

Patient Support Newsletter May 2026

Welcome to the Summer Newsletter



The Patient Support Team work with GPs to address people's needs in a holistic way, aiming to connect people with non-medical community resources to address practical, social, and emotional needs affecting their health.

If you feel you would benefit from a referral, please contact the Reception Team, your GP or your Practice Nurse.

Summer Health – it has already been extremely warm this summer, dehydration symptoms can range from a minor inconvenience to a life-threatening emergency. These tips aim to keep you well all summer.

Drink regularly: Don't wait until you are thirsty. Aim for about 6 to 8 glasses a day, and more if you are physically active or sweating.

Monitor your pee: A well-hydrated individual will have urine that is a pale straw colour or clear.

Choose the right drinks: Water, diluted squash, and lower-fat milk are the best options. Milk is surprisingly effective at keeping you hydrated.

Avoid dehydrating drinks: Limit alcohol, caffeine, and high-sugar sodas, as these act as diuretics.

Eat hydrating foods: Incorporate water-rich foods like cucumber, strawberries, celery, and melon into your meals.

Don't forget your local Pharmacy can also provide you with help on how to combat dehydration.



At Park Yoga, community has always been at the heart of what we do. From peaceful mornings in local parks to shared moments of movement, mindfulness and connection, our mission has remained beautifully simple: helping people feel better, together, outdoors. It's about creating space to pause, breathe and reconnect with ourselves and the world around us.

Park Yoga is free and accessible to everyone and takes place at the Southern Road Recreational Ground every Sunday from 9.30am – 10.30am until 13th September.



[Planning ahead for your Future](#) – it's important to think ahead and plan for your future, having a better understanding of some of the services that are available to you is a crucial part of this. Oxfordshire County Council can help with this through their Living Well at Home guide. This can be found at:

www.oxfordshire.gov.uk/livingwell

For more news on local services and information on The Rycote Practice, please follow us on Facebook!