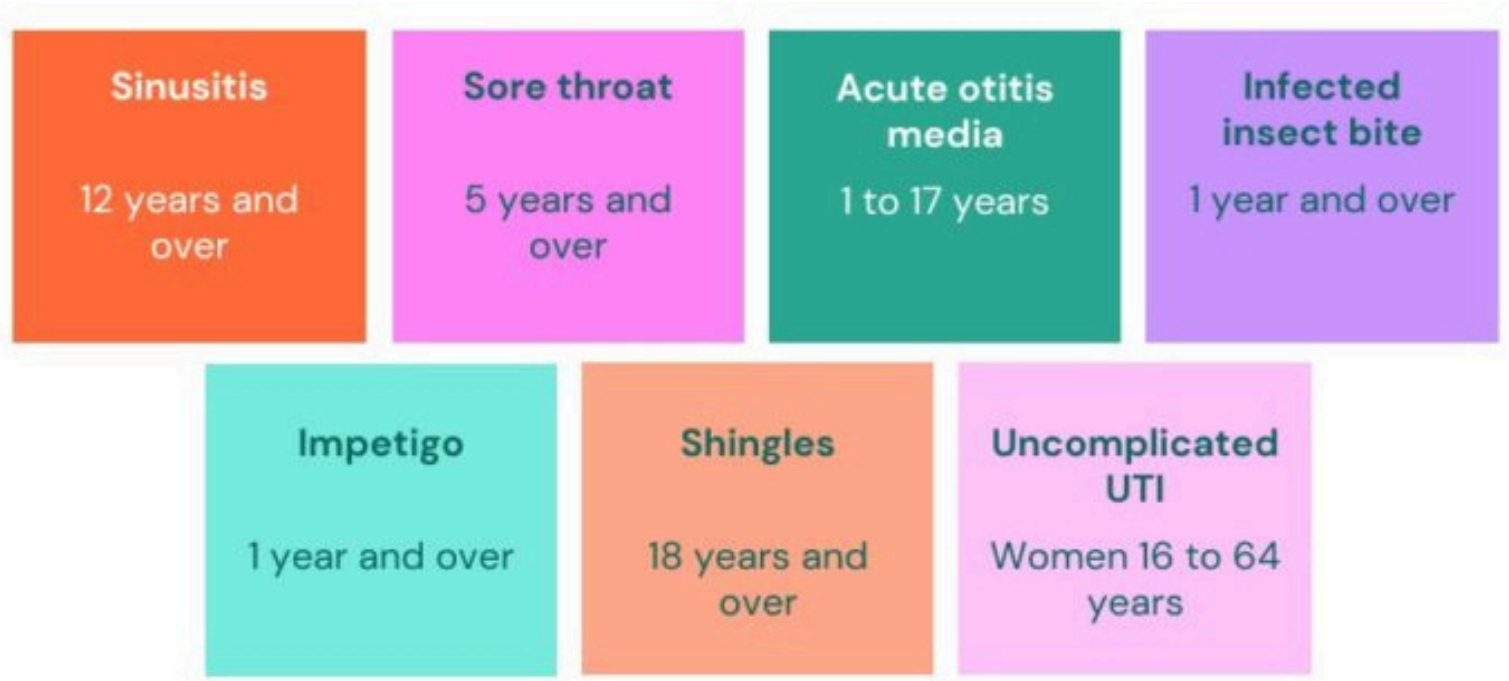
OAKLEY HEALTH GROUP

Newsletter - August 2026



PHARMACY FIRST

There are three parts to the Pharmacy First service:

1. Minor illness consultations with a pharmacist
2. Supply of urgent medicines and appliances
3. Clinical pathway consultations

Parts 1 and 2: Minor illness consultations and Supply of urgent medicines and appliances

- General practices can only refer for Minor illness consultations; they cannot refer patients for Supply of urgent medicines and appliances.
- For Minor illness consultations, pharmacies must receive an electronic referral from GP surgeries and other authorised healthcare providers such as NHS 111, A&E and Urgent Treatment Centres.

Part 3: Clinical pathway consultations

- Clinical pathway consultations involves pharmacists providing advice and NHS-funded treatment, where clinically appropriate, for seven common conditions (as in image above)
- This part of the service can be provided to patients electronically referred by GP surgeries, as well as NHS 111 and others.
- There is a clinical pathway for each of the seven conditions, which identifies when a patient can be treated under the service and when they should be referred to another healthcare professional; this is what the pharmacist will use to decide if the patient is eligible for the service.
- In the Clinical pathway consultation with a pharmacist, people with symptoms suggestive of the seven conditions will be provided with advice and will be supplied, where clinically appropriate, with a prescription-only treatment under a Patient Group Direction (PGD) or, an over-the-counter medicine.

https://communitypharmacy.org.uk/homepage/nhs-pharmacy-first-service/

Please note, the Oakley Health Group website is:
www.oakleyhealth.org



OHG UPDATES

Dr Rashmi Gurung will be going on maternity leave from the 31st July 2026 and Dr Karen Bannerman has been contracted on a fixed term contract to cover Dr Rashmi's absence. All patients on Dr Rashmi's list will change GP to Dr Bannerman during this time and will automatically convert back to Dr Rashmi's list on her return in 2027.

Dr Prapti Gurung, who has been a Registrar at the Oakley Health Group throughout the last year, has been recruited by the surgery as a new GP. She will officially start with us on the 5th October 2026.

As we will eventually have four Dr Gurungs when Dr Rashmi Gurung returns, please use their first names when you are referring to a specific doctor e.g. Dr Prapti or Dr Anita (Gurung).

A new Healthcare Assistant, Kelsey Smith-Kuhl started working with the surgery in July as we say goodbye to Caroline Taylor and Ashlie Stratton, whilst our Trainee Nurse, Annabelle Lebois-Wallace will join us as a qualified Nurse in September.

For more information about the team, go to our website:
https://oakleyhealth.org/practiceteam

AGE UK

Making the decision to move into a care home, whether for yourself or for a loved one, can feel daunting. The Age UK guide can help you make an informed choice that's right for you and those around you.

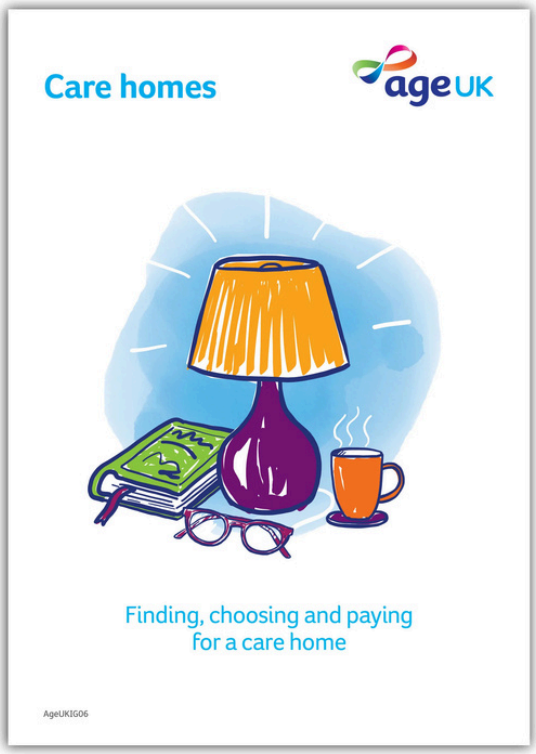
This guide outlines the process of finding, choosing and paying for a care home. It covers:

- the different types of care homes available
- paying for care home places
- choosing the right care home
- advice for family and carers involved in the decision

Age UK can help you make an informed decision that takes into account your personal situation. It also lists useful organisations that offer more information about care homes and further support in making the decision to move.

https://www.ageuk.org.uk/information-advice/care/housing-options/care-homes-information-guide/

This guide is also available in other formats if that's more suitable for you. You can request a free printed copy of this guide that will be posted to you. To request another option, you can call the advice line on 0800 678 1602.



HART FOODBANK



Summer should be about making memories – not worrying about putting food on the table. For many families, the school holidays bring extra pressure as food bills rise and free school meals are no longer available.

If you're finding things difficult, please don't struggle alone. Hart Foodbank is there to help, providing emergency food parcels and connecting people with additional local support and advice.

If you're able to help others this summer, every donation – whether food, funds or your time – helps us support local people when they need it most.

https://hart.foodbank.org.uk/2026/07/20/summer-holidays-were-here-to-help/

World Health Organization

You Can Control High Blood Pressure— starting today.

- Take medicines to control high blood pressure as prescribed
- Avoid tobacco, reduce alcohol intake
- Stay active — 30 minutes a day makes a difference
- Check your blood pressure regularly
- Eat healthy, nutritious foods and avoid saturated fats and trans fats
- Cut salt intake — small reductions can be achieved by using potassium- enriched salt
- Reduce and manage stress

Start small. Stay consistent. Build better health.

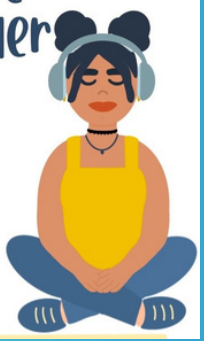
If someone else is in trouble in the water: **Phone, Float, Throw.**



- Phone 999 to get help
- Tell them to stay calm and float on their back
- Throw rescue equipment to help them float until emergency services arrive

Let's overcome stress together

- Go for a walk
- Talk to a friend
- Get enough sleep
- Listen to a podcast
- Deep breathing



OAKLEY HEALTH GROUP

THE OAKLEY HEALTH GROUP WILL BE CLOSED

ALL DAY
FOR THE
BANK HOLIDAY
ON
MONDAY 31ST AUGUST

WE ARE SORRY FOR THE INCONVENIENCE

oakleyhealth.org

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.

Alzheimer's Society

The early stage of dementia could look like

- Memory problems
- Changes in mood or emotions
- Getting lost
- Problems with perception or judging distances
- Difficulty thinking things through and planning
- Problems communicating

The middle stage of dementia could look like

- Memory problems getting worse
- Apathy, depression and anxiety
- Delusions and paranoia
- More problems with speech and language
- Getting confused about place and time
- Hallucinations

The later stage of dementia could look like

- Time shifting
- Difficulties recognising people
- Loss of verbal communication
- Difficulties with mobility
- Needing help with eating
- Aggressive behaviour from feeling scared, threatened or confused

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

Dr Buxton attended our July meeting. He has been a GP for 10 years and has been a GP Partner for just over 3 years, mostly working at Monteagle surgery. He is the OHG Cancer Lead, and is part of the Quality Improvement Team but his main interest is as the Training Lead.

NHS Health Checks over age 75

We had some clarification on why NHS Health Checks stop after the age of 75. NHS Health Checks are designed to look for certain conditions (e.g. High blood pressure, Diabetes etc.) and appointments are booked for those patients who do not have any pre-existing conditions up to the age of 75. Basically saying that if you haven't had any of these conditions up to the age of 75, then you are more than likely never going to have them, or if you do develop them at this stage, they are unlikely to affect your life expectancy. This is an NHS England protocol and not set by the surgery.

However, as a patient over the age of 75, you are entitled to contact your GP if you want to request blood tests for certain conditions should you be worried. It is then at the discretion of your GP whether the request is accepted or not.

If you are over the age for screening, you may also request National Screening appointments if you are worried. For women, automatic routine mammograms stop after the 71st birthday, however, women are still able to ask for a mammogram after this age and 3 years after their previous one. You may contact the Jarvis centre on 0333 200 2062 for more information.

Anima Feedback

Dr Buxton explained that Anima is a much better system than the previous EConsult system we used to have. It does help the GP to triage those who need a face-to-face appointment/telephone appointment/blood test/Xray etc.

Most patients have accepted Anima and are happy using it, however we have highlighted on several occasions that the questions do not always allow for anomalies regarding the condition a patient is requesting help for, e.g. sometimes the questions, in particular the Yes/No tick boxes, could do with having a N/A (not applicable) box, or other.

Annual Patient Survey

This is being rolled out in September and we would encourage all patients and PPG members to complete the survey. There are 29,000 plus patients and only 354 surveys were completed last year. It does help the surgery to find out information from its patients and make changes where necessary.

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 member of the Newsletter Group, 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.