OAKLEY HEALTH GROUP

Newsletter - April 2026

INTEGRATED CARE BOARD (ICB)

NHS England has confirmed new Integrated Care Board (ICB) changes:

From the 1st April 2026, the Oakley Health Group will no longer be part of the Frimley ICB, as this will no longer exist.

We will become part of the Hampshire & Isle of Wight (HIOW) ICB.

This means that our email addresses will eventually change and we will be allocated new mandatory Training Days.

https://www.hantsiow.icb.nhs.uk/



MENINGITIS

Meningitis B vaccinations are given to children as part of the national NHS vaccination schedule, when they're 8 weeks, 12 weeks and 1 year old.

Unless NHS or Public Health England advise us to vaccinate, we are unable to provide this vaccine outside of the national vaccination schedule.

Teenagers are usually given the MenACWY vaccine at school when they're 13 or 14 years old (school year 9), if they missed having the vaccine at school, they can still get it up until the age of 25.

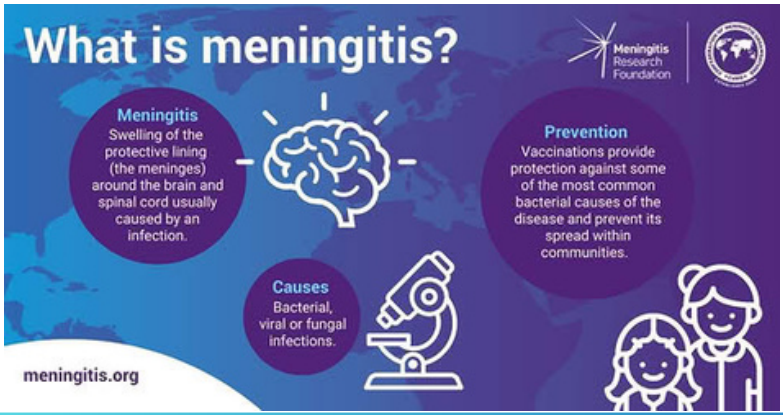
Contact the surgery via Anima if you were not vaccinated for MenACWY and are under 25.

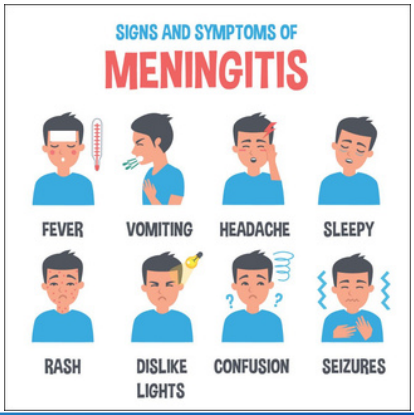
Meningitis can be very serious if not treated quickly. It can affect anyone, but is most common in babies, young children, teenagers and young adults.

Call 999 for an ambulance or go to your nearest A&E immediately if you think you or someone you look after could have meningitis or sepsis.

For more info, search online: https://www.nhs.uk/conditions/meningitis/

For the latest news on the outbreak in Kent: https://www.gov.uk/guidance/outbreak-of-invasive-meningococcal-disease-south-east-england





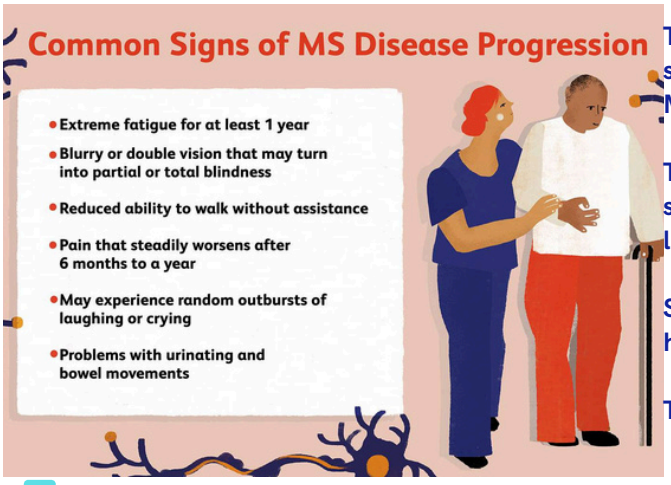
Please note, the Oakley Health Group website is:

www.oakleyhealth.org

MULTIPLE SCLEROSIS (MS) AWARENESS

The week of the 20th - 26th April is #MSAwarenessWeek.

MS is a condition that affects the nerves in your central nervous system. That's your brain and spinal cord. In MS, the coating (called myelin) that protects your nerves is damaged. This causes a range of symptoms like blurred vision and problems with how you move, think and feel. Once diagnosed, MS stays with you for life, but treatments and specialists can help you to manage the condition and its symptoms.



The MS Society have a free MS Helpline where you can get emotional support and information for anyone living with MS. They are available Monday to Friday, 9am to 5pm except bank holidays on 0808 800 8000.

They are a mix of paid staff and volunteers, MS nurses, benefits and legal specialists, health and social care and fitness experts, who all know about life with MS.

Send them a private message on Facebook messenger. Or send an email: helpline@mssociety.org.uk.

To find out more - https://www.mssociety.org.uk/

OESOPHAGEAL CANCER (HEARTBURN CANCER)

We encourage you to ask for an appointment if you experience:

- Persistent heartburn, acid reflux, or indigestion for three weeks or more
- Difficulty or pain when swallowing
- A persistent unpleasant taste in the mouth or hiccups
- Unexplained weight loss
- Long-term use of over-the-counter indigestion remedies without review, which may mask more serious underlying conditions.

Cancer of the oesophagus is one of the UK's least survivable cancers. This is often because it's diagnosed far too late.

Symptom awareness that leads to early diagnosis is key to improving survival.

Early assessment can provide reassurance – or enable earlier diagnosis, which can significantly improve outcomes.

In the stories of people who have died of oesophageal cancer, we often hear phrases like 'She had heartburn for years but thought it was normal' and 'He just kept taking the Gaviscon and got on with it'.



COVID SPRING BOOSTER



The national COVID spring booster programme starts on the 13th April and ends on the 30th June. We will be contacting those who are eligible in April to book into our COVID Spring Booster Clinics.

Who is eligible?

- Aged 75 or over (or if you turn 75 by 30 June 2026).
- Living in a care home for older adults.
- Aged 6 months or over with a weakened immune system (for example, due to a health condition or treatment like chemotherapy).

Why should I get the booster?

Protection from previous doses or infections fades over time. Viruses can also change.

Yateley & District Lions Club
Prostate Health Awareness Event

Yateley & District Lions Club are funding PSA Tests for Yateley residents aged 40+

SATURDAY 18th APRIL 2026

10:00 - 13:30

The Tythings, Reading Road, Yateley GU46 7RP

TO BOOK YOUR PSA TEST
scan QR code or click link

BOOK NOW

FREE

mypsatests.org.uk/events

Any problems call Graham Fulford Charitable Trust
01926 419959 to book
Email: enquiries@yateleylions.co.uk



1 in 8 men will be diagnosed with Prostate Cancer

UK Health Security Agency

MMRV childhood vaccine schedule

Child's date of birth	12 month appointment	18 month appointment	3 years 4 months appointment
Born on or after 1 January 2025	First dose of MMRV	Second dose of MMRV	
Born between 1 July 2024 and 31 December 2024	Children should have already been given one dose of MMR	First dose of MMRV	Second dose of MMRV
Born between 1 September 2022 and 30 June 2024	Children should have already been given one dose of MMR		One dose of MMRV

Easter Closures

The Oakley Health Group will be

CLOSED

FRIDAY 3rd APRIL
&
MONDAY 6th APRIL

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



14th April 2026 • Harlington Centre, Fleet • 12 Noon till 6pm

Young Adults (17-30 years)
Bringing Mental Health Services, Organisations and Charities Serving Hart District, Together

Worried about yourself or someone you love?
Come and talk to people who care

On The Day:

- **Stalls** in the Auditorium will provide information and a chance to talk to professionals about all sorts of mental health issues and signpost to what help you need and where to get it
- **Speakers** in the Function Room will talk on various topics including Social Anxiety; OCD; ADHD; Mental Health Practitioners Role in the Community; Practical advice and help for parents
- **Mindfulness Workshop** learn techniques to calm yourself and to help you stay in control
- **Quiet Space** if you need some time-out, chill in the Hub
- **Refreshments** tea, coffee and water will be available throughout the afternoon



Hart Mental Health App
Download to get Full Information on this Event and Mental Health Services in Hart

SCAN HERE

Rotary Hart

HART VOLUNTARY ACTION

FREE Admission

NHS

Using NHS 111 for urgent medical help



Easy Read

111
111.nhs.uk

About NHS 111

NHS 111 can help if you need urgent medical help but you are not sure where to go.

We can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed (out-of-hours).

You can get help from NHS 111 when you are hurt or ill and it is not an emergency:

- by calling **111**
- by visiting 111.nhs.uk
- by using the **NHS App**

You can contact NHS 111 any day, at any time.

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

The PPG maintains good communication and a healthy relationship between patients and the OHG team, flagging up various things we feel should be brought to their attention which in turn may help to improve services.

Although we cover a wide range of subjects, we are not a forum for people who want to use it to:

- **make complaints**
- **seek medical advice outside of a GP appointment**
- **request changes based on their opinion alone**

We are all volunteers and would like to encourage a more diverse representation of patients, so if you are interested in joining the PPG and feel you can make a difference to the way your surgery provides its services, then please get in touch.



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