OAKLEY HEALTH GROUP

# Newsletter - August 2025




## CERVICAL SCREENING

From the 1st July 2025, women and people with a cervix aged 25 to 49 years old, who test negative for Human Papillomavirus (HPV) in their Cervical Screening/Smear test, will safely be invited for a smear test every 5 years rather than every 3.

This change has been made in line with major clinical evidence showing that people without HPV are at a very low risk of cervical cancer. It applies to all samples taken on or after 1st July 2025 and the next test due dates remain the same for any samples taken before this date.

If you missed your last smear test, book an appointment with a Practice Nurse at the surgery.

## URINARY TRACT INFECTIONS (UTI)

UTIs occur when bacteria enter the urinary system including the urethra, bladder or kidneys. Most lower UTIs (those in the urethra or bladder) cause mild discomfort and go away on their own, or may require a short course of antibiotics. However, some can progress to more serious infections, including upper UTIs (in the kidneys), leading to bloodstream infections and sepsis.

People can reduce their risk of catching a UTI by:

- drinking fluids regularly, especially in hot weather – more trips to the toilet may be needed, but that shouldn't stop you drinking
- avoiding holding pee - go to the toilet as soon as possible when you need to
- washing/showering daily, especially if you suffer from incontinence, keep the genital area clean and dry, and check and change urine pads often
- wiping from front to back after using the toilet to prevent bacteria from spreading
- washing genitals before and after sex
- talking to your healthcare professional if you have frequent UTIs, as they may be able to suggest treatments that could help







Detecting and treating a UTI early is important. Early symptoms include:

- needing to pee more frequently or urgently than usual
- passing lots of urine at night
- pain or a burning sensation when peeing
- having cloudy-looking urine
- new pain in the lower tummy
- severe kidney pain or pain in the lower back
- blood in the pee
- for some people it can include changes in behaviour, such as acting agitated or confused

UTIs are typically caused by bacteria, most commonly Escherichia coli (E. coli), and often require antibiotics to treat the infection. As UTIs are common, there are concerns that the volume of antibiotics prescribed is contributing to the growing risk of antimicrobial resistance (AMR). This is because every antibiotic taken makes the development of resistance more likely. Preventing infections where possible would decrease antibiotic prescribing and the selective pressure that antibiotics have on bacteria, helping reduce antibiotic resistance.

# PSORIASIS

Psoriasis is a chronic disease where skin cells build up quickly, typically causing red or discoloured, scaly, and itchy patches on the skin. It is not contagious and can vary in severity.

Psoriasis is an immune-mediated disease (a disease with an unclear cause that is characterised by inflammation caused by dysfunction of the immune system) that causes inflammation in the body.

There are five types of psoriasis:

1. Plaque Psoriasis
2. Inverse Psoriasis
3. Guttate Psoriasis
4. Pustular Psoriasis
5. Erythrodermic Psoriasis

It is possible to have more than one type of psoriasis at one time and more than one type in a lifetime. Treatments may vary depending on the type and location of the psoriasis.

Symptoms of psoriasis include:

- Red, brown, or purple patches of skin
- Patches of thick, raised skin (plaques)
- Itching
- Irritation, burning, or stinging
- Pustules or blisters
- Dry skin that may crack or bleed
- Changes to nails
- Flaking of dead skin

On Caucasian skin, plaques typically appear as raised, red patches covered with a silvery white build-up of dead skin cells or scale. On skin of colour, the plaques may appear darker and thicker and more of a purple or greyish colour or darker brown.

Psoriasis can be anywhere on the body. Plaques can be a few small patches or can affect large areas. It's possible to have psoriasis plaques and scales in more than one location on the body at a time. Psoriasis on certain locations, called high-impact sites, can have an increased negative impact on quality of life, regardless of the total area affected by psoriasis.




While there is no cure for psoriasis, treatments today are more effective than ever before and research into new treatments, as well as a cure, is ongoing. Treating psoriasis can help improve symptoms and may decrease the associated inflammation that can lead to psoriasis comorbidities such as psoriatic arthritis, heart disease, and depression.

Treatments for psoriasis include:

- Topicals, including over-the-counter topicals, topical steroids, and topical non-steroids
- Phototherapy
- Systemics, including oral, biologic, and biosimilar treatments

# ALOPECIA

There are different types of alopecia, and various medical conditions that cause hair loss. Here we provide details of some of the most common hair loss conditions. This is not an exhaustive list:

Alopecia Areata
Androgenetic Alopecia (Pattern Hair Loss)
Central Centrifugal Cicatricial Alopecia (Scarring Alopecia)
Chemotherapy Induced Alopecia (Anagen Effluvium)
Frontal Fibrosing Alopecia (Scarring Alopecia)
Lichen Planopilaris (Scarring Alopecia)
Persistent Chemotherapy-Induced Alopecia (pCIA)
Telogen Effluvium
Traction Alopecia
Trichotillomania (hair pulling)

For more information you can click on the links or go to:

https://www.alopecia.org.uk/Pages/Category/types-of-alopecia



NHS
Hampshire Child and Adolescent Mental Health Services

8 - 12 September 2025

# Mental Health Focus Week

A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

8th Eating Disorders and Difficulties
9th Anxiety - understanding and strategies to support young people
10th Trauma - The profound impact on young people
11th Understanding ADHD
12th Embracing Autism

All sessions 9.30am - 3.30pm

All training days are £20

## Mental Health bite size sessions

All bite size sessions are £5

We are also running a whole week of bitesized workshops to run alongside these days. The sessions all last one hour and cover topics including: Introduction to mental health, anxiety, low mood, sleep hygiene, trauma and much more.

**8 - 12 September 2025**
United Reform Church Jewry Street, Winchester, SO23 8RZ

For more information scan the QR codes or visit:
**https://hampshirecamhs.nhs.uk/events/**

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Remember,

# you are never alone

Samaritans are here to listen 24/7. You can call them any time for free on

**116 123**

SAMARITANS

A registered charity

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national breastfeeding helpline

0300 100 0212
9.30am to 9.30pm 7 days a week

www.nationalbreastfeedinghelpline.org.uk

Talk to a mum who knows about breastfeeding

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UK Health Security Agency

# How to keep antibiotics working



- Don't take antibiotics for colds and flu. They won't work.
- Don't save leftover antibiotics for later, they don't work.
- Take them as directed by your GP, nurse or pharmacist

KEEP ANTIBIOTICS WORKING

Scan the QR code to find out more

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OAKLEY HEALTH GROUP

# CLOSED FOR BANK HOLIDAY

THE OAKLEY HEALTH GROUP WILL BE CLOSED

ALL DAY
ON
MONDAY 25TH AUGUST

LOCAL DOCTORS & NURSES WILL BE WORKING, IF YOU NEED URGENT MEDICAL ADVICE WHEN WE ARE CLOSED CALL THE NHS 111 SERVICE

URGENT TREATMENT, WALK-IN AND MINOR INJURY CENTRES WILL BE OPEN

A&E OR 999 ONLY FOR THOSE WHO ARE SERIOUSLY INJURED OR CRITICALLY ILL

*We are sorry for the inconvenience*

https://oakleyhealth.org/

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# Access funding to warm your home

Hart DISTRICT COUNCIL



**ECO4**

The Energy Company Obligation (ECO) focuses on supporting low-income (less than £31,000), vulnerable and fuel-poor households through the installation of insulation and heating measures for households with a current EPC rating of E, F or G.

**ECO4 Flex**

ECO4 Flex exists to improve the living conditions of households who are unlikely to meet the qualifying criteria for ECO4.

**Who is eligible for Medical Referral to ECO4 Flex? People with:**

- Cardiovascular conditions
- Respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)
- Limited mobility

**Find out about funding for insulation**

InstaGroup is approved to access Government funding for home insulation under a number of schemes and grants.

We offer free advice on funding, and often install insulation for the people who need it most at little or no cost*.

InstaGroup The energy saving experts

As leaders in saving energy we also offer solar and battery storage to help keep household bills low.
Ask us for a free, no-obligation survey that could keep your home healthy, warm and cheaper to run.
Call us: 0118 334 2254 Visit our website: www.instagroup.co.uk

Scan the QR code to find out more about insulation and funding

* Funded insulation is subject to a home energy assessment and the householder meeting the scheme criteria.

# REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

**NHS App**

We think the wording "GP appointments" on the NHS App is misleading. Only B12, Blood Test, INR Monitoring and SMEAR are available to book using the NHS App. Patients requesting a GP appointment must use online Anima. There was a lot of discussion around a Facebook query raising concerns about booking 12 week B12 injections. This can be done through the NHS App and would be best to start looking a month in advance as the appointments go very quickly. We shall bring both these topics up at the next meeting.

**NHS GP Surgeries and Online booking**

We are all aware that the Oakley Health Group has been using Anima for some time now and most people seem to have got to grips with it albeit with a few hiccups. The Secretary of State for Health and Social Care, Mr Wes Streeting, has mandated Anima-type software for all GP Surgeries. Our practice is ahead of national requirements in implementing this system.

**Oakley Health Group Social Media**

The practice has a Facebook page which is currently a private group which means users have to join the group before accessing the content. We shall discuss social media and communication strategies at the next meeting.

**MP Alex Brewer has agreed to attend our October meeting.**

This is an excellent opportunity for the patients of the Oakley Health Group to ask our MP about our National Health Service in general, and our Doctors' Surgery in particular.

If you have any concerns, questions, queries or suggestions, then now is the time to contact us so we can ask Alex on your behalf.

Please contact us either In person at reception, in writing or by email **frimleyicb.ohg.communications@nhs.net**

PATIENT PARTICIPATION GROUP

If you would like to give the Patient Participation Group (PPG) your feedback, email frimleyicb.ohg.communications@nhs.net & include the title "PPG". We are your voice. Also if you know of anyone who would like to become a virtual member, they can register through the OHG website, or speak to a receptionist.

Please note we cannot discuss any medical problems or any complaints – these should be dealt with OHG directly