Eynsham Medical Group

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Patient Newsletter



Happy New Year!

We would like to wish all our patients a happy 2025. As we step into the new year, we want to take a moment to thank you for being part of our community. Your health and well-being continue to be our top priority, and we're here to support you every step of the way.

We would also like to thank everybody for the abundance of cards and gifts we received over the festive period. Your kind words and gestures are greatly appreciated by the whole team.





Research update

It's been another busy few months for the Research Teams

Currently recruiting to

Nova: having already exceeded our challenging recruitment target since we started in November 2024, we continue to seek anyone aged 80+ who may be interested in this **norovirus vaccine** trial this month (before it closes). Participants are required to report any symptoms of acute gastro-enteritis throughout the 2 year study duration as well as attend onsite and telephone appointments for follow up.

Tharros: This Astra Zeneca study of outcomes with **treatment (2 different inhalers) for COPD patients** has inclusion/exclusion/screening criteria that significantly limits the number of patients who are eligible to participate, yet we have successfully recruited participants and continue to seek a few more to reach our recruitment target.

Embrace: Having significantly exceeded our original target last year, we may hold more recruitment clinics if there are enough interested patients available and eligible to receive the investigational vaccine **for prevention of blood infections**. Participants are required to report suspected UTIs to the Research team immediately so that further investigations can be initiated.

We are also continuing with various academic trials including UKMINDS and OPTIMISE2 for which we receive **Research Delivery Network Agile Team support.**

Achievements and Follow Up stages

ObservatARI: Point of care testing for respiratory viruses

We have been pleased that recruitment numbers have been higher than originally anticipatedso particular thanks to members of the wider practice team who have been making every effort to recruit patients presenting with symptoms of an acute respiratory illness. Trial recruitment ended earlier this month so the Cepheid and IT equipment in Room 1(will be returned to the sponsor shortly.

RSV 21 : Respiratory Sync Respiratory Synocvial Virus (RSV) vaccine for older adults

Having reached target in autumn 2024, we are now undertaking follow up visits for the next 2 years. This has been Kyan 's first experience as Principal Investigator for a commercial trial and we hope that this has inspired them to accept the role again for upcoming studies.

RSV 12 : RSV vaccine for participants who were enrolled in AReSVI 06 previously

We have been pleased with the uptake of this follow-on trial.

Harmonie (RSV vaccine for babies)

We are coming to the end of this trial and the few remaining parents/Carers of babies who received RSV vaccine are being called for their last follow up visits.

Upcoming trials that are in set up stage

We are currently in negotiation with several sponsors involving (non- vaccine) trials for patients with diagnoses of diabetes. Once the contracts have been signed, we will share more details of the studies and their criteria.

Staff news

Victoria has reduced her working week to 3 days, so we have just recruited another Research Nurse for 2 days per week and will introduce her to the wider team when she commences work in a few months.

Staff and interested patients can now contact our Research Teams using a direct telephone number –
01993 862157 and leave us a message if no-one is available **01865 881342**
Please note that this differs to the telephone number

Our team email is checked daily: bobicb-ox.researcg.eynshammg@nhs.net

Thank you for your continued willingness to engage with the Research team and our activities in your practices.

Chris Longson, Research Manager *chris.longson1@nhs.net*



Dr Neil Rust Retirement



After 30 very happy years in Eynsham Medical Group I will be retiring at the end of March 2025. It has been a privilege to work with such a wonderful community and I'd like to thank everyone for their part in this. In spite of the sometimes challenging circumstances of work in the NHS, we have been able to build an excellent team who I know will continue to offer high quality care to you all.

Thank you.

Dr Neil Rust





Teaching Update

On Wednesday January 15th we had the Pleasure of hosting a group of medical students from China who are doing an internship program in the UK, linked to the University of Oxford.
The internship is facilitated by an organization called WISEDU and their dedicated team members Huimin Hu, Claire Zheng Fang, and Leo Li. We were specifically approached because of our reputation for teaching and looking after our students. Dr Emma Ladds, who guided the students around the surgeries, reports that they had an excellent day and gave us glowing feedback. They specifically noticed how friendly we are and what warm relationships we have with our patients and each other.

Hanborough Pre-School visit

On Thursday 2 3rd January 2025, the Hanborough Pre-School children visited Long Hanborough Surgery as part of a fun filled morning with an aim to familiarise themselves with the GP practice. They spent time with one of our practice nurses, Krystie Batchelor, and one of our GPs, Dr Zachary Craft. This presented a brilliant opportunity for them to become more comfortable with the environment and staff. Throughout the morning, they practiced bandages, having observations taken and basic examinations which they all took to very well. The hope of this will be more comfortable in future when they visit the practice. It represents a brilliant relationship between Hanborough Pre-School and the practice which we look forward to continuing in future years.

Staff Role Profile

Summarisers

Summarisers play a key role in ensuring the smooth operation of a GP practice by supporting the clinical and administrative teams in summarising patient records. Their main responsibility is to review and update patient information in the practice's electronic health record system. This includes accurately summarising medical histories, previous diagnoses, treatments, medications, and relevant notes from past consultations.

Summarisers help maintain the quality of patient records, which in turn supports better patient care and efficient service delivery. Their attention to detail and understanding of medical terminology are essential for ensuring that all patient data is current and complete. Summarisers often collaborate with GPs and other healthcare professionals to ensure patient records reflect the most up-to-date information for effective clinical decision-making.

The Green Team

At Eynsham Medical Group, we're committed to improving not only your health but also the health of our environment. Together, we can make small changes that add up to a big difference!

Choose Active Travel for Your Health and the Planet
Walking, cycling, or using public transport for your journey to the practice isn't just better for the environment—it's better for you, too! Active travel:

- Reduces air pollution and greenhouse gas emissions
- Improves your cardiovascular health
- Boosts your mood and energy levels
  Let's work together to keep our air cleaner and our community healthier!

Skip the Trip: Use Online Services
Did you know you can access many GP services from the comfort of your home?

- **Online Forms:** Complete forms for repeat prescriptions, admin requests, or medical queries without needing to visit in person.
- **NHS App:** Book appointments, check test results, and access your health records with ease. These tools save you time and reduce the need for unnecessary travel, cutting down on carbon emissions.

Every small step helps. Thank you for supporting our green initiatives!



Repeat prescriptions?

Only order what you need





10% of medicines prescribed nationally are not needed



In Dorset we spend £9 million a month on repeat medications



Speak to your pharmacy team about only ordering what you need

Find out more about our medicine waste campaign at:
nhsdorset.nhs.uk/yourmeds

Winter Wellness



Who's most at risk from cold weather?
Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell
If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better.
In an emergency, go to A&E immediately or call 999.

Keep warm and get help with heating
Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.
Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18° C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Look in on vulnerable neighbours and relatives
Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.
Icy pavements and roads can be very slippery, and cold weather can stop people from going out.
Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1602 (8am to 7pm every day). You can find your local council on GOV.UK.

Our Team



GP PARTNERS

Dr Neil Rust:	Mon, Tues, Thur
Dr Kyan Zarbalian:	Tues, Wed, Fri
Dr Ian Binnian:	Tues, Thur, Fri
Dr Lorenz Kemper:	Mon, Wed, Fri
Dr Amar Latif:	Mon, Wed, Thur
Dr Alexa Zhao:	Tues, Wed, Thur
Dr Emma Ladds:	Mon, Thur

SALARIED GPs

Dr Emma Thorncroft	Wed, Thur, Fri
Dr Melissa Holden	Tues, Wed, Thur, Fri
Dr Nevila Ledwidge	Mon, Tues, Thur, Fri
Dr Alice Neffendorf	Mon, Wed, Fri (Maternity leave)
Dr Cathy Scott	Wed, Fri
Dr Saleema Sharief	Wed, Fri
Dr Laura Singer	Mon, Wed, Thur, Fri
Dr Jane Pargeter	Mon, Wed
Dr Zach Craft	Tues, Thur, Fri

GP TRAINEES

Dr Emma Ml	Mon, Thur
Dr Tanya Hobden	Mon, Wed, Thurs, Fri
Dr Lisa-Jayne Edwards	Mon, Wed
Dr Niyaz Baig	Mon, Tues, Wed
Dr Kejjia Wu	Thurs, Fri

GP Locum

Dr Anna Seeley	Mon, Wed

NURSING AND HCA TEAM

Leanda Rankin	Jane Berry
Krystie Batchelor	Sandra Syphas
Julie Smith	Sue Jux
Kerry Smith	Joanne Johnson
Krystie Batchelor	Jasmine Souch
Jacqui Chok	Alisha Wicks

URGENT CARE TEAM

Sarah Bright	Amy Hodge
Tim Walker	

MANAGERIAL TEAM

Katalin Szombati	Practice Business Manager
Naomi Roberts	Deputy Practice Manager
Kate Rudman	Appointments Manager
Samantha Rowe	Vaccine Coordinator & Management Assistant
Hannah Freeman	PCA Manager
Sara Barrett	Dispensary Manager
Leanda Rankin	Nursing Team Lead
Chris Longson	Research Manager

PHYSICIAN ASSOCIATES

Hayleigh Clifford

Joshua Arnold

CLINICAL PHARMACY EAM

Robert Jaynes	Irida Andoni
Alice Nugent	Ellie Clayton
Katie McDonald	
Shabneez Badal	

Research Team

Victoria Mills

Eleanor Jones

Aarushi Kheterpal

Janice Williams

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