OAKLEY HEALTH GROUP

Newsletter - June 2025

ARE YOU AN UNPAID CARER?

An unpaid carer is someone who looks after a family member or friend who could not cope without their support.

The person you care for could have a disability, illness, mental health condition, addiction, or may need extra help as they grow older. Caring is often part and parcel of family life and close friendships.

Every day, 6,000 people in the UK start looking after someone close to them, unpaid. For many, caring is something that happens gradually when someone becomes older, or has a progressive illness. For others, it arises suddenly, for example as the result of an accident or a stroke.

Caring can be hugely rewarding, but it can also have an impact on all aspects of your life. Looking after someone without the right information and support can be tough.

CARERS WEEK IS AN ANNUAL AWARENESS CAMPAIGN TO CELEBRATE AND RECOGNISE THE VITAL CONTRIBUTION MADE BY THE UK'S 5.8 MILLION CARERS

CARERS WEEK - 9th - 15th JUNE 2025

This year's theme, 'Caring about Equality', will focus on highlighting the challenges and inequalities faced by unpaid carers across the UK, calling for a fairer society where they have access to greater support.

To find out more about the events taking place in your area and for information and resources for carers, visit:

https://www.carersweek.org/ways-to-get-involved/activities/

Here at the Oakley Health Group, our Carers Champion, Louise Cook will be setting up a Carers Awareness Stand in the Waiting Room at the Yateley Medical Centre on Monday 9th June. Feel free to drop by and ask her for more information.

CARING ABOUT EQUALITY
9-15 June 2025
Carers Week
9-15 June 2025

CARERS - OAKLEY HEALTH GROUP

At the Oakley Health Group we are committed to identifying and supporting carers.

It is important that everyone who works at the Oakley Health Group knows you are a carer so that we can offer you help and support if you need it. Anyone who looks after a friend or family member who cannot manage without them, and is unpaid, can register. This includes carers under the age of 18.

The Oakley Health Group website has a page dedicated to our patients who are Carers:

https://oakleyhealth.org/carerinformation

HART DISTRICT COUNCIL - CARERS

Hart District Council has a page dedicated to carers, where you can access more information on how to get the support you may need, the following link can provide the help available for unpaid carers in Hart:

https://www.hart.gov.uk/unpaid-carers

Weight loss injections and contraception or HRT

If you are taking a privately prescribed weight loss injection and are using contraception or HRT, it is essential that you are aware that GLP-1 agonists lower the effectiveness of oral contraceptive pills and the oral progesterone element of HRT.

The current faculty of sexual and reproductive health guidance is that a highly effective contraception choice should be used during and after treatment with a GLP-1 agonist.

These options are:

- Male or female sterilisation
- IUD or IUS (coils)
- Progesterone containing implant

Be Aware!

Tirzepatide (Mounjaro) has been shown to reduce the effectiveness of oral contraceptive pills. Current guidance is to use an additional barrier contraception (e.g. condoms) for the first 4 weeks after starting the medication AND 4 weeks after any increase, or alternatively switching to a non-oral contraception whilst using this medication.

Non-oral progesterone (patch or US) is preferred while using a GLP-1 agonist. If oral progesterone is used, higher doses should be used for 4 weeks after starting medication AND 4 weeks after any dose increases.

To read the Patient Information Leaflet, click here:

https://fsrh.org/Common/Uploaded%20files/documents/Patient-information-GLP-1-agonists-and-contraception.pdf



111
111.nhs.uk

ANIMA UPDATE

anima

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.

Health for Teens - NHS website
Love your body, love yourself, #lovehealth



Public Health England

Healthmatters

Impact of the NHS Health Check

Hypertension = High Blood Pressure
CVD = Cardiovascular Disease



For every **30 to 40** NHS Health Checks **1 person** is diagnosed with **hypertension**



For every **80 – 200** NHS Health Checks **1 person** is diagnosed with **type 2 diabetes**



For every **6 to 10** NHS Health Checks **1 person** is identified as being at high risk of **CVD**



CARERS' CREAM TEA

11 June 2025 **2pm - 3.30pm**

Are you a carer in Hart?
We'd like to invite you to a cream tea at Hart's Community Garden this National Carers' Week.

We'll be thrilled to welcome you to relax. Come & enjoy a spot of indulgence & chat with others.

Hart's Community Garden, Pale Lane, Fleet/Winchfield, RG27 8SP

HCG@hartvolaction.org.uk

01252 815652 x702

£5 per cream tea

SCAN

Carers Week

HART VOLUNTARY ACTION

HCRTS COMMUNITY GARDEN

BOOK NOW:

hartvolaction.org.uk/community-services/community-garden/events

Mental Health Foundation

We're all different. Accept and be proud of who you are rather than wishing you were more like someone else.



Good mental health for all.

mentalhealth.org.uk

Registered Charity No. England 801130, Scotland SCO39714. Company Registration No. 235084666

Registered with FUNDRAISING REGULATOR

Sands



Sands is here to save babies' lives and support anyone affected by pregnancy loss or the death of a baby.



We provide support

We improve bereavement care

We save babies' lives

To learn more, get support or find out how you can get involved, visit sands.org.uk

Healthier Together

Improving the health of babies, children and young people throughout Frimley

- **NHS traffic light symptom checker**
- **Advice on how long a child's symptoms may last**
- **Signposting to local support services**

Frimley-HealthierTogether.nhs.uk

Ascot | Bracknell | Farnham | Maidenhead | North East Hampshire | Slough | Surrey Heath | Windsor

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

Matron Mel Bott joined our meeting in May. Mel started her nursing career in 1990 and joined OHG in 2018. She has worked in the nursing profession for 35 years and after extensive training and qualifications, together with working on orthopaedic wards and A&E, she found herself developing a career through training and development which she has now brought to OHG.

From her working experience, Mel noticed there were gaps in the nursing profession such as from Practice Nurse (PN) to Advanced Nurse Practitioner (ANP). With support from the GPs, and through their training courses, ANPs are qualified to diagnose, treat and prescribe medication in minor illnesses. Some of the nursing staff at OHG have become ANPs under Mel's tutorage and encouragement, this will help the practice to see and treat those patients who do not necessarily need to see a GP, opening up time for GPs to concentrate on those who do.

Mel is very passionate about her job role and enjoys the GP practice environment. Although she is busy with the training and development of her team, she also works within the practice, diagnosing, treating, prescribing and, where necessary, referring. Her key role is to future proof the team and invest in developing current nurse's careers, for which they are allocated funding.

We would like to thank Mel for her time, it was an interesting discussion and insight into the nursing side of the practice.

Anima - We were interested to know how patients are coping with filling out an Anima online as opposed to phoning in or personal attendance at reception. OHG Business Manager, James Beesley informed us that in May:

5,101 Animas completed online by patients
1,098 Receptionists filled out an Anima for the patient
35 Animas were filled out by Admin staff

Prescriptions/Medication – We raised a question about medication, repeat prescriptions and wastage. Specifically we wanted to know why most medication is only on a 2 month supply. This is due to costs and preventing wastage as advised by NHS England. We raised a query about how many patients are on medication they don't particularly need anymore and how is medication monitored by OHG.

James informed us that in the background there is a lot of monitoring to make sure that patients are not over-claiming medication in advance causing stockpiling. We were reassured that everything possible is done to make sure that people are on the right medication and where there are queries or concerns OHG may contact the patient. They also liaise and work very closely with local chemists about concerns on medication as well as having an on site pharmaceutical team.

We gave a couple of examples where medication is needed on an 'as and when' basis, finding that two months supply on repeat prescription meant that most of the medication went out of date. It was suggested that perhaps using Anima online, to request from your GP that you only need a smaller quantity. This is of course on an individual basis and some medication may not easily be split – a tricky one!

Thank you to James and Mel for clarifying the questions.

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