

PPG newsletter

Oxshott Medical Practice

Summer 2025

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

Our next talk...

Topic: Understanding autism

Date and time: Thursday 25 September @ 6pm

Location: St Andrew's church hall, Oakshade Road, KT22 0LE

The talk on understanding autism will be given by Emma Whitfield, who has been a volunteer with the National Autistic Society Surrey Branch for over 20 years and is the mum of an autistic young man. The NAS Surrey Branch is a parent-to-parent support group run by volunteers who are parents of autistic children or adults, or who have autism themselves. They offer local and online support groups, talks, workshops and activities for parents and carers whose family include someone with autism. There are specific groups for: parents of autistic children; autistic girls; parents of autistic adults; spouses/partners of autistic people and parents/carers of those with Pathological Demand Avoidance



Topics covered will include

- Autism myth-busting
- Challenges some autistic people may face
- Top tips
- What autism is
- How you can help autistic people

Meet our first contact physiotherapist Harvey

Our first contact physiotherapist Harvey supports the Practice in providing the initial assessment and management of patients with musculoskeletal conditions such as back, neck or knee. Harvey is able to offer expert advice, diagnose issues and can refer patients to other specialists if needed.



Harvey aims to improve patient access to specialist care and ensure timely treatment. To make an appointment with Harvey, please call the surgery - no need for a GP referral

Out of hours hub

This pre bookable service that we share with Cobham Health Centre to see a GP out of normal surgery hours, is available at the Cobham Health Centre

Monday and Tuesday evenings: 18:30–21:30

Saturday: 9:00–17:30



For appointments call:

Oxshott Medical Practice - 01372 844000

The Hub (out of hours) - 01372 232001

This service is with local GPs and their reception team. You will not be able to book to see your regular GP or a specific GP from the practice

Useful app...

Did you know that the best and fastest way to order your repeat prescriptions is using the NHS app

If you have any technical problems installing or using the NHS app, Cobham library have an IT volunteer who can help you. They are available every Tuesday between 10am-12pm. Just pop into the library to book a session with them

Do more with the NHS App!

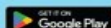
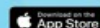


- Order repeat prescriptions
- Use NHS 111 online
- Find NHS services
- View your GP health record
- Book appointments
- Get reminders and messages

And much more...

You can also use these services by logging in through the NHS website

Need help?
Get support in the app or visit nhs.uk/helpmeapp



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What is the NHS App?

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.

It doesn't replace existing services. You can still contact your GP surgery in the usual ways.

How you can use the NHS App

Access services

- request repeat prescriptions**
request prescriptions without having to contact your GP surgery, and choose where you want to collect them
- check for GP surgery appointments**
find and book appointments without having to call your surgery
- contact your GP surgery**
request care or information from your GP surgery using an online form
- use 111 online**
check if you need urgent medical help
- browse NHS health information**
use our health A to Z to read about symptoms and treatments
- browse NHS medical information**
use our medicines A to Z to read about side effects and other common questions
- find NHS services**
look for services near you

Manage your health

- view your GP health record**
view your medical history, test results, allergies, medicines and documents
- manage appointments**
check and change appointments at your GP surgery and hospital, including hospital referrals and waiting list information
- manage prescriptions**
check the status of your prescription requests and view confirmed prescriptions
- make your health choices**
register your organ donation decision, choose if your health data can be shared for research purposes, and decide about taking part in health studies
- view care plans**
depending on your GP surgery, you may be able to view and manage plans about how would you like your healthcare team to look after you

Account and settings

- manage your account**
update your login and contact information
- change settings**
change your app settings, including whether you get notifications about new messages

Read and send messages

- receive messages and notifications**
view messages from your GP surgery and get notifications through your phone or tablet
- send and reply to messages**
you may be able to send or reply to some messages

Help someone else

- switch profiles**
access the health records, appointments and prescriptions of people you care for, including children

You can also use these services by logging in through the NHS website

Can everyone use all of these services?

Not yet. The services you can access will vary depending on the services offered by your GP practice.

To use some services, you will need to verify your identity. You only need to do this once. You can learn more about how to register and verify your identity in a separate leaflet: 'Getting started with the NHS App'.

Or you can get help on our website: nhs.uk/nhs-app

Your data and permissions

The NHS App does not store any patient data. It lets you view your health information held by your GP and other healthcare professionals.

Help and support

If you have any problems using the NHS App, you can:

- select the 'Help' question mark in the app to get help related to the screen you are on
- visit nhs.uk/nhs-app or scan here



To download the NHS App, scan here



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