



Croppeddy Surgery

SUMMER 2026

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CROPPEDDY SURGERY

NEWSLETTER

Protected Learning Time (PLT)

Please note the new PLT dates:

10th September 2026

2nd December 2026

2nd February 2027

The surgery will be **closed & doors locked** from 13:00 to 18:30 on these dates. During this time, please call **NHS 111** or in an emergency call **999**.



Making the Most of Your Appointment

To help us keep appointments running on time and ensure every patient receives the care they need, we ask that you discuss one medical concern per appointment wherever possible please.

If you have more than one issue to discuss, please let our Reception team know when booking. They can arrange a double appointment allowing your clinician enough time to address all of your concerns safely and thoroughly. Thank you for your understanding for us provide the best possible care for all our patients.

Welcome

We are delighted to welcome Jenny, our new **Patient Co-ordinator**, to the Reception team.

With Jenny joining us, our Reception team is now back to full strength with five Receptionists, helping us to provide a friendly and efficient service to all our patients.



NHS app

The **NHS App** helps you to get well, stay well and manage your health care. It's a simple and secure way to:

- request repeat prescriptions
- see your test results and appointment notes
- find NHS services
- receive messages about your care

Download the NHS App today or find the same services on the NHS website: www.nhs.uk/nhs-app/

Stay Hydrated Before Your Blood Test

Drinking plenty of water before your blood test can make it easier for the clinician to find a vein, helping to make the procedure quicker and more comfortable.

This is especially important during warm weather, when it's easier to become dehydrated. Unless you've been asked to fast or limit your fluids for a test, aim to drink plenty of water before your appointment and arrive naturally well hydrated.

Missed Appointments

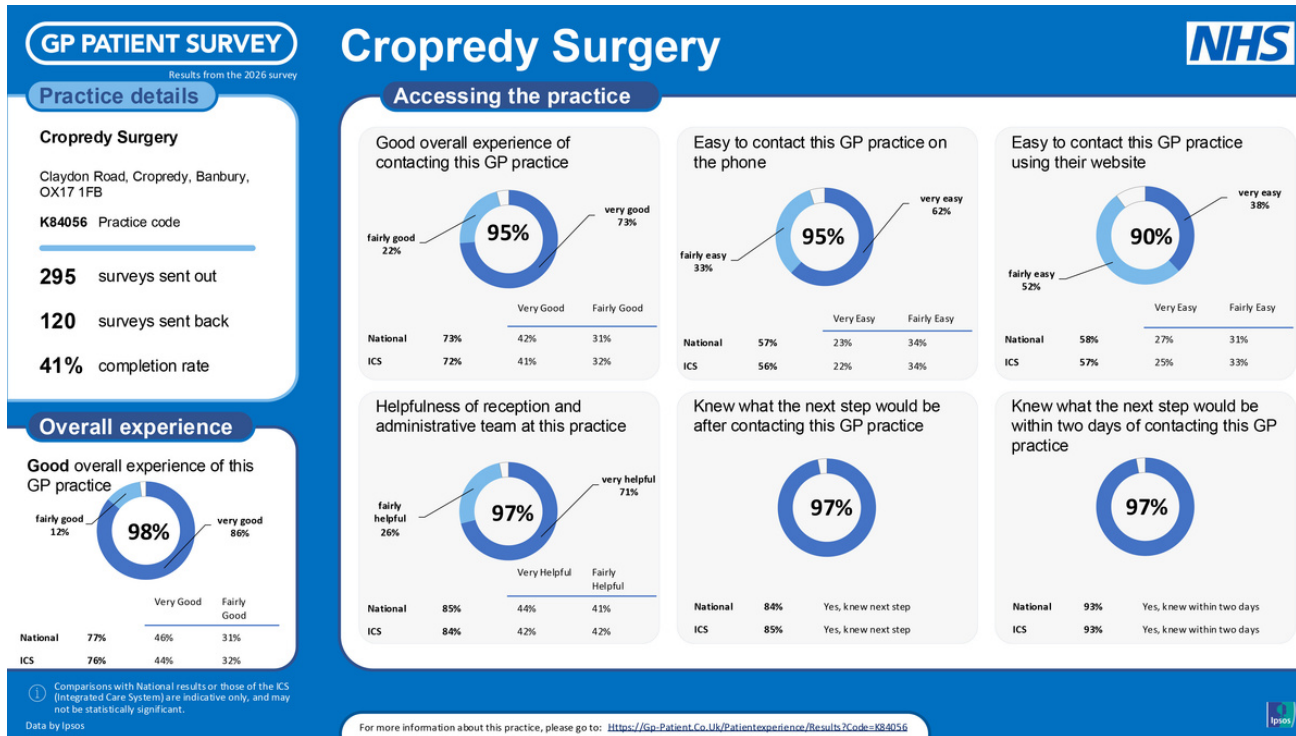
In June 2026, 44 patients did not attend their appointments, this represented 14 hours of wasted slots which could have been offered to other patients

PLEASE can we ask that you CANCEL your appointment if you unable to attend, so we can ensure it is offered to someone else.

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NHS Patient Survey 2026

Thank you to our patients who kindly completed the recent NHS patient survey for 2026. Please view all the results here: <https://www.gp-patient.co.uk/patientexperience/results?code=K84056>



Looking After Your Mental Health

Everyone experiences times when they feel stressed, anxious, low, or overwhelmed. If you're struggling with your mental health, help is available, and you don't need to face it alone. You can speak to your GP, however, there are other ways to access support too.

TalkingSpace is the NHS talking therapies service, and you can self-refer without seeing your GP first. They offer support for anxiety, depression, stress, and other common mental health concerns.

We have a **Social Prescriber** available at the practice every Friday, some face to face and other telephone appointments. Peter can help connect you with local charities, community groups, and support services, drawing on his experience working with the mental health charity Mind.

Useful contacts:

TalkingSpace - NHS talking therapies (self-referral) on 01865 901822 or visit: <https://www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/>

Samaritans - Call 116 123 (free, 24 hours a day)

NHS 111 - For urgent mental health support out of surgery hours when it's not an emergency

999 - If you or someone else is in immediate danger or at risk of serious harm

Remember, reaching out for support is the first step towards feeling better.

Opening Hours

Monday: **0800 to 1915**

Tuesday, Thursday and Friday: **0800 to 1830**

Wednesday: **0730 to 1830**

Closed: **Saturday and Sunday**

<https://www.cropredy-surgery.co.uk>

Adventures of our Amazing Staff

Congratulations to our Partner, **Dr Cat Reid**, who recently completed a half marathon in support of the Katharine House Hospice. Running in honour of a close friend and patient, James, she has raised over £500 for this wonderful local charity.

Also, congratulations to **Dr Elin Cox** on completing the Blenheim, Compton Verney, and Oxford triathlon events - an outstanding achievement! Elin also finished an impressive second place in her age group at Compton Verney. Next up is the Weymouth 70.3 Ironman. Wishing you the very best of luck with the challenge, Elin!