OAKLEY HEALTH GROUP

Newsletter - February 2026

NHS - PLEASE MAKE THE RIGHT CHOICE

To help with demand and save GP appointments to help create more accessibility to routine GP appointments, take the following steps:

1. SELF-CARE: Stock up your medicine cabinets and take care of all minor ailments such as minor cuts, grazes, bruises, sprains, coughs and colds, diarrhoea and vomiting, general aches and pains. There are many Apps you can use to help with self-care such as Healthier Together, Getubetter and the NHS App.

2. PHARMACY: If you have tried self-care and the problem has persisted, before you contact the GP surgery, try Pharmacy First - Community pharmacies offer a more convenient way to access healthcare and that includes the following 7 conditions that pharmacists can treat: Ear infections in children, impetigo, infected insect bites, shingles in adults, sinusitis, sore throats and uncomplicated urinary tract infections in adult women.

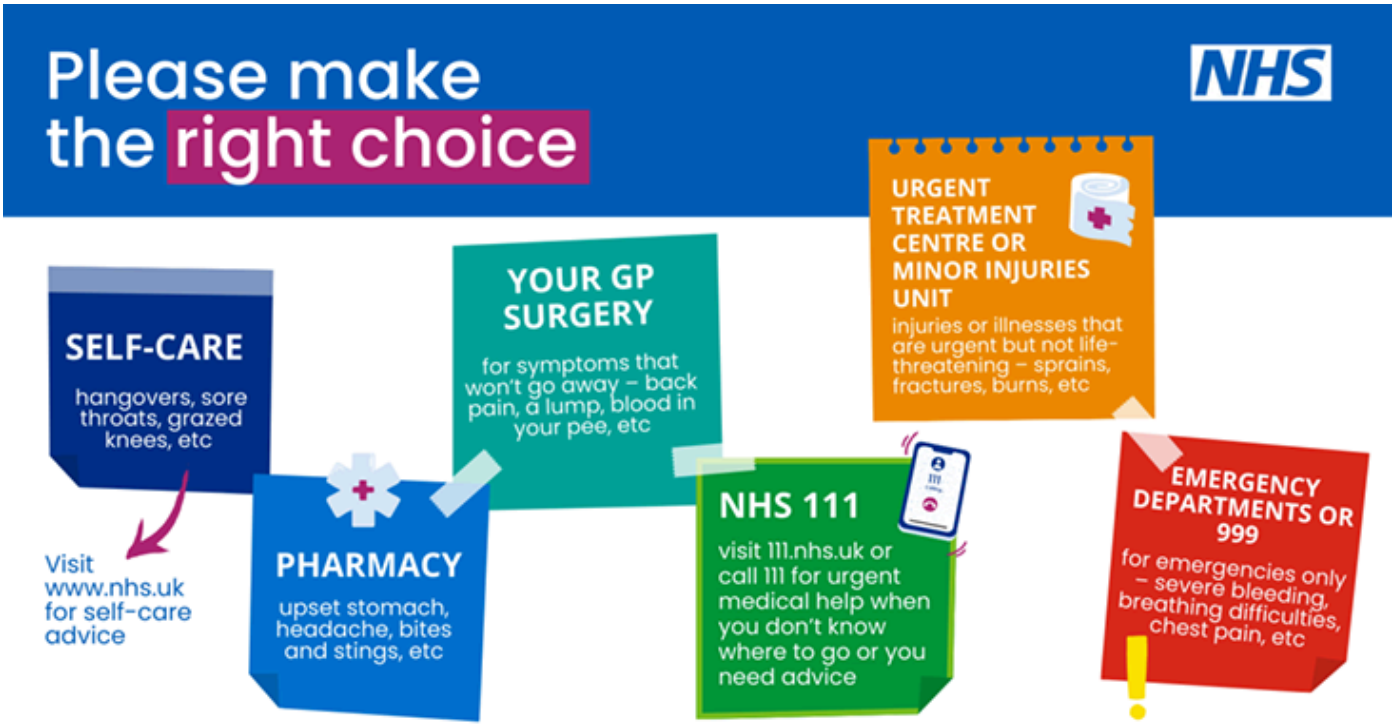
3. URGENT TREATMENT CENTRE: For breaks and sprains, cuts and bruises that can't be treated at home, stomach pain, skin infections and rashes, fever, mental health concerns, chest infections, mild allergic reactions, visit your local urgent treatment centre/walk-in clinic: Bracknell Urgent Care Centre – Remember, the GP surgery does not have an X-ray machine and cannot stitch up a wound.

4. NHS 111: If you need urgent medical advice outside of GP surgery hours (evenings and weekends), or you are feeling generally unwell and want some advice, contact the NHS 111 service, either by phone or online.

5. GP SURGERY: Contact your GP if you have persistent symptoms that have not been treated by trying the options above, you are in chronic pain, and for long term conditions.

6. A&E or 999: This option should only be used in an emergency, for critical illness or severe injury - Chest pains/heart attack, choking, seizures, serious blood loss, stroke, mental health crisis (suicidal, self-harm), car accidents, assault, sepsis.

Please note - DENTIST: Please contact your registered NHS dentist or contact NHS 111 if you require urgent dental care. Dental care will not be treated at a pharmacy, NHS urgent treatment centre or GP surgery.



WORLD CANCER DAY - 4TH FEBRUARY

Cancer is more than just a medical diagnosis — it's a deeply personal matter.

Behind every diagnosis lies a unique human story - stories of grief, pain, healing, resilience, love and more. That's why a people-centred approach to cancer care that fully integrates each individual's unique needs, with compassion and empathy, leads to the best health outcomes.



Cancer is a long-term condition, affecting not just physical health but also mental, social, and economic well-being. Its impact affects individuals, families and communities. Yet traditional cancer care often focuses only on biology and symptoms, overlooking key social and environmental factors — like income, support systems, and living conditions — which play a crucial role in how people experience and recover from cancer. There's a growing need for more holistic, compassionate care.

People-centred care is an approach that focuses on the needs, values, and active participation of individuals, families, and communities in the planning, delivery, and evaluation of care.

To build a compassionate and responsive cancer care system, people living with cancer must be actively engaged and involved in shaping services, care practices, and health policies. Their lived experience, along with insights from caregivers and advocacy groups, can help identify challenges and drive improvements.

- NHS England uses insight and feedback (surveys, complaints, feedback, compliments) from people with lived experiences of cancer to improve co-design cancer services and share learnings across England.
  https://www.england.nhs.uk/statistics/statistical-work-areas/patient-surveys/cancer-patient-experience-survey/

DIGNITY ACTION MONTH

Dignity Action aims to ensure people who use care services or who receive support are treated as individuals and are given choice, control and a sense of purpose in their daily lives.

10 core principles for providing high-quality care that respects a person's dignity

- Have a zero tolerance of all forms of abuse
- Support people with the same respect you would want for yourself or a member of your family
- Treat each person as an individual by offering a personalised service
- Enable people to maintain the maximum possible level of independence, choice and control
- Listen and support people to express their needs and wants
- Respect people's right to privacy
- Ensure people feel able to complain without fear of retribution
- Engage with family members and carers as care partners
- Assist people to maintain confidence and positive self-esteem
- Act to alleviate people's loneliness and isolation





MMRV VACCINE

Children under 6 are now being offered the MMRV vaccine instead of MMR as part of the NHS routine childhood vaccination programme.

This replaces the existing MMR vaccine and adds protection against chickenpox, alongside measles, mumps and rubella.

Vaccination is the best way to reduce the risk of serious illness and protect children as they grow.

You don't need to do anything — your surgery will contact you when your child is due their appointment.

nhs.uk/mmrv

PROTECT yourself against serious diseases

Students are at higher risk of many infectious diseases. Follow these steps today to make sure you're protected:

✔ **Register with a GP surgery in your local area**

For more information on how to do this, scan here:

✔ **Ask the GP to check you're vaccinated against:**

HPV – protects against the virus causing cervical cancer, head and neck cancers and genital warts. Both girls and boys should have this vaccine

MenACWY – protects against four deadly strains of meningitis

MMR – protects against measles, mumps and rubella

✔ **Get caught up**

These vaccines are safe and available for free at your GP

Scan here to find out more



NHS

Patient Choice

Choosing your hospital

It's your patient choice

If your GP suggests seeing a specialist, you can choose where to go based on what matters most to you, like:

- Being seen sooner
- Being close to family or friends
- Going somewhere that's easier to get to

Scan the QR code or visit **nhs.uk/patientchoice to find out more.**

OAKLEY HEALTH GROUP

THE OAKLEY HEALTH GROUP WILL BE CLOSED

FROM

12.30PM - 6.30PM

ON

THURSDAY 12TH FEBRUARY

FOR

ESSENTIAL TRAINING

WE ARE SORRY FOR THE INCONVENIENCE

oakleyhealth.org

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.

NHS

It's not a 999 emergency, but you need medical help fast.

CALL 111

For more information visit www.nhs.uk/111

View your test results in the NHS App



NHS App

NHS

You can now get messages about your cervical screening via the NHS App

We will send letters in the post (and SMS messages for invites) to people who do not receive messages via the NHS App

Scan for more information on the NHS App

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE



The PPG maintains good communication and a healthy relationship between patients and the OHG team, flagging up various things we feel should be brought to their attention which in turn may help to improve services.

Although we cover a wide range of subjects, we are not a forum for people who want to use it to:

- **make complaints**
- **seek medical advice outside of a GP appointment**
- **request changes based on their opinion alone**

We are all volunteers and would like to encourage a more diverse representation of patients, so if you are interested in joining the PPG and feel you can make a difference to the way your surgery provides its services, then please get in touch.

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