

NEWSLETTER - JULY 2024



THE ROYAL OAK WELLBEING HUB

The Oakley Health Group are pleased to announce we have opened a fourth site within our Primary Care Network (PCN):

The Royal Oak Wellbeing Hub
Royal Oak Close
Yateley
GU46 7UD

Located in the old Citizen's Advice Bureau offices at Royal Oak Close, next to the Police and Fire Stations, the Wellbeing Hub will be centred around patient's mental health and wellbeing appointments.

This site will not be manned by a reception team and patients should only attend if they have been given an appointment at this location.

Our mental health and wellbeing practitioners will be using this building and the consulting rooms inside for appointments moving forward, this includes Annie Kaye (mental health practitioner), Emma Johnson (mental health support worker), Louise Attah (social prescriber) and Gemma Gration (mental health and wellbeing care coordinator).

The Oakley Health Group is pleased to share the space with the following:

MHICS - Mental Health Integrated Community Support - a team of mental health specialists working with Oakley Health Group GPs to offer mental health support and advice to local people over 18.

Talkplus - Mental health practitioners who offer free NHS Talking Therapies in Rushmoor, Hart and Farnham for stress, anxiety, low mood and worry, as well as, support for managing a long-term health condition.

Citizen's Advice Bureau - A national charity and network of local charities who offer confidential advice online, over the phone, and in person, for free.

measles

It's not just a kids problem and it can be serious.

It's never too late to have your MMR vaccine. Protect yourself and those around you from measles, mumps and rubella.

Call your GP surgery to book your two doses of MMR vaccine.

immunisation
Helping to protect everyone, at every age



MMR VACCINATION

The MMR vaccine helps protect you against Measles, Mumps and Rubella. It is never too late to get vaccinated, you can make a choice to get it now.

Contact the GP surgery if:

- you think you might need the MMR vaccine
- you need to book your child's MMR vaccine
- your child has missed their MMR vaccine
- you're not sure if you/your child has had both doses of the vaccine

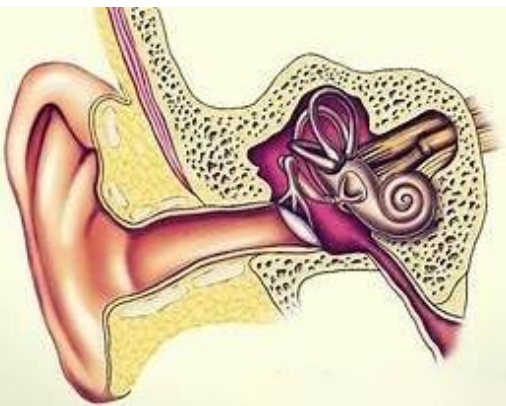
121 YOUTH COUNSELLING

121 Youth Counselling is a Counselling Service for distressed and vulnerable young people in the Hart District. To access this service Young People must:

- Be aged between 11 and 25
- Live, go to school OR be registered with a GP in the Hart District
- They must be aware of the referral, understand what Counselling is and want to attend.
- They must be committed to attend every week for up to 10 sessions.
- They must not be receiving Counselling elsewhere.

[Youth Counselling for Young People aged 11 - 25](https://www.hartvolaction.org.uk/counselling/youth-counselling/)

<https://www.hartvolaction.org.uk/counselling/youth-counselling/>



NHS EAR SYRINGING

From the 1st July 2024 NHS GP surgeries will no longer be able to offer ear syringing appointments to their patients. This service has not been fully funded since 2019, however the Oakley Health Group offered our patients these appointments as an Enhanced Service until now, when funding has stopped altogether.

Ear wax can successfully be treated with over-the-counter drops and appliances - ask a pharmacist for help with this. Alternatively, micro-suction is considered a safer alternative to ear syringing and is available at Specsavers or Essentials Foot & Ear Care for a fee.

JULY

Sarcoma Awareness Month

-  Sarcoma arises from connective tissues of the body and can be found anywhere in the body.
-  Sarcoma constitutes only 1% of people diagnosed with cancer
-  Sarcoma is more common in youngsters and children.

- Approximately 14,000 people are diagnosed each year.
- Sarcomas comprise less than 1% of adult cancers and nearly 21% of pediatric cancers.
- There are more than 50 different types of sarcoma.

If you find a lump, contact your surgery

For information and support, you can contact the Cancer Research UK nurses on 0808 800 4040, from 9am to 5pm, Monday to Friday.

PATIENT PARTICIPATION GROUP UPDATES

The PPG Committee met in May to discuss various topics to put towards a full meeting in July. A general discussion around Anima produced the following questions/proposals:

- What amount of GP time is taken up by Anima assessment?
- Do other medically trained members of staff do assessments and if so, what are their qualifications to do so?
- What changes have already been proposed and made to Anima?
- We felt that an 'Other' or 'Not Applicable' tick box would be useful in some sections, particularly where there are Yes and No questions - can this be done?

In our full PPG meeting in July, we will be able to put these questions to Zach White, a representative from Anima and hopefully he will be able to provide us with answers. If you have anything else regarding Anima, you want answers to then please contact us.

We can only put to the Oakley Health Group (OHG) topics or questions you have told us about and want answers to. Please feel free to contact any member of 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. Also, if you know of anyone who would like to become a virtual member of the PPG, there is a section on the website to register to become a member or speak to a receptionist.



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