OAKLEY HEALTH GROUP

NEWSLETTER - DECEMBER 2024



Lung Screening coming to Yateley in 2025

Who will be eligible?

Lung Checks will be offered to people between the ages of **55 and 74** who smoke or have smoked in the past. This group are at greater risk of lung cancer.

To ensure that you are contacted if you are eligible, please update the GP surgery with your smoking status.

What will happen?

- **If you are aged 55-74, a smoker or ex-smoker, and registered with a GP, you will receive an invite letter through the post from the NHS. This Is not a self-referral programme so you must wait for an invite.**
- **A patient care advisor will call you within 14 days to complete your assessment over the telephone, which will take approximately 15 minutes.**
- **During the telephone call you will be asked questions about your overall lung health, lifestyle, family, and medical history.**
- **You may then be invited to have a lung CT scan. This checks for early signs of lung cancer.**
- **Scans take place in mobile vans in community locations, so they are local and easy to access.**
- **Your results will be sent to you by letter and if a follow up is needed the team will contact you to talk to you about what the next steps are. In the majority of cases, no further action is needed.**
- **If your lungs are fine, you will be offered another health check in 2 years to see if anything has changed.**

Why is it important?

- Lung cancer causes more deaths than any other cancer in the UK and it is commonly diagnosed too late as there are often no symptoms at an early stage.
- Lung checks will help save lives by identifying lung cancer at an earlier stage, when it is much more treatable and there is a higher chance of survival.
- If you are a current or former smoker you are at higher risk of lung conditions and by screening these issues, they can be treatable.
- Attending a lung health check can help find issues early before symptoms occur. A 30 minute appointment could save your life.

For More Information

	Frimley NHS Lung Health Checks **https://www.frimleylunghealthcheck.nhs.uk**
	Early diagnosis of lung cancer :: Surrey and Sussex Cancer Alliance **https://surreyandsussexcanceralliance.nhs.uk/our-work/prevention-early-diagnosis/early-diagnosis-lung-cancer**

Aldershot Urgent Care Centre

On Tuesday, 26th November the Aldershot Urgent Care Centre service ended after a 12-month pilot period.

If you have an injury which you need to see someone about, you can continue to visit the minor injury unit in the Bracknell Urgent Care Centre. Appointments can be booked via **NHS111** or you can walk-in. The minor injury unit may be more appropriate for your needs and could involve a shorter wait than you may experience elsewhere. (A&E) Remember, your GP surgery does not provide a walk-in/emergency service, they will not be able to help with minor injuries.

You can contact **NHS111**, by going to **https://111.nhs.uk/ online** or by dialling **111** on your phone.

Parents and carers can also find advice relating to support for children, and young people on **https://frimley-healthiertogether.nhs.uk/**. Frimley Healthier Together was developed by clinicians working with parents and offers support with a wide range of common childhood health conditions. It uses a 'traffic light' system to advise what action to take in different situations.







Covid & Flu Vaccines

If you missed out on getting your Covid & Flu vaccinations, please contact the surgery to book an appointment. We will be able to book appointments for Covid up until the 20th December, whilst Flu vaccinations will be available to book up until March 2025.

These vaccinations are available to those who are eligible - people aged 65 and over, residents in care homes for older people, those who are pregnant and anyone aged 6 months and over in a clinical risk group.

Yateley Industries – Free Info Session



On Tuesday 26th November the Oakley Health Group Quality Manager, Louise Cook and our Health & Inequalities Care-Coordinator, Rosie Kirton went to the Free Info Session which had been organised by Yateley Industries to give out advice about Health & Wellbeing to local Yateley residents.

Residents were encouraged to come to the centre and find out more information on Health & Wellbeing. Literature was available on topics such as healthy living, eating well & weight, exercise, NHS health checks, carers info, alcohol consumption, dementia resources, and health advice for parents of children aged 0-5.

Louise and Rosie were available to give out more information and Rosie as a registered Healthcare Assistant took along a Blood Pressure machine and took some readings for attendees too.



OAKLEY HEALTH GROUP PATIENT INFORMATION

Make the right choice

NHS

Self Care

Be prepared to care for minor issues like cuts & grazes, sore throats & headaches yourself with a well-stocked medicine cabinet, basic first aid and plenty of rest. The NHS website provides lots of health advice and guidance.

Visit www.nhs.uk for more information - available 24/7

Frimley Healthier Together

Not sure what to do when your child is unwell? If you are worried about a child or young person visit the Frimley Healthier Together website or download the app for NHS advice and guidance - **frimley-healthiertogether.nhs.uk**

Available 24/7 via app or online

Pharmacy

Pharmacists are qualified healthcare professionals, who can offer clinical advice and over the counter medicines. You can ask for help with things such as aches and pains, rashes, tummy upset, coughs and colds, queries about medication and more.

Usual hours 9am-6pm, some with late night opening

GP Practice Services

Contact your GP practice for help with persistent symptoms and ongoing conditions. Visit their website for opening hours. Get in touch, online, by phone or in person for routine and same day urgent needs. Be clear on your need to be directed to the right member of the team.

Appointments available 8am - 8pm and at weekends

NHS 111

Visit 111.nhs.uk or call NHS 111 when the situation is not life threatening but you are unsure of where to seek help, or you need advice or reassurance on what to do.

Available 24 hours a day on line or via the telephone

Minor Injuries Unit

Minor Injury Units treat things such as sprains and strains, suspected broken limbs, minor head injuries, minor scalds and burns, skin infections, bad cuts and grazes.

You can search for your nearest minor injury unit on the nhs.uk website

Mental Health Services

For a list of local mental health services visit the Frimley Health and care website **frimleyhealthandcare.org.uk/mentalwellbeing**

If you need urgent help or advice visit 111.nhs.uk or call 111.

Free professional support, available 24 hours a day.

NHS App

Download the NHS App to:

- order repeat prescriptions
- view your health record and your NHS number
- view and manage vaccinations
- get health advice
- book appointments and more

For serious or life threatening emergencies only, like severe bleeding, choking, diffculty breathing or chest pain go to A&E or call 999



PATIENT PARTICIPATION GROUP (PPG) UPDATES

All GP practices have a contractual requirement to have a PPG which is there to represent patients as a whole and not individuals. There is no funding for PPGs, so it is run by volunteers.

What can the PPG do?

- Suggest topics which could help the practice
- Share concerns and discuss issues
- Design and distribute a Newsletter
- Help monitor the website to make sure it is user friendly
- Engage with the local community
- Invite voluntary professionals to sessions
- Generally be a voice between patients and practice

What the PPG cannot do

- Provide medical advice to other patients
- Deal with personal/medical issues
- Deal with individual patient complaints

The Government is giving everyone the opportunity to have a say regarding the NHS.



The new government is giving every individual an opportunity to have their say about the NHS. The website link is https://change.nhs.uk/en-GB

As a collective, the PPG Committee is considering filling the form out as an organisation.

Please feel free to contact the PPG committee if you have a question. We are your voice.
Please note we cannot discuss any medical problems or any complaints – these should be dealt with OHG directly.



If you would like to give the Patient Participation Group (PPG) your feedback, email frimleyicb.ohg.communications@nhs.net & include the title "PPG"