OAKLEY HEALTH GROUP

Newsletter - July 2025



mounjaro™
(tirzepatide) injection

WEIGHT LOSS ON THE NHS

A phased rollout is taking place to make weight-loss medication Tirzepatide (Mounjaro®) available to NHS patients. Once it is released in our locality, the Oakley Health Group will be contacting eligible patients in order of priority to offer them the treatment.

Eligibility:

a body mass index (BMI) of 40 or more
as well as four of these five weight-related conditions:

Type 2 diabetes
High blood pressure
Heart disease
Severe obstructive sleep apnoea
Abnormal blood fats

THOSE WHO ARE ELIGIBLE WILL BE CONTACTED BY THE SURGERY.

WE ASK THAT PATIENTS DO NOT CONTACT US TO REQUEST THIS TREATMENT.

WHAT IS MOUNJARO?

Tirzepatide (Mounjaro®) was initially developed and licenced for type 2 Diabetes. These weight-loss injections, also known as GLP-1 receptor agonists, work by mimicking the natural hormone which regulates blood sugar, appetite and digestion. The drugs reduce food cravings and slow down how quickly food is digested. As a result, it makes those who take it feel fuller for longer, eat less and lose weight.

The drug is administered weekly by injection and has been recommended for use by the National Institute for Health and Care Excellence (NICE) to support people living with obesity, who are in poor health and have several obesity-related conditions.

Tirzepatide (Mounjaro®) prescribing must be accompanied by wrap around support consisting of psychological, nutritional and exercise advice. Patients will need to eat a balanced, reduced calorie diet and take part in physical activity regularly whilst taking the medicine.



ANIMA REQUESTS FOR MOUNJARO

Please do not send in Anima requests asking for Mounjaro® to be prescribed by your GP, it will not be forwarded to them and you will receive a standard response explaining the criteria for obtaining weight loss injections on the NHS.

Patients who are eligible to have Mounjaro® prescribed on the NHS will be contacted directly by the surgery in due course.

MOUNJARO FROM THE PHARMACY

PHARMACY

Mounjaro® is still available to buy privately via the pharmacy.

To qualify for this service, you must:
✅ Be 18 years or older ✅ Have a BMI of 30 or more OR BMI of 27 with weight-related health conditions (e.g. diabetes, high BP) ✅ Previously attempted weight loss through diet and exercise

You cannot use this service if:
❌ You are pregnant or breastfeeding ❌ You have a history of eating disorders ❌ You are taking medications that may interact with weight loss aids ❌ You have certain medical conditions (e.g. severe liver disease, pancreatitis, thyroid disorders)

THE PSA BLOOD TEST

The PSA test is a blood test that measures the amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It's normal to have a small amount of PSA in your blood, and the amount rises slightly as you get older and your prostate gets bigger. A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer.

There is currently no screening programme for prostate cancer in the UK and you will not be invited for a PSA test by your GP. However, your GP or practice nurse might talk to you about having a PSA test if you're worried about prostate problems, if you're at increased risk of getting prostate cancer, or if you have symptoms such as problems urinating.

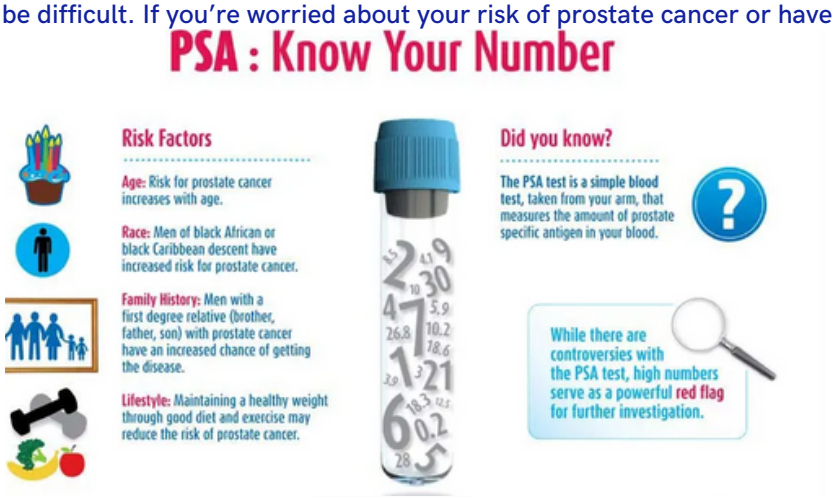
You may sometimes see PSA tests being offered in places such as community centres or football stadiums. If you're thinking about having a PSA test at this type of event, make sure a doctor or nurse will be there to help you make an informed choice about testing, and to help you understand the results.

A PSA test alone can't usually tell you if you have prostate cancer. It's the first step in deciding if you need more tests, including an MRI scan.

To decide whether you need to see a specialist, your GP will look at:

- your PSA level
- the results of a digital rectal examination
- whether you have any risk factors for prostate cancer
- any other health problems
- if you have any urinary problems
- if you've had any tests for prostate cancer before

Deciding whether or not to have a PSA test can be difficult. If you're worried about your risk of prostate cancer or have any unusual symptoms, it's important to speak to your GP.



ANIMA UPDATE

All patient requests must be submitted via Anima. Until now, patients have had to create an account to log-in. On the 16th July, this will be changing, you will no longer need an account and password to use Anima. You will simply click on the link via the Oakley Health Group website and enter your details, no password required.

RAFFLE DRAW

All of the colleagues at the Oakley Health Group would like to thank everyone who had a part in raising £750 for our 3 nominated charities.

Our appreciation is extended to:

- **those who bought raffle tickets**
- **those who sold raffle tickets**
- **those who donated prizes**

The prize draw took place on the 2nd June and the full list of the winners can be viewed via this link:

https://oakleyhealth.org/docs/J82049/Raffle%20Prize%20Draw.pdf

Consent was obtained from each person to add their details to the list.



Pharmacy Contraception Service

Did you know...
Next time you require a repeat prescription of your contraceptive pill, you can attend the pharmacy, and they will dispense your next supply without the need for a prescription.
Alternatively, if you are looking to have the contraceptive pill initiated, this can also be done at the pharmacy with expert advice and guidance.

The Pharmacy Contraception Service is an NHS service that allows patients to obtain their repeat contraception directly from the pharmacy, without needing to return to their GP, this includes initiation of contraceptive to individuals looking to start.

The intention of this service is to offer simple and convenient access to repeat contraception to those who find it difficult to attend the surgery or sexual health clinic.

Benefits –
- Convenient and time saving
- Accessibility
- Advice

Simply call or attend your local pharmacy for more information
Or...
Use the following link to check local pharmacies that provide this service in your area
https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/



YOU DONT HAVE TO BE BEACH READY TO BE SMEAR READY

Professional nurses will put you at ease and won't care what you look like either.

The NHS Cervical Screening Programme saves an estimated 5000 lives every year.

THIS QUICK APPOINTMENT COULD SAVE YOUR LIFE.

Fleet Market



Health Fair x Fleet Market

Saturday 12th July
9am-3pm
Gurkha Square

Live a longer, healthier, happier, life!

View your hospital appointments in the NHS App



NHS App

BEAT THE HEAT

When it's too hot there are health risks, particularly for the young, those over the age of 65 or those with pre-existing health conditions such as respiratory and cardiovascular diseases.

PLAN AHEAD	KEEP COOL	YOUR PLACE	BE SAFE
Schedule Activities for the cooler part of the day.	Drink plenty of fluids and avoid excess alcohol.	Close curtains and blinds during the day.	Look after yourself and look after others.
Listen out for forecasts and warnings - plan ahead.	Wear a sun hat and cool your skin down with water.	Go indoors or outdoors, whichever is cooler.	Be on the lookout for signs of heat related illness.

Bereavement Café at Bistro 19

Hosted by White Dove Ceremonies

White Dove CEREMONIES

Have you experienced the loss of someone close?

Grief can feel overwhelming, but you don't have to face it alone. Join us in a warm and welcoming space where you can talk, listen, or simply be.

Whether you're ready to share or just want quiet company over a cup of tea, you are very welcome.

Venue:
Bistro 19
Blackwater Valley
Golf Centre
Sean Devereux Park
Yateley GU46 7ZZ

When:
The last Tuesday of every month
Starting Tuesday
29th July 2025
From 11am to 1 pm

Free to attend | No need to book | All are welcome

For more information:
Call Trish – 07786 017177

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

SOME GOOD NEWS!

You may remember in an earlier Newsletter that we sent a letter to Alex Brewer, MP for North East Hampshire, asking her to raise our concerns in the House of Commons about funding for our GP surgery.

Last week we received a response from her office to say that she will raise this matter with the Department of Health. She would also be very pleased to come to one of our meetings to hear our concerns in person.

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.

If you would like to contact us, remember to add the subject PPG, so that we receive your information and it doesn't get lost amongst the general surgery post.

Please contact us by email to **frimleyicb.ohg.communications@nhs.net**
or
in a letter addressed to the **PPG**
either handed in at reception
or
sent to:
Yateley Medical Centre
Oaklands, Yateley, Hampshire, GU46 7LS

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