# Newsletter - January 2026




## OAKLEY HEALTH GROUP WEBSITE

**It has been brought to our attention that when patients search for the Oakley Health Group website on many search engines, such as Google, they find a link to a website for the "Oakley Health Centre", which is in Scotland.**

**Please be aware that we only have one website and the address is:**

**https://oakleyhealth.org/**

## DAISY CHAIN CAFE

Have you, a family member, or friend with dementia a need of some friendly social contact, and access to fun entertainment on a weekly basis?

Daisy Chain Café is that local free option.

We do not need a medical diagnosis and you can just walk into the Darby Green Centre on a Monday afternoon to book in with a supporter, or if living independently, on your own.

We're looking forward to welcoming you.

Julia Wedlock
Chairperson and Trustee of the Daisy Chain Cafe

https://www.facebook.com/dasiychaincafe

Daisy Chain Café Circle of Support

For people living with Dementia-Memory Loss and their supporter

**Daisy Chain Café**

**Darby Green Centre, Darby Green Road, Blackwater Yateley GU17 0DT**

**Every Monday 14.00 – 16.00**

**Except Bank Holidays**

**FREE TO ATTEND**

The Café offers a relaxed, friendly place to exchange ideas with others in similar circumstances along with light refreshments, table activities, crafts, and occasional entertainment. A chance to make new friends and share the support of others.

Large Free Car Park
Stagecoach Bus 3 stops on Darby Green Road

**New volunteers always welcome** for further information find us on Facebook – Daisy Chain Café Yateley, email daisychaincafe1@gmail.com
**Yateley Town Council 01252 872198**
**Donations welcomed directly or via EasyFundraising.org.uk**

**Registered Charity 1192818**




*Please note, the Oakley Health Group website is:*

**www.oakleyhealth.org**

# NHS PHARMACY CONTRACEPTION SERVICE

NHS community pharmacies are an accessible and convenient place for people to receive advice and support for contraception management.

The service supports the important role community pharmacy teams can play to help address health inequalities by providing wider healthcare access for high-risk communities and vulnerable patients in their communities and signposting service users to local sexual health services.

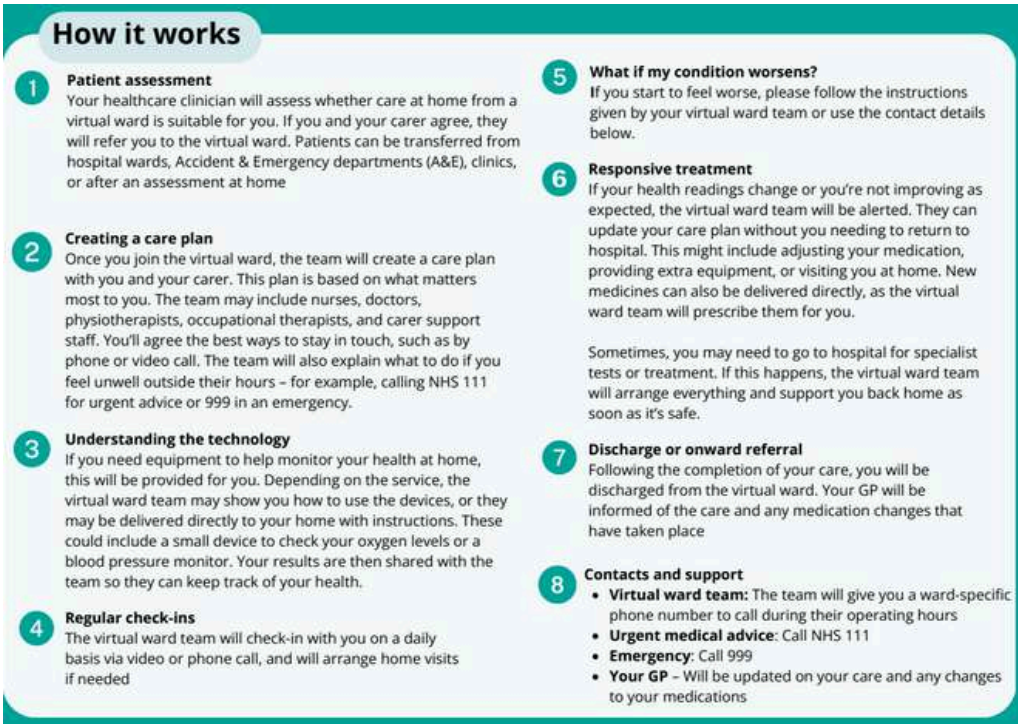
It also aims to create additional capacity in primary care and sexual health clinics to support meeting the demand for more complex assessments.

The Pharmacy Contraception Service now includes:

- ongoing monitoring and supply of oral contraception prescriptions
- the initiation of oral contraception. This allows people to request a supply of the contraceptive pill for the first time directly from their pharmacy, rather than from their GP or sexual health clinic
- supply of oral emergency contraception

If you need the emergency contraceptive pill, you can now get it free from pharmacies across England — without needing an appointment with your GP or at a sexual health clinic.




## VIRTUAL WARDS

A virtual ward is a safe and efficient alternative to NHS bedded care.

Virtual wards support patients who would otherwise be in hospital to receive the acute care and treatment they need in their own home.

This includes either preventing avoidable admissions into hospital or supporting early discharge out of hospital.

Hospital at home (also known as virtual wards) allow you to get the care you need at home safely and easily, rather than being in hospital.

Through the use of a personalised treatment plan and remote monitoring devices, if appropriate, hospital at home (virtual wards) can prevent hospital admissions or enable you to leave hospital sooner to continue your treatment at home. This frees up beds for those who can't be cared for at home.

The hospital at home (virtual wards) available to you may have different levels of face-to-face contact and offer different types of care and rehabilitation, with some being fully remote. These all help provide real-time information on your vital signs to a dedicated team of health and care professionals.

Frimley Health and Care has been developing hospital at home services for a number of years, helping people with conditions that can be managed within their own home, such as fragility, cancer and breathing problems.

# Princess Royal Trust for Carers in Hampshire

## GRANT OR SUPERMARKET VOUCHERS FOR UNPAID CARERS IN HAMPSHIRE

Are you an unpaid carer who lives in Hampshire or supports/cares for someone in Hampshire? (not in Southampton & Portsmouth City).

If so, you can now apply for a supermarket voucher or a grant for essential household items from Round 7 of the Household Support Fund, even if you have applied previously from other rounds.

Please make contact with the Trust via your Carer Support Worker, Emergency Planning worker or the office on info@carercentre.com or 01264 311680. Vouchers are available from most of the major named supermarkets or alternatively, you can request a household item via a grant.

You can also contact Carers Together but can only apply to one organisation per round.

The Household Support Fund is part of a national package announced by Government in March 2025. Hampshire's allocation will support residents through collaborative, community-based solutions.

Working with Hampshire County Council

Funded by UK Government

# smokefree HAMPSHIRE

YOUR STOP SMOKING SERVICE

## Your **free** and **confidential** stop smoking service

We're here to help you. We understand that different types of support work for different people.

- **WEB** - Visit our website for information & advice
- **TALK** - Call, text or email a Stop Smoking Advisor
- **MEET** - Arrange to meet an Advisor by phone or web

www.smokefreehampshire.co.uk
01264 563039 | 0800 772 3649 | Text **QUIT 66777**
smokefree.hampshire@nhs.net

@SFreeHampshire
@SFreeHampshire

Hampshire County Council

OAKLEY HEALTH GROUP

## THE OAKLEY HEALTH GROUP WILL BE CLOSED

ALL DAY
ON
THURSDAY 1ST JANUARY 2026
**(BANK HOLIDAY)**

&

12.30PM - 6.30PM
ON
TUESDAY 20TH JANUARY
**(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.

# GAMBLING IN THE UK

**1 in 2** PROBLEM GAMBLERS HAVE SOLD THEIR POSSESSIONS TO PAY GAMBLING DEBTS

**46%** SEVERE PROBLEM GAMBLERS HAVE STOLEN TO FINANCE THEIR HABIT

**£28,000** AVG. UK LEVEL OF DEBT OF PROBLEM GAMBLERS RECEIVING TREATMENT FROM GAMCARE

## SOCIAL AND PSYCHOLOGICAL PROBLEMS CAUSED BY GAMBLING

**60%** GAMBLING ADDICTS SUFFER DEPRESSION

**13%** HAVE ATTEMPTED SUICIDE

**5-10** PEOPLE AFFECTED BY EVERY INDIVIDUAL PROBLEM GAMBLER

WHEN THE FUN STOPS STOP

gambleaware.co.uk

**Healthier** insides.
**Fuller** wallet.
**Deeper** sleep.
**Boosted** energy.
**Sharper** concentration.
**Mindful** year-round drinking.

DRY JANUARY®
by Alcohol Change UK

Double your chances of a successful Dry January® challenge with the free Try Dry® app
dryjanuary.org.uk

# 10 New Year's Resolutions for Stress Relief

- Perfect your sleep hygiene
- Find a hobby
- Focus on your relationships
- Listen to music more
- Declutter your home
- Learn breathing techniques
- Schedule daily meditation time
- Replace negative self-talk
- Take up yoga
- Create a five-year plan



HAPPY New Year

# REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE







One of the main topics in our December meeting was to find a new name for the virtual PPG. Speaking to other patients we discovered that there are still people who do not know about the monthly newsletter, or how to go about receiving it. We also discovered that some people find the word 'virtual PPG' off putting as they are concerned what a 'virtual' PPG does and whether they want to be part of it. To allay any concerns patients have no obligations other than to agree to be registered and they will receive the newsletter.

From now on the name will change to:

OAKLEY HEALTH GROUP NEWSLETTER

Patients can register to receive the Oakley Health Group newsletter by using the QR code on the various posters on noticeboards around Yateley (Waitrose is probably the easiest to find). Once your email permission is given, and you have signed up to receive the newsletter, it will be sent out electronically on a monthly basis.

The newsletter is informative, covers various topics, current situations and medical advice on specific medical conditions. It also gives patients access and opportunity to send feedback via the PPG committee on the service received or suggest ideas as to what could be improved. These can then be discussed at our meetings with the OHG Business Manager and clinicians.

However, we cannot comment on medical issues or complaints, these must be dealt directly with OHG.

For those who are not able to receive it electronically, paper copies can be provided. It is also available to view via the link on the OHG website, or on their social media pages.

## THE OAKLEY HEALTH GROUP PPG COMMITTEE

The PPG committee are all volunteers who meet every 6 weeks on OHG patients' behalf. We discuss many topics and receive information from the GPs and managers about their current activity, the NHS's position regarding current advice, the team at the practice and results from annual surveys.

As a group we have regular face to face meetings with the OHG Business Manager and clinicians and make comments, ask questions and suggest ideas for improving the service from a patients' perspective and feedback information that we have gathered from fellow patients regarding the service.

If you feel you would like to contribute and join the Committee, please contact us via email, speak to reception or 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