Together

Regular drop-in sessions for Bletchley residents are being put on – pop in for a cup of tea and chat with team members from GP Practices, charities, community groups and organisations to find out about what is going on in your local community and how you can get involved to access activities and wellbeing offers.

Sessions take place as follows:

West Bletchley Community Centre, Wednesdays 2-4 pm
 3 Porchester Close, MK3 6BH 6 Nov, 4 Dec, 15 Jan, 5 Feb and 5 Mar

and

Bletchley Library Mondays 10am – 12pm
 Westfield Road, Bletchley, MK2 2RA 18 Nov, 16 Dec, 20 Jan, 17 Feb and 17 Mar

At the first event held on 2 Oct, there were several community groups showcasing a range of activities such as Walking for Health, Eating Well, and various crafts to name just a few. Do go along to the next one especially if you would like to get out and meet new people as it is a good way of doing so.

Protected Time

The surgery will be closed from 2.30 pm – 6.30 pm for staff training on the following dates:
 21st November 2024
 22nd January 2025
 19th February 2025
 19th March 2025

Patient Participation Group Meetings

The date of the next PPG will be 18th December. To be held at the Tweed Drive site at 4 pm.

Forces Veterans and the UK Men's Shed Association

As you may know, Whaddon Healthcare is a Forces Veterans accredited practice, but what you may not know, is that the Royal British Legion supports veterans in many ways not just by means of payment of grant support. It also provides caring facilities for those who are no longer able to support themselves and live on their own and runs a number of care homes dotted across the United Kingdom. So what has the UK Men's Shed Association got to do with this?

Back at the start of June, I was approached in my role as a Voluntary Ambassador to pay a visit to the RBL Home at Galanos House, Southam near Leamington Spa to advise the staff on how to go about setting up a Shed where residents and also members of the local community could undertake meaningful work in a safe environment. Following that visit and appropriate advise given, the RBL staff set to and erected what is a massive Shed on their extensive site and have equipped it with various power tools to provide a workshop that caters for all levels of expertise.



Pictured is the official opening that took place on 20 August.

What a brilliant offering to have in place. Needless to say, residents were champing at the bit looking to get started on making their first projects. Not only residents, but already, word has got about, and 5 local residents have also asked to become members. So you see, the poppy appeal each November raises money and looks after former service personnel in ways many do not realise.

Paul Egerton

Andy's Man Club

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation.

Locally, there is to be an exploratory meeting which is being held on Monday 25th November 2024 at Unity Place, 200 Grafton Gate, Milton Keynes, MK9 1UP. To book a space,

<mailto:bookings@healthwatchmiltonkeynes.co.uk>