

PPG newsletter

Oxshott Medical Practice

Spring 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 our 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 - about us - PPG

or complete a form at reception

Meet our social prescriber Paul

Our social prescriber Paul is a non clinical professional who connects with patients at Oxshott and Cobham. Paul can be seen at the practice or within the local community, just phone the surgery to set up an initial appointment

Paul provides support to address non medical needs like loneliness, isolation or practical challenges to improve patient health and wellbeing. He is able to direct patients to services which are non medical in the local area

Starting on Wednesday 1st April, Paul will come along to the St Andrew's church café on the first and third Wednesday of the month, between 10.30am-12.30pm. Feel free to drop by and have a chat with him. When Paul is not at the café, there will be a friendly face and a welcome for you - the days and times are set out on the following page



Bereavement support

Grief can be overwhelming but you don't have to deal with it alone. Cruse is a charity that can help people through this difficult time and there are a number of ways the charity can help. If you would like more information on how they can support you, their website is: www.cruse.org.uk

Cruse Bereavement Support

Are your contact details up to date?

Have you recently moved, changed your telephone number or email address? If you have, please let the surgery know

It's important that the surgery knows so that at any time, in any NHS location, they have the correct information to hand



St Andrew's church on Oakshade Road run various activities and events that the local community are welcome to come along to...



The most up to date details for all groups can be found online at www.standrewsoxshott.org.uk or by calling 01372 842071

ABC group

ABC is a group for **A**dults, **B**abies, and pre-school aged **C**hildren in the Oxshott community. They have toys, stories, crafts, songs, snacks and refreshments to enjoy in a friendly place, where people can connect together. ABC meet every Monday during school term time from 9.45am-11.15am. If you are interested, please email abc@standrewsoxshott.org.uk as numbers are limited



Church café

The church runs a café serving tea, coffee and a selection of cakes during term time where people can meet and chat. Their opening hours are:

Mondays	11am-12 noon
Tuesdays	8.30am-12 noon
Wednesdays	8.30am-2.30pm (also serving a soup lunch)



Lunch for the over 60s

Fed up with cooking at home? Need a change of scene? St Andrew's Lunch Club is the perfect solution! The Lunch Club meets in the church hall every first and third Wednesday of the month throughout the year at 12.30pm where a two course meal is served for a small fee. If you are interested in attending please contact lunch.club@standrewsoxshott.org.uk



Craft club

Got a craft project on the go and wish you could chat to a kindred spirit about it? Every Monday afternoon (except Bank Holidays) between 2pm-4pm, a friendly group get together to work on their crafts – sewing, knitting, card making and more – while enjoying a cup of tea and a chat. Whether you want advice or inspiration, it's a great way to spend a couple of hours working alongside other creative people. There's no charge and no weekly commitment



Bereavement support

The St Andrew's bereavement support team provides mutual support and encouragement for bereaved families

Every fourth Thursday of the month between 10.15am-11.45am, the team provide a warm welcome to bereaved people who would like a chat, coffee and cake. You don't need an invitation, just come along

