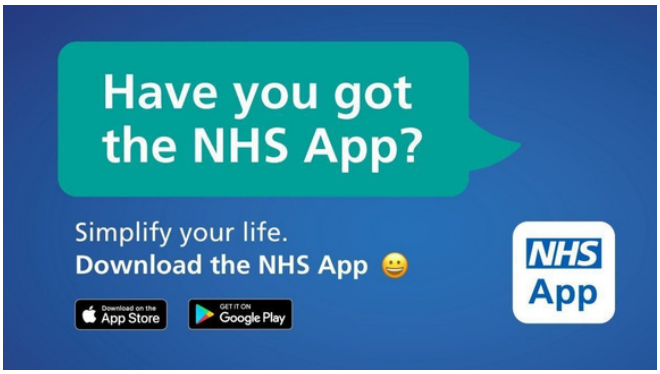
OAKLEY HEALTH GROUP

Newsletter - September 2025

CERVICAL SCREENING



From September 2025, the NHS Cervical Screening Programme will start sending results to patients digitally via the NHS App.

Patients with negative results will receive an app message and notification; if unread within 72 hours, a letter will be sent as a failsafe.

Abnormal results will continue to be delivered by post.

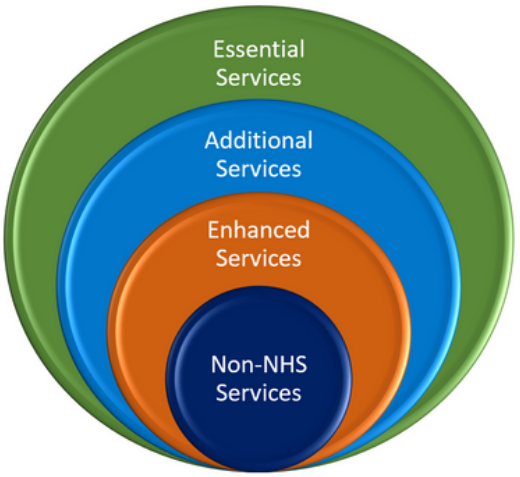
We advise patients to download the app and enable notifications:

https://www.nhs.uk/nhs-app/

GP SERVICES

GP services are more complicated than you may believe. Here is a summary of how general practice works, looking at the key points around services to patients.

As a Primary Care service, GPs are commissioned to provide certain essential services to the population within the core hours of 8.00am - 6.30pm. General Medical Services (GMS) is the range of healthcare that is provided by GPs as part of the National Health Service in the United Kingdom. The NHS specifies what GPs, as independent contractors, are expected to do and provides funding for this work through arrangements known as the General Medical Services Contract.



Additional services are also part of the GMS contract, and it is assumed that all GPs will do them. However, practices can 'opt-out' if they wish. These include cervical screening, vaccinations and immunisations, baby checks and antenatal care.



GPs, such as the Oakley Health Group may choose to offer enhanced services (ES). These may be decided nationally (DES) or locally (LES). Practices can choose whether or not they sign up to these. The benefits are more services for patients and extra funding, but the downside is that it is extra work in an already overstretched service. Unlike additional services, practices choose to sign up to offer them. These include ECGs, blood tests, spirometry, wound care and removal of stitches/staples.

Not all practices can take on enhanced services due to capacity, not enough local demand for the service, funding does not cover the cost of providing the service or a lack of of the particular training needed to facilitate the service. Where a surgery does not provide an enhanced service, patients will be referred to an appropriate alternative, such as a hospital.

Some of the things that GPs are asked to do are not covered by any NHS contract, these are considered to be non-NHS work. This is essentially private work which practices are not under any obligation to complete. If they choose to do the work, they will almost certainly charge for it. This includes insurance company forms and examinations, medical reports, and approved letters at the request of patients.

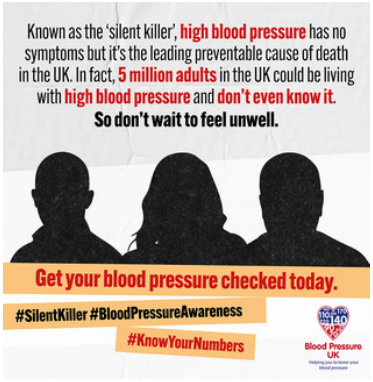
KNOW YOUR NUMBERS WEEK

Know Your Numbers! Week 2025 will be from the 8th - 14th September. This year the focus will be on home blood pressure monitoring, which is the easiest and most reliable way for someone to Know Your Numbers!

Right now, 5 million UK adults aged 18-64 have undiagnosed high blood pressure, which will increase their risk of heart attack, stroke and kidney disease. Taking a simple blood pressure test at home could literally be a lifesaver for someone.

High blood pressure is known as the "silent killer" as there are no symptoms, just high risk of future problems. Knowing your numbers gives you the power to act, whether that means eating less salt, being more active or starting medication.

The Oakley Health Group have blood pressure monitors available for patients to use, in the reception area of all three surgeries.





WHY MEASURE BLOOD PRESSURE AT HOME?

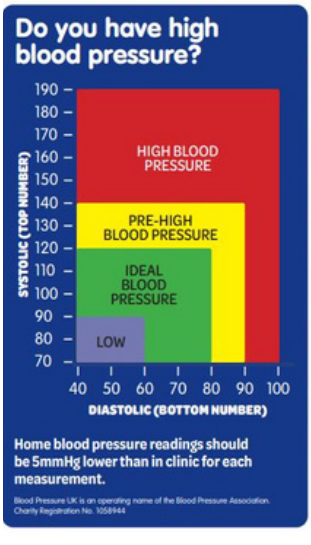
Your doctor or nurse will want to measure your blood pressure regularly. This is to make sure that medicines or lifestyle changes are helping to bring your blood pressure down.

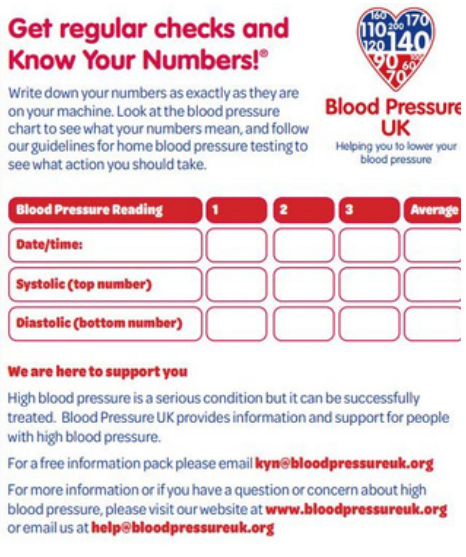
However, you may just want to measure your blood pressure yourself at home. Home monitoring doesn't have to be complicated or inconvenient. It can be very useful, for a number of reasons:

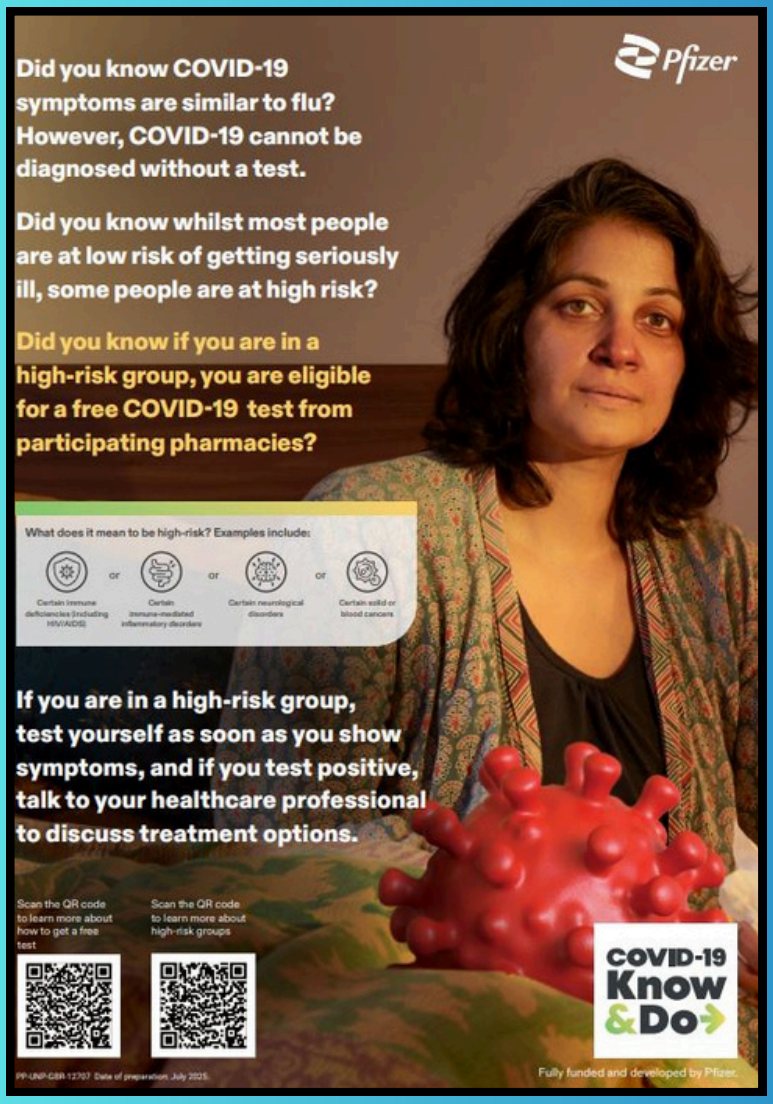
- To give a picture of what your blood pressure is like as you go about your daily life
- To see if your blood pressure is higher in the clinic than it is at home
- To see for yourself how your treatment is working for you i.e. are lifestyle changes or medication having any effect on your blood pressure
- It can help with early diagnosis of high blood pressure, as blood pressure measured at a clinic setting is done occasionally
- To alert you/your GP to unexpected changes in your readings, helping them to make changes to or adjust your medication
- To help identify white coat hypertension - where the pressure is markedly higher due to anxiety about seeing a doctor
- To help pick out white coat effect - where the thought of a doctor or nurse measuring your blood pressure, even though you know you have raised blood pressure and may even be on treatment, will still raise it even higher

"Having your blood pressure checked at home, at your local pharmacy or GP is a cost-effective and reliable method to manage blood pressure, with growing evidence supporting its benefits. With Know Your Numbers! Week now upon us, what better way to prioritise your health and get your blood pressure monitored for free and help find the missing millions."

Phil Pyatt, CEO of Blood Pressure UK






Pfizer
Did you know COVID-19 symptoms are similar to flu? However, COVID-19 cannot be diagnosed without a test.
Did you know whilst most people are at low risk of getting seriously ill, some people are at high risk?
Did you know if you are in a high-risk group, you are eligible for a free COVID-19 test from participating pharmacies?
What does it mean to be high-risk? Examples include:
Certain immune deficiencies (including HIV/AIDS)
Certain immune-mediated inflammatory disorders
Certain neurological disorders
Certain solid or blood cancers
If you are in a high-risk group, test yourself as soon as you show symptoms, and if you test positive, talk to your healthcare professional to discuss treatment options.
Scan the QR code to learn more about how to get a free test
Scan the QR code to learn more about high-risk groups
COVID-19 Know & Do
Fully funded and developed by Pfizer.


DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?
TOILET
THIRSTY
TIRED
THINNER
We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.
Scan the QR code or visit diabetes.org.uk/the4Ts
DIABETES UK


OAKLEY HEALTH GROUP
CLOSED FOR ESSENTIAL TRAINING
THE OAKLEY HEALTH GROUP WILL BE CLOSED
ON
WEDNESDAY 24TH SEPTEMBER
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 CLINICS
Saturdays at Yateley Medical Centre:
4th, 18th October
Weekdays at Hartley Corner & Monteagle Surgeries:
From 6th October
Pregnant Ladies & 2 -3 year olds will be invited to Flu vaccination clinics in September.
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


UK Health Security Agency
NHS
Sexually Transmitted Infections
Get tested
Get treated
• STIs can be spread by unprotected sex
• Some people don't get any symptoms with STIs so you may not know if you have one
• Protect yourself and your partner by using condoms and testing regularly
• Test at home or at a local sexual health clinic
STI TESTING IS FREE AND CONFIDENTIAL
Find sexual health services near you at:
nhs.uk/service-search/find-a-sexual-health-clinic


1 in 3 people living with dementia do not have a diagnosis.
That means they can't get the vital help they need.
If you're worried about yourself, or someone close to you, then check your symptoms today using our symptoms checklist.
Visit alzheimers.org.uk
Alzheimer's Society

REPORT FROM THE PATIENT PARTICIPATION GROUP COMMITTEE

We received a response from Alex Brewer from the Department of Health & Social Care setting out answers to her letter. We all feel the letter is a general response, but the final paragraph reports that the government is investing an additional £889 million in General Practice to reinforce the 'front door' of the NHS and bring back the family doctor, bringing total spending on the GP contract to £13.2 billion in 2025/26 which they claim is the biggest increase in over a decade and means they are reversing the recent trend by allocating a rising share of total NHS resources to GPs.

We will be meeting in September to set out our structure ready for our meeting with Alex Brewer in October. We have had some input from the Virtual Group but if there is anything you would like an answer to, or for us to ask Alex then this is the last chance to get in touch.

The OHG Business Manager, James, explained in detail about the new structure in the NHS. There will be 28 ICBs across the country. The ICBs (Integrated Care Boards) are statutory NHS organisations responsible for planning and funding most NHS services in their area. They replaced the Clinical Commissioning Groups as of July 2022.

We discussed the proposed development of 400 houses and the impact it would have on the three surgeries. James explained that extra people would influence more funding for more Healthcare staff, but there is no room to expand OHG at present. He has written to the developer lobbying that they provide the extra rooms/extension required.

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