



# OAKLEY HEALTH GROUP

## NEWSLETTER - AUGUST 2023

All of the links & telephone numbers highlighted have been checked & are safe to use

### Patient Survey

Please support us in improving our service. We value your feedback & invite you to complete our patient survey regarding access to our services & communication. Pick up a paper copy from a waiting room, use the QR code or click on the link below:

<https://forms.office.com/e/uYhxeRd5MP>

### Oakley Health Group Patient Survey 2023



It takes a Team to help a Community

Please support us in improving our service - We value your feedback and invite you to complete our patient survey regarding access to our services and communication.



### MEET OUR TEAM



#### **Dilvir Gorae - Clinical Pharmacist.**

Dilvir supports patients with long term conditions like asthma, diabetes & high blood pressure, & patients taking multiple medicines.

She consults & treats patients & can prescribe medication. Dilvir can help by:

In depth reviews of medication for long term conditions

Agreeing & making changes to prescriptions

Advice on medicines & side effects.

### CYCLE TO WORK



Drive less, cycle more. Save money, beat congestion & help the environment.

Hart County Council want to link our local communities in a single network called Hart's Green Grid. This will require a considerable investment in the local walking & cycling facilities.

For more information & to have your say (survey), click on the link:

<https://arcg.is/18Dvuu>  
<https://hart-icwip-hampshireonline.hub.arcgis.com>

### ANIMA



Don't wait until you are ill, register for Anima now so you are ready should the time come when you need our services.

[Anima \(animahealth.com\)](https://www.patients.animahealth.com/signUp)  
[www.patients.animahealth.com/signUp](https://www.patients.animahealth.com/signUp)

Every medical request that is submitted is triaged by a medical clinician, who will decide on the next steps for your enquiry. This could be to book an appointment, prescribe medication or forward the request to the patient's usual GP for continuation of care.

**DON'T BE AS SICK AS A DOG.**



**GET YOUR FLU SHOT**

### FLU SEASON

Be the first in line. Look out for text messages from the Oakley Health Centre inviting you to book your Flu Jab appointment.

This year we will be working with Hart Foodbanks. We welcome patients to bring donations along to the vaccination clinics where we will have volunteers who will be happy to accept them.

**NHS**

**Measles cases  
are rising in England**

Make sure your child  
is up to date with  
their MMR vaccinations



### MMR VACCINES

Measles cases are on the rise in England & across Europe. Make sure you & your family are protected against becoming seriously unwell with measles by checking you are up to date with the MMR vaccine.

Just 2 doses of the MMR vaccine give lifelong protection against catching measles. If you or your child have missed any doses, it's not too late to catch up. Contact the surgery to book an appointment with a nurse.

### BREASTFEEDING AWARENESS

This initiative is supported by the World Health Organisation & UNICEF. As a practice we are here to promote & support breastfeeding, we are a breastfeeding friendly practice. If your baby needs feeding while visiting & you need a quiet space, please ask & we will help you.

I am a UNICEF breastfeeding trained practitioner & work to provide baby friendly services. I run an infant feeding clinic & I am here to offer support to any mother & baby who is having feeding difficulties or if you need any advice or need signposting to the community breastfeeding support. I also have routine appointments available to children under the age of 5.



[Off to the best start leaflet - Baby Friendly Initiative \(unicef.org.uk\)](https://www.unicef.org.uk)

[La Leche League GB - Friendly breastfeeding support](https://www.la-leche-league.org/)

Written by Jemma Jackson - Oakley Health Group Specialist Paediatric Nurse

### August Bank Holiday

Oakley Health Group will be closed on

Monday 28<sup>th</sup> August

Local doctors & nurses will be working, so if you need urgent medical advice when we are closed, Call the **NHS 111** service

**A&E or 999** is only for people who are seriously injured or ill