OAKLEY HEALTH GROUP

Newsletter - May 2025



SPRING FUNDRAISER

Tickets will be on sale in May for the Oakley Health Group Spring Fundraiser raffle. The Draw will take place at 11.30am on Monday 2nd June 2025, and the prize list is on our website:

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

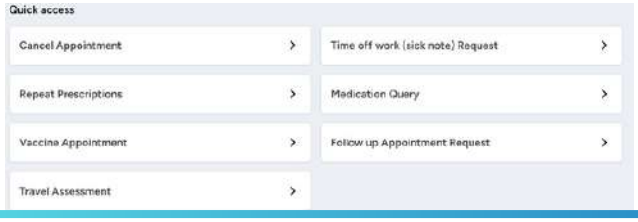
Tickets will be available to purchase from:

- Saturdays at Yateley Medical Centre
- Covid Booster Clinics
- Daisy Chain Cafe
- Yateley Industries
- contact the surgery via - frimleyicb.ohg.communications@nhs.net

ANIMA UPDATES

All patient requests must be submitted via Anima. Until now, patients have had to create an account to log-in. In the near future, 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.

Did you know that on the home page there are Quick Links to some of the forms that you may require, which are quicker to use than the full medical form?



COVID SPRING BOOSTER CLINICS - MAY

HARTLEY CORNER SURGERY
Wednesday 7th - PM
Thursday 8th - PM
Thursday 15th - AM

MONTEAGLE SURGERY
Thursday 1st - All day
Thursday 8th - All day
Tuesday 13th - All day
Wednesday 14th – All day

These are NOT walk-in clinics, all appointments must be booked in advance. Those who are eligible will receive an invitation from the surgery:

- adults aged 75 & over including those aged 74 who turn 75 before the 17th June 2025
- Over 18s who are immunosuppressed

WALK-IN CLINIC

We will be holding a walk-in clinic on the 1st May from 4.30pm - 6pm at Yateley Medical Centre.

Only come to this clinic if you are eligible for the vaccination, you will be turned away if you are not eligible.



Using the NHS app to view your hospital appointments

While you are waiting for your hospital appointment, operation or treatment, you can now use the NHS App to view and manage your hospital appointments, and access information and support while you wait to be seen.

You will be able to see all your referrals and hospital appointments in one place and have a single point of contact for each appointment.

NHS Pharmacy Contraception Service

The Pharmacy Contraception Service (PCS) is a free service available in selected pharmacies, allowing individuals to access oral contraception without a prescription.

This service aims to provide greater choice and access to contraception. You can also book appointments online or be referred by NHS providers such as your GP or sexual health clinic. To find a pharmacy offering this service, you can use the NHS service finder:

https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy-offering-contraceptive-pill-without-prescription



You may be able to get the contraceptive pill from a pharmacy if you need to:

- start the contraceptive pill for the first time
- take the contraceptive pill again after a break from using it

If you already have a prescription for the contraceptive pill, you can use the prescription as usual. Or you can get the pill from a pharmacy without a prescription if you prefer.



Mandatory/Essential TARGET Training

We are often asked why we close for mandatory or essential training. This time allows everyone within the Integrated Care Board (ICB) a chance to do essential training required for them to maintain their learning and professional development needs, and improve the quality of care provided to patients. The dates are set by the ICB and include training for the following:

- **basic life support**
- **infection control**
- **fire safety training**
- **training to the appropriate level on safeguarding adults at risk and safeguarding children**
- **information governance**

RAFFLE TICKETS

£1.00 per ticket
Only 1000 tickets available
100% of proceeds go to our 3 nominated charities

OAKLEY HEALTH GROUP

RAFFLE PRIZE LIST

AFTERNOON TEA FOR 2, EASTHAMPSTEAD PARK HOTEL
1 MONTH MEMBERSHIP, EVERYONE ACTIVE
SILENT POOL DISTILLERY TOUR FOR 2
SUNDAY LUNCH FOR 4, DOG & PARTRIDGE
2 X MAIN COURSES, WHITE LION PUB
AFTERNOON TEA FOR 2, PEAKY BAKERS
CUT & STYLE, PETER ANDREW HAIR DESIGN
ONE TO ONE TASTER SESSION, OAKWOOD CLIMBING CENTRE
2 ADULTS & 5 CHILDREN HOME MATCH, FARNBOROUGH F.C.
HAIRCUT GIFT VOUCHER, BARBER LOUNGE
1 FREE MEDIUM PIZZA, PIZZA HUT
1 CHILDREN'S TICKET, BIRDWORLD
2 ADULTS & 2 CHILDREN SOFTPLAY, JAKES
2 TICKETS TO BASKETBALL, SURREY 89ERS
BEAUTY HAMPER 1
BEAUTY HAMPER 2
PLANT, LADY FLORA, SANDHURST
VOUCHER, BISTRO 19
BEAUTY PRODUCTS, YATELEY PHARMACY
£40 GIFT VOUCHER, ALL ABOUT FEET
£30 GIFT VOUCHER, PATHFINDER CAFE
£25 GIFT VOUCHER, CINNAMON BAY
£10 GIFT VOUCHER, CAFE 46
£10 MEAT VOUCHER, REEVES BUTCHER

Yateley Industries est 1935
Daisy Chain Cafe Circle of Support
Sebastian's Action Trust

UK Health Security Agency

How to keep antibiotics working



- Don't take antibiotics for colds and flu. They won't work.
- Don't save leftover antibiotics for later, they don't work.
- Take them as directed by your GP, nurse or pharmacist

KEEP ANTIBIOTICS WORKING

Scan the QR code to find out more

CHECK YOUR SKIN FOR NEW OR CHANGING MOLES OR LESIONS

BE SMART ABOUT SKIN CANCER



#know your skin

MELANOMA AND SKIN CANCER AWARENESS MONTH | MAY

More than **5** Sunburns Doubles your risk of Melanoma **Skin Cancer**

Join our course

MOVE TO IMPROVE

supporting people who struggle to be physically active

Physical Activity can help you lead a healthier life, boosting self-esteem, mood, sleep quality, and energy.

This course IS.....

.....a friendly, supportive course focusing on you as an individual, listening to your story and wishes for your future.



After the 5 week course, there is an individual session and an 8 week final course session to celebrate achievements.

TalkPlus

talkplus.org.uk
01252 533355

Please write course name in your referral details

Dates: 12th, 19th of May, 2nd, 9th, 16th of June
1pm til 2pm at Aldershot Cricket Club



MENOPAUSE WEBINAR
28TH MAY, FROM 6-7.30, VIA VIDEO LINK

Join our upcoming menopause webinar at TalkPlus to gain valuable insights into navigating the challenges of peri-menopause and menopause.

Learn how Cognitive Behavioral Therapy (CBT) can empower you to manage symptoms, reduce distress, and foster a positive mindset during this time of change. Discover practical tools and techniques that put you in control, helping you embrace this transition with confidence and a sense of mastery.

Don't miss this opportunity to transform your experience of menopause into a period of positive change.

Register your interest | 01252 533355 or frimleyicb.talkplus@nhs.net

www.talkplus.org.uk

Need help with your muscle or joint problem? Use our free support app!

- Back
- Back & Leg
- Neck
- Shoulder
- Hip
- Knee
- Ankle
- Lower Limb

Scan QR Code

Open your phone camera and scan the QR Code to download the app

Can't use the QR code? Just download the app from the store.



get U better

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

MELANOMA
Skin Cancer is on the rise

After a skin cancer scare last year I thought I would pass on some useful information regarding sun damage and UV light. Please be aware that ALL skin types and colours are susceptible to sun damage and melanoma.

It is not only the sun that does damage, UV light is also very strong so please take action to protect your skin. If untreated or left, melanoma can spread to other parts of the body. The number of cases is rising in the UK.

A UV score of 3 and above is when sun cream should be applied, even if it is cloudy or raining. I have an app called SunSmart on my phone which prompts the use of sun cream and times of day it should be applied.

Apply Factor 50 FACE SUNCREAM if a UV score of 3 and above. Moisturisers and foundation creams that claim to have sun block in them are not as effective as a full factor 50 face sun cream. It can be applied underneath foundation make up. Don't forget the ears and nose! Most chemists, supermarkets etc sell it, I use Nivea Factor 50.

Apply two full palmfuls of Factor 50 body sun cream for full body protection. That's more than we think. One palmful for just arms, neck and shoulders. As recommended by Macmillan and Dermatology Consultant, reapply sun cream after bathing and if possible every two hours if out in the sun. Rather annoying but better to be safe.

- Wear clothing to cover arms and legs
- Wear a wide brimmed hat
- Wear UV protection sun glasses – eyes need protection too!
- Stay in the shade where possible (remember that UV light is still harmful even in the shade)
- Take a Vitamin D tablet every day throughout the year.
- Check your skin for any unusual changes in established moles, new moles appearing or any other marks that look suspicious and contact your GP or speak to a Pharmacist. They are more than happy to say no, it isn't or yes it is and will take action from there.

I hope this information helps. Enjoy the sun, but stay safe

B.J. (PPG Committee Member)

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