

NHS



OAKLEY HEALTH
GROUP

Patient Newsletter

Merger with Monteagle Surgery April 2018

- DR ARFAN AHMED
MONTEAGLE SURGERY



As you know in April 2016 the Oaklands Practice at Yateley Medical Centre merged with Hartley Corner Surgery to form **Oakley Health Group**. We are still based at the same two sites less than a mile apart. Monteagle Surgery (near Waitrose in Yateley) decided not to merge at that time.

However, Dr Arfan Ahmed, the Sole Partner at Monteagle has decided that now is the time to join with us. This will help maintain a local quality service in the future given the tight financial constraints on the NHS and the ever-growing demands placed on Primary Care.

Monteagle Surgery has approximately 6,000 patients, 1 GP Partner, 2 full time Salaried GPs, a Practice Nurse and Healthcare Assistant, Receptionists and admin and management staff.

REASONS FOR MERGING:

Merging will make Monteagle far more robust and able to cope with factors that can rapidly de-stabilize a small practice, such as long term staff sickness, retirement of GPs and recruitment.

Joining together will put us in a stronger position to weather the challenges facing the NHS nationally and locally.

Monteagle Surgery **already** work with us day to day over provision of services such as 8-8 opening and using Integrated Care Services

PATIENT MEETINGS

In November we advertised and held two evening meetings for patients of both surgeries to come along and find out more.

22 Monteagle patients and 21 Oakley Health patients attended.

There was a presentation from GPs of both surgeries and members of our Patient Participation Group followed by Questions and Answers.

Feedback was given by some of the patients

afterwards who said that they better understood the reasons behind the merger and felt any concerns they had were answered.

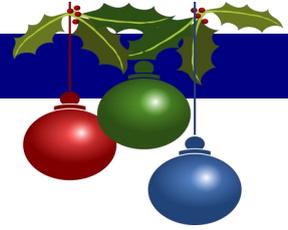
They felt more positive about the future of healthcare in the Yateley & Blackwater locality.

IMPORTANT FACTS

We will continue to be known as Oakley Health Group

We will continue to operate across all 3 sites at Hartley Corner, Yateley Medical Centre and Monteagle .

Patients will remain registered with their own GP



Christmas is coming!

Please ensure you have enough medication by ordering your prescriptions early. **Allow 3 full working days** for your request to be completed.

If you have relatives visiting over the festive period, **please remind them to bring all their medication with them.**

If you require urgent medical attention during the Christmas closure period then please contact the **NHS 111 service.**

Please think carefully before going to A&E or using 999. These services are for people who are seriously injured or very unwell.

FESTIVE PERIOD OPENING HOURS

The surgery will be CLOSED on Monday 25th and Tuesday 26th December 2017.

Re-opening at 8am on Wednesday 27th.

We are also **CLOSED on New Year's Day Monday 1st January 2018.** Re-opening at 8am on Tuesday 2nd January.

STAFF NEWS

One of our administration staff Faye Burns has recently given birth to a beautiful new baby boy Rueben (*unusual but correct spelling*). Faye brought him in recently for cuddles from her friends and colleagues at work. We wish Faye and her family a very happy first Christmas with their new addition.



FLU—IT'S NOT TOO LATE!!! IMPORTANT MESSAGE FROM DR MARK HINTON, SENIOR PARTNER

Since September we have given 5,300 flu vaccinations to patients aged over 65 or who are at higher risk due to a medical condition. If you have not yet arranged to have your vaccination - simply ask your GP or Nurse at your next appointment. Alternatively we have clinics available every day Monday to Friday which you can book into.

Australia has experienced a flu epidemic over their winter. Following this it is strongly expected that we will have an epidemic too. The risk is imminent.

Please protect yourself by having the vaccine, particularly if you are over 65.



LIVE WELL/WINTER HEALTH



WAYS TO STAY HEALTHIER THIS WINTER

BANISH WINTER TIREDNESS:

- Get outdoors in natural daylight as much as possible
- Get a good nights sleep
- De-stress with exercise or meditation

EAT MORE FRUIT AND VEG

It's tempting to eat unhealthy comfort food. However, its important to ensure you have a healthy diet.

- Craving a sugary treat? Try a juicy satsuma or clementine instead
- Winter Vegetables such as carrots, parsnips, swede—can be roasted or mashed or made into soup for a comforting winter meal for the whole family.

TRY NEW ACTIVITIES

Don't use the winter months as an excuse to stay in and lounge around. Instead, get out with friends or family to try a new activity or take a bracing winter walk in the countryside or at he beach. Regular exercise boosts your immune system, controls your weight and stops you being cooped up inside the house.

See NHS CHOICES /WINTER HEALTH for more ideas online

Winter Illnesses

Colds

Help prevent colds by washing your hands regularly.

Top Tip: If you get a cold, use disposable tissues instead of fabric handkerchiefs to avoid re infecting your own hands.

There's no cure for a cold, but you can look after yourself at home by:



Resting, drinking plenty of fluids, eating healthily and taking over-the-counter painkillers, such as [paracetamol](#) or [ibuprofen](#), to reduce any fever or discomfort

Using [decongestant](#) sprays or tablets to relieve a blocked nose

Trying remedies such as gargling salt water and sucking on menthol sweets

Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and those taking certain other medications.

Speak to your local pharmacist if you're unsure

Changes to Opening Hours

Appointments are now available until 8 p.m. for both urgent and routine matters, at our Yateley Medical Centre site. These additional appointments have been provided particularly for those patients unable to attend the surgery during their working day or who work out of the area.

We are working with Monteagle Surgery to provide this new service and appointments can be booked by contacting your own surgery.

GP and nurse appointments are available, provided by the clinical teams of both surgeries. **Our Yateley Medical Centre site is also open every Saturday morning 08:30–11:30 for GP, Nurse and Healthcare appointments.**



E-Consultations

You are now able to e-Consult with your own GP (or other clinicians if your GP is not available), at your own convenience and they will get back to you by the end of the next working day. You can request advice and treatment online or find self-help advice for hundreds of common conditions.

Please visit our website homepage at www.oakleyhealth.org to see a video for more information.

Yateley Neighbourcare



Yateley Neighbourcare has been serving the local community for over 35 years, providing safe and reliable transportation for vulnerable people locally, in order to help them access a range of medical services or provide other transport needs.

We are always looking for people willing to give their time to transport the elderly and disabled to a range of medical appointments. These are generally in the town and local area, but can occasionally be further afield.

**For more details and to download an application form visit www.yateleyneighbourcare.btck.co.uk.
Or call the Duty Officer 03000 050505**

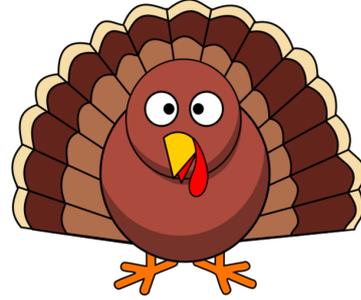
SEASONAL RECIPTE Turkey Risotto

One way of using up leftover Turkey

Serves 4

Takes about one and a quarter hours

1 large onion, chopped
2 garlic cloves, crushed
1 red and 1 yellow pepper, deseeded and chopped
2 leeks, trimmed and chopped
710ml/1 and a quarter pint of chicken stock
227g/8oz dried Arborio rice
a few strands of saffron
454g/1lb lean cooked turkey, any skin removed
Salt and freshly ground black pepper
2 tbsp chopped parsley



Put the onion, leeks, peppers, garlic and 284ml/half pint of the stock into a large heavy frying pan.

Cover the pan, bring to the boil and boil for 5 mins.

Uncover the pan, reduce the heat and simmer for about 25minutes, until the vegetables are tender and syrupy.

Stir in the rice and cook gently for 2 mins.

Add some more stock, together with the saffron, and bring to the boil.

Reduce the heat to a bare simmer, and cook very gently for 15-20 minutes, adding more stock and stirring as necessary.

After 10 minutes add the cooked turkey and heat it through in the rice.

The risotto is ready when the rice is plump and tender and all the liquid has been absorbed. Season to taste and sprinkle with parsley.

Courtesy of Slimming World

Frimley Park Hospital—Nepalese Buddy Scheme

Frimley Park Hospital have started a new Nepalese Buddy Scheme. They have 21 volunteers who have signed up to be buddies. If you have to attend an Outpatient appointment at the hospital and would like advice and support, please telephone 01276 522750 and one of the buddies will contact you.

Please do not phone the surgery.

Community News

Walking Football Update



In previous newsletters we helped promote a new group recently started in Yateley. They now have almost 30 players signed up and there is a Yateley based session—weekly on Thursdays 2—3 p.m. at the Green, Reading Road, Yateley. Colin Ive (Chairman of Yateley United FC) was instrumental in setting this up. It is primarily for Over 60's and promotes an active lifestyle.

Its great fun and good for both physical and mental fitness. To find out more please contact the Group Secretary John Saunders via email jsaunders5@icloud.com or on 07475 502627

Daisy Chain Cafe

2 – 4pm, every Monday (except Bank Holidays) at Monteagle Hall, GU46 6FR (next to Waitrose in Yateley) - Free to attend

The Daisy Chain café offers a dementia friendly place for people with dementia or memory loss, their partners, families and friends to meet up for a chat and a coffee. You can also get helpful information and share the support of others.

We are also welcoming new volunteers to help at the cafe on a regular or an ad hoc basis. The Monteagle Centre has a large car park and is on Stagecoach Routes 2 and 3. If you would like further information please email daisychaincafe1@gmail.com or call Yateley Town Council on 01252 872198

FYI: PPG Face to Face Committee Members:

Chairperson: Anne Strong (email: amstrong@sky.com)

Deputy Chair: Sam Williams (samwilliams@talktalk.net)

Members: Brian Henley (brian.henley@ntlworld.com), Julia Wedlock (walshs@ntlworld.com), Judith Tocher (jatocher@yahoo.co.uk), Jeff Palethorpe (jeff.palethorpe@btinternet.com), Ken Ostler (kenostler@btinternet.com), Linda Patten (le.patten@hotmail.com), Hazel Bryant (luckylady47@talktalk.net), Norman Jenner (Norman@jennerations.co.uk), Sandra Ogland (sandra.ogland@gmail.com), Brenda Jenner (Brenda@jennerations.co.uk), Mick Hunt (mickh01@ntlworld.com)