PPG Newsletter

Oxshott Medical Practice Autumn 2026

This newsletter is prepared by the OMP Patient Participation Group (PPG) which seeks to promote Community involvement in the practice to better serve patients. To be kept informed about our upcoming talks, receive the newsletters and other occasional PPG updates, please complete the sign-up form to join the PPG member Group on the surgery website:

www.oxshottmedicalpractice.nhs.uk-aboutus-PPG or complete a form at reception

Upcoming dates for the calendar

Our next talk……
Topic: Menopause, the talk will cover topics such as what is the menopause, how is it diagnosed, how to manage it and treatment options as well as long-term health implications, menopause myths and what support is available

Speakers from: Menopause Support
https:menopausesupport.co.uk/

Date and Time : 4th November at 7.00pm
Location: St Andrews Church Hall Oxshott or Zoom details below:-

https://us02web.zoom.us/j/81506317081?pwd=xvUk6vjDqZOY1AcUEIjaLX6kHDnUaM.1
Meeting ID: 815 0631 7081
Passcode: 164125
Please note: The PPG annual AGM will follow on after the talk

Important and useful information

getUbetter

getUbetter is a digital self management support
Platform for all common MSK (musculoskeletal) injuries and conditions incuding women's pelvic health

What3Words

Every 3-meter square of the world has been given a unique combination of three words. This app is useful for emergencies for example with recent heat waves if you were out on heathland and saw a fire you can use this app to infirm emergency services of your exact location



As the flu season approaches, it is crucial to protect yourself and your loved ones by getting a flu vaccination. The flu vaccine is a safe and effective way to reduce the risk of getting the flu and its complications.

Invitations for winter vaccinations have been sent via text message containing a safe link for booking your appointment.

Clinics are available throughout mid October and November 2026

For those unable to book through the text link please call the surgery. Additionally, you can go onto the NHS website www.nhs.uk/vaccinations.flu-vaccine/ to check your eligibility.

Eligible Cohorts

FLU from 1st September 2026

All Children aged 2-3y and those 4-17y in a clinical risk group, not in school. We will send out invitations for the nasal flu vaccination which is expected during September.

All Pregnant Ladies

FLU from 1st October 2026

Adults aged 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19)
Adults aged 65 years and over

Carers in receipt of Carer's Allowance, or those who are the main carer or have close contacts of immunocompromised individuals

Residents in Care Homes

Frontline workers in a Social Care, NHS and Care provider setting.

COVID



Adults aged 75 years and over

Residents in a care home for older adults

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nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/ to check your eligibility.

Individuals aged 6 months to 74 years who are immunocompromised
Additionally, if you are housebound or a resident in a care home the Practice or Community team will be in touch to book your Covid Vaccine.
For those over 75 and individuals aged 6 months who are immunosuppressed, local pharmacies are offering covid vaccines. Please go onto the NHS website www

Meet our paramedic - Ellie

Our paramedic *Ellie* works as part of the healthcare team within Oxshott and Cobham. The paramedics contribute to the care of patients by providing a range of services including home visits and same day urgent appointments . Their role is designed to improve access to care and enhance the efficiency of the doctors.