OAKLEY HEALTH GROUP

Newsletter - November 2025

MOVEMBER - MEN'S HEALTH MONTH

WALK & TALK FOR MEN - YATELEY

WALK&TALK
SUPPORTING MEN'S MENTAL HEALTH
Fresh air, good company, honest chat

Men's Walking Group

Consent form QR Code

https://forms.gle/ehyweLUqryEu9yvq8

This group is all about having a place where men can just be men, whether that means having a good chat, sharing stories, or simply walking it out while clearing your head. It's about looking after your mental and physical health, together.

To visit their website, click here:

https://walkandtalkformen.co.uk/

They have a WhatsApp group where you can keep the conversation going, sharing updates, organising events, and strengthening the sense of community. If you'd like to be part of it scan the QR code or click here to join:

https://forms.gle/ehyweLUqryEu9yvq8

Just to reassure you, your details will only be used to support group activities and keep you informed. Nothing more.

HEALTH - 5 THINGS MEN SHOULD KNOW

1. Spend time with people who make you feel good.

Stay connected. Your mates are important and spending time with them is good for you. Catch up regularly, check in and make time.

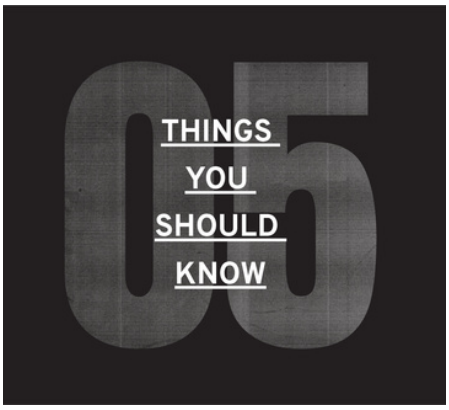


2. Talk, more.

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers.

From 50, be aware of your prostate and the signs of prostate cancer. Although the NHS do not have a screening programme, you may ask the GP to consider a PSA test if you are worried about your symptoms. If you are of African or Caribbean descent or have a father or brother with prostate cancer, you should be more aware of your prostate from 45. Know your numbers, know your risk.



4. Know thy nuts. Simple.

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move. More.

Add more activity to your day. Do more of what makes you feel good. Take a walking meeting. Park further away from the station. Get off the bus a stop or two earlier. Instead of the lift, take the stairs. Cycle to work instead of driving.

For more information about Movember and Men's Health, visit their website:

https://uk.movember.com/?home

Please note, the Oakley Health Group website is:

www.oakleyhealth.org

RBL - YATELEY AND HAWLEY BRANCH

The Royal British Legion is the UK's leading Armed Forces charity and one of its largest membership organisations. Members get together through the network of branches and clubs all over the country and overseas to participate in social, fundraising and welfare activities.

The Yateley and Hawley branch meet on the second Thursday of the month at 7.30pm at Yateley United Football Club, Sean Deveraux Park, Chandlers Lane, Yateley, GU46 7SS.

They also hold Veterans Breakfasts on the first Saturday of the month at 10.30am at The Royal Oak Pub, 27 Reading Road, Yateley, GU46 7UG.

REMEMBRANCE SUNDAY WITH YATELY TOWN COUNCIL

Sunday 9th November:

10:00 Service at St Barnabas
14:30 Remembrance service at St Swithin's Church (limited space)
15:10 (approx) Parade to War Memorial
15:30 (approx) Act of Remembrance Service and wreath laying

There will also be a wreath laying service at the war memorial at 11am on Tuesday 11th November where the Mayor and others will lay a wreath.



THE DIGITAL DILEMMA



Thames Valley Cyber Protect team are inviting Parents and carers to join engaging and informative Cyber Security training presentations. These sessions will share easy-to-implement tips for parents/carers regarding their and their family's online behaviours and internet-enabled device usage.

The sessions cover key topics, including:

1. Emails and mobile phones:
The art of spotting a scam – lots of hints and tips to share with your children around phishing and other scams.

2. Social media safety:
The risks around social engineering, disinformation, AI, privacy and hacked accounts.

3. Gaming:
Understand what the risks are to young people when gaming, particularly online, and discover ways to monitor and restrict usage.

4. Password mastery and Two-Factor Authentication (2FA):
Helping you and your family to secure your accounts following best practice.

Link to booking an online (free) session for parents:

https://www.eventbrite.com/cc/the-digital-dilemma-keeping-children-safe-online-3386699

Current session options:

Monday 10th November at 8pm
Tuesday 9th December at 10am
Monday 15th December at 8pm

YATELEY CHRISTMAS MARKET

SATURDAY 29 NOVEMBER
3:00 - 6:00 P.M.

CHURCH END GREEN
BY DOG & PARTRIDGE PUB

CHRISTMAS LIGHTS SWITCH ON
CAROL SINGING
SCHOOL CHOIRS
AMUSEMENTS
GIFT AND FOOD STALLS
CHRISTMAS GOODIES
AND MUCH MORE ...

YATELEY MEDICAL CENTRE WILL BE CLOSED ON THIS DAY. ALL APPOINTMENTS WILL BE HELD AT HARTLEY CORNER SURGERY

YATELEY & DISTRICT LIONS CLUB

#MedSafetyWeek

3–9 November 2025

Experiencing a problem with a medicine or medical device?

We all have the power to make healthcare products safer. Help others by reporting a problem using the Yellow Card scheme.

You can report suspected side effects to medicines, adverse incidents with medical devices, safety concerns about e-cigarettes/ vapes and defective, low-quality or falsified (fake) products to improve patient safety.

Every report counts

mhra.gov.uk/yellowcard

Download on the App Store
GET IT ON Google Play

Access the Yellow Card reporting site

Medicines & Healthcare products Regulatory Agency

Yellow Card

OAKLEY HEALTH GROUP

CLOSED FOR ESSENTIAL TRAINING

THE OAKLEY HEALTH GROUP WILL BE CLOSED
ON
TUESDAY 18TH NOVEMBER
FROM
12.30PM - 6.30PM

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

We are sorry for the inconvenience

https://oakleyhealth.org/

FLU & COVID CLINIC

Saturday 8th November
at
Yateley Medical Centre:

BY APPOINTMENT

Eligible FLU Patients are:
- Patients turning 65 by 31st March 2026
- 18 - 64 year olds at risk



Eligible COVID Patients are:
- Patients over 75 years old
- 18 - 75 years olds who are immunocompromised

Transgender Awareness Week

Week of November 13 to November 19

Transgender Awareness Week, observed annually from November 13 to November 19, is a one-week celebration to foster awareness about the **life experiences of transgender and gender non-conforming people**.

Most people can't name the symptoms of pancreatic cancer. Can you?

Indigestion	Tummy pain or back pain	Changes to your poo	Unexplained weight loss or loss of appetite	Jaundice (yellow skin or eyes and itchy skin)

If you have any of these symptoms and you don't know why you have them, go to your GP or contact NHS 111. If you have jaundice, go to your GP or A&E straight away.

Remember that these symptoms could have more common causes.

pancreaticcancer.org.uk/symptoms

Pancreatic CANCER UK

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