
Keeping Yourself healthy... good resources:

We all know that keeping ourselves well is easier said than done in our busy lives. We would like to share some useful resources for ideas that can help.

Osteoarthritis is a problem that affects many people as they get older causing joint pain and stiffness. One of the best ways to try and keep your joints as healthy as possible is with strengthening exercises.

Versus Arthritis (<https://www.versusarthritis.org>) is an excellent website with many instruction leaflets and videos for how to strengthen different joints.



NEWS AND UPDATES

Appointment system

We have introduced a slight change to our appointment system. When you request an appointment, we are now able to text or email you a link to allow you to book an appointment online. We hope this makes the process easier and more convenient for you.

Telephone waiting times

We do appreciate our phone waiting times are longer than we would like and the inconvenience this causes. We are working extremely hard on this and have been lucky to recruit some excellent new patient care advisors. We hope that this will enable us to see improvements over the coming months and thank you for your patience with this.

New Weight Loss Injections Approved for NHS USE

There has been widespread publicity regarding the recent approval by NICE (The National Institute for Health and Care Excellence) of weight loss injections for NHS use.

Although the injections have been approved nationally, it is now the task of local health commissioners to set up a service to provide the injections to suitable patients. It is likely that it will be several months before this is established in Oxfordshire, but it is already clear that the injections will only be provided through a specialist service and will not be available for GPs to prescribe.

EMG NEWSLETTER

April 2023

Profiling our team

We are sad to announce that Dr Jackson will be retiring at the end of April. We know that she will be very much missed by our patients. We'd like to thank her for all the time she has worked for us all and wish her a very happy retirement.

Across our team we have four clinical pharmacists: Alice Nugent, Katie MacDonald, Shabneez Badal and Kieran Watts. Here's what they do:

'The Clinical Pharmacy Team plays a crucial role in ensuring safe and effective medication use for patients. This involves conducting medication reviews to optimise therapy and answering medication-related queries from healthcare providers and patients.

In addition, our team is responsible for performing medication reconciliation following discharge from the hospital, ensuring that patients have the correct medications and dosage instructions upon transfer of care. We also play a role in managing hypertension and cholesterol by providing education on lifestyle changes and medication management. Overall, our Clinical Pharmacy Team can discuss and advise on a wide range of medication and conditions with the aim to improve patient outcomes.

As a team, we absolutely enjoy the working together as well as being part of Team EMG as a whole. We also cherish the opportunity to build a rapport with our patients, which adds a personal touch to our work and enhances the satisfaction we derive from our job.'

Automatic access to online patient records:

Many of you will be aware that from November 2022 it had been planned to automatically grant online access to everybody's medical records, including consultation details. However national guidance from a number of GP organisations have raised concerns about data protection and ownership and safeguarding information about vulnerable people. Therefore, this rollout has currently been paused whilst further negotiations take place. We will keep you updated when we have any further details.

Cost of Living support

We recognize that this is a very difficult time for many people. We can offer foodbank referral vouchers and our social prescriber; Callum Weaver can help advise about other sources of support. You can self-refer to her by emailing your name, GP practice and a brief outline of your issue to:
nwprimarycarewellbeing@oxfordshiremind.org.uk

LOOKING FORWARD

1. Welcome to our new PCA'S Jackie Liversidge, Joanna Hunt and Sally Daly.
2. Tracey Knipe: joining our PCA team from April 2023
3. We are sure many of you would like to join us in wishing our secretary Moira Wayne-Smith a happy retirement and thank you for your hard work over the last 16 years. She will be much missed.

OUR USUAL GP SYSTEM

At EMG we believe in continuity and research shows this improves patients health. When a patient registers with us they are assigned a 'usual GP who will deal with any issues for them. You can find out who your usual GP is or request a change by submitting an econsult or contacting reception if this is not possible.

OUR PATIENT PARTICIPATION GROUP (PPG)

Our patients views matter to us and we recognize we are lucky to have patients with invaluable skills. If you would like to get more involved in our work (virtually or in-person) please email

print@associatedagencies.co.uk

OUR TEAM

GP PARTNERS

Dr Neil Rust:	<i>Mon, Tues, Thur</i>
Dr Philippa Jackson:	<i>Mon, Tues, Thur</i>
Dr Jessica Harris:	<i>Mon, Wed, Thur</i>
Dr Ian Binnian:	<i>Mon, Tues, Thur, Fri</i>
Dr Lorenz Kemper:	<i>Mon, Thur, Fri</i>
Dr Amar Latif:	<i>Mon, Wed, Thur</i>
Dr Alexa Zhao:	<i>Tues, Wed, Thur</i>
Dr Emma Ladds:	<i>Mon, Thur</i>

SALARIED GPs

Dr Emma Thorncroft	<i>Tues, Wed, Fri</i>
Dr Melissa Holden	<i>Tues, Wed, Thur, Fri</i>
Dr Ram Kumar	<i>Tues, Wed, Fri</i>
Dr Nevila Ledwidge	<i>Mon, Tues, Thur, Fri</i>
Dr Emily Aries	<i>Mon, Tues, Thur</i>
Dr Kyan Zarbalian	<i>Mon, Wed, Thur, Fri</i>
Dr Alice Neffendorf	<i>Mon, Wed, Fri</i>

GP TRAINEES

Dr Lauren Edwards	<i>Mon, Fri</i>
Dr Jasmine Arnold	<i>Mon, Wed, Thur, Fri</i>

NURSING AND HCA TEAM

Janice Williams	Joanne Johnson
Leanda Rankin	Jane Berry
Manjinder Sidhu	Sandra Syphas
Kerry Smith	Sue Jux
Krystie Batchelor	Anne Secker
Jacqui Chok (<i>Trainee Nursing Associate</i>)	

URGENT CARE TEAM

Sarah Bright Amy Hodge

MANAGERIAL TEAM

Tracy Girvan	<i>Practice Manager</i>
Naomi Roberts	<i>Deputy Practice Manager</i>
Kate Rudman	<i>Appointments Manager</i>
Christine Foakes	<i>Vaccine Coordinator & Management Assistant</i>
Chloe Appleton	<i>PCA Manager</i>
Sara Barrett	<i>Dispensary Manager</i>
Leanda Rankin	<i>Nursing Team Lead</i>

We also have a team of invaluable other staff including Patient Care Advisors, Secretaries, Dispensers, Administrators, and others who support our clinical work.