

# OXTED HEALTH CENTRE PPG WINTER NEWSLETTER 2018

## Oxted Health Centre:

10 Gresham Road,  
Oxted,  
Surrey,  
RH8 0BQ

Tel: 01883 734000

Fax: 01883 713779

## Oxted Health Centre Opening Hours:

Monday:  
8:00am-7:30pm

Tuesday:  
8:00am-7:30pm

Wednesday:  
8:00am-7:30pm

Thursday:  
8:00am-6:30pm

Friday: 8:00am-6:30pm

Weekend: CLOSED

## LINK- Oxted's Community Transport Service

Oxted & District LINK has, for the last 45 years, offered a unique transport service for residents of RH8 who are unable to use public transport to attend appointments at the Oxted Health Centre, dentists and East Surrey and other hospitals.

The service makes use of private cars and LINK's 150 volunteer drivers so that local residents can attend appointments.

LINK helps local doctors and nurses to use their time more effectively by reducing the number of home visits and easing pressure on the ambulance and hospital car services.

Local RH8 residents access LINK to request help on:

01883-713333

Weekdays- 9am to 5pm

Saturdays- 9am to 11am

Donations can be made to LINK according to what they can afford.



LINK is constantly on the look-out for new volunteer drivers and telephone volunteers to man LINK's phone contact service from their home phones.

Volunteer drivers may take on ½ day fortnightly slots to transport residents to Oxted Health Centre and for a separate rota to East Surrey Hospital on the same basis. There is also a shortage of volunteer drivers to take local residents to the increasing number of weekend appointments.

The volunteers claim a mileage allowance for their trips and the reimbursement of parking charges in Oxted and at East Surrey and other hospitals. Telephone volunteers operate on a 6 weekly rota basis.

Potential volunteer drivers and telephone volunteers may offer help to serve the local community by contacting LINK on: 01883-713333

Weekdays- 9am to 5pm  
Saturdays- 9am to 11am





When it's less urgent  
than 999

### Local Pharmacies:

#### Boots:

48 Station Road East,  
Oxted,  
Surrey,  
RH8 0PQ  
Tel: 01883 712620

#### Paydens LTD:

22 Station Road East,  
Oxted,  
Surrey,  
RH8 0PG  
Tel: 01883 712081

#### Raimins

224A Pollards Oak Road,  
Oxted,  
Surrey,  
RH8 0JP  
Tel: 01883 712266

This newsletter is published by  
the Oxted Patient Participation  
Group (PPG)

Email:

[oxtedppgsecretary@gmail.com](mailto:oxtedppgsecretary@gmail.com)

## CitizenAID

This charity provides training on how to help if you are caught in a situation where there are multiple casualties from a shooting, stabbing, bomb or terrorist attack.

We ran an online survey recently amongst commuters from Oxted and there is a lot of interest in taking part in this training. Together with the Health Centre we are hoping to arrange a session one evening in February

## Health Services At Caterham Dene Hospital

As you will know A&E services are under extreme pressure.

If you or a person you are caring for needs health care there are additional services available at Caterham Dene Hospital which is very convenient and has free parking.

See a GP at:

Caterham Dene Hospital,  
Church Rd,  
Caterham,  
CR3 5RA

Opening times until 8 January 2018

- Sat 10am-6pm
- Sun 10am-2pm
- Mon-Fri including Bank Holidays, 4pm-8pm

After 8 January 2018 these times will be extended to

- Sat 9am-8pm
- Sun 9am-2pm
- Mon-Fri including Bank Holidays, 4pm-8pm

There is also a Minor Injuries Unit which treats patients aged 18 years and above:

- 9am-8pm, 365 days a year

This is a convenient alternative to A&E departments further afield and provides treatment for:

- Cuts and grazes
- Sprains and strains
- Broken bones (fractures)
- Bites and stings
- Infected wounds
- Eye problems, such as infections or scratches
- Sports injuries
- Minor burns and scalds

Please do not attend if you are suffering from:

- Abdominal pain
- Chest pain
- PR or PV bleed
- Headaches

The Minor Injury Unit is currently unable to treat children under the age of 18 years.

## Wanted- A New PPG Member

### Oxted Health Centre Patients Participation Group (PPG)

One of our members has unfortunately had to resign and we are looking to recruit a replacement. It is important to us that our members represent the community and our ideal person would be a father of young children. Your commitment would be to attend a meeting every 2 months that is held at Oxted Health Centre usually on a Thursday evening starting at 7 pm for about 2 hours. Assist at our talks which are held every 3 months at the URC in Oxted on a Tuesday evening and be able to represent the views of patients in the area.

If you are interested in joining and would like more information please email our secretary at [oxtedppgsecretary@gmail.com](mailto:oxtedppgsecretary@gmail.com) or leave a letter at the Health Centre addressed to the PPG secretary.

We look forward to hearing from you

David Borer

Chair, Oxted PPG

## Flu Jabs

Flu must be taken seriously. Having a flu jab is especially important if you have...

- Chronic lung disease including asthma
- Diabetes
- Chronic heart, liver or kidney disease
- Lowered immunity
- Chronic neurological disease

Or if you...

- Are aged 65 or over
- Are or may be pregnant
- Look after someone who wouldn't be able to get by without you

Contact the surgery to book an appointment.

## Next Talk- Falls Prevention and Exercise Advice For Older People

The upcoming talk will feature Physiotherapy advice on how to reduce the likelihood of falls and improve muscle strength in older people. An overactive bladder and prolapses will also be covered by our guest speakers, Faye Brunt BSc (Hons) and Emma Brockwell BSc (Hons) HCPC MCSP POGP.

The Chartered Society of Physiotherapy (CSP) animation on falls prevention for older people is a great way to practice any exercises in the comfort of your own home. To view the animation and further advice on exercise visit [www.csp.org.uk/getupandgo](http://www.csp.org.uk/getupandgo).

The CSP Get Up and Go leaflets on exercise and falls prevention are available at Oxted Health Centre.

The talk will take place on Tuesday 30th January 2018 at 8pm.

The venue is:

United Reform Church,  
21 Bluehouse Lane,  
Oxted,  
RH8 0AA



citizen  
AID



