



# OAKLEY HEALTH GROUP

NEWSLETTER – APRIL 2023

UK Health Security Agency



## COVID SPRING BOOSTER

# Top up+ your immunity this spring



If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

**Adults 75 years and over**

**People aged 5-74 with a weakened immune system**

**Residents in care homes**

Oakley Health Group patients who are residents in care homes will be vaccinated before Easter.

We have sent out invites to our eligible patients to come to vaccination clinics which will start from the week commencing 17<sup>th</sup> April.

We have enough vaccine & appointments to vaccinate everyone who is eligible. Once you have booked your appointment with the surgery you can ignore any further invites by the NHS.

If you are eligible & would like to book an appointment please call the surgery & speak to our Covid vaccination team (Ext 2).

**Please wait to be contacted** by the NHS if you're eligible



## MEET OUR TEAM



Frank O'Connell (Paramedic Practitioner) has become our Veteran's lead.

He is our dedicated clinician who has specialist knowledge of military related health conditions & veteran specific health services.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

## NEW TELEPHONE SYSTEM



Our new telephone system has gone live. Having listened to the feedback from both patients and staff, the previous system has proven to be unreliable & frustrating. We are hoping that the new service will see a significant improvement for everyone.

Remember, there are other ways to contact the surgery:

NHS App - E-Consult - Website

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## April is Bowel Cancer Awareness Month

If you are aged between 60 and 74, you will be invited to take part in bowel cancer screening every two years. The age for testing is due to be extended to include people aged 50-59 over the next 4 years.

If you are aged 75 or over, you can ask for a screening test by calling the free bowel cancer screening helpline on 0800 707 60 60.



## HAY FEVER - FEXOFENDINE

Fexofenadine is known as a non-drowsy antihistamine.

For hay fever, the 120mg dose of Fexofenadine is available to buy over the counter & will no longer be prescribed by a GP.

### On Your Feet Britain Day

Taking place on 27<sup>th</sup> April 2023, On Your Feet Britain Day is a fun & free way to reboot & energise your workplace.

Why not make some simple changes, it's easier than you think:

**Stand during phone calls**

**Use the stairs more**

**Arrange a walking meeting**

**Eat your lunch away from your desk**

**Walk to a colleague instead of phoning or emailing**

**Stand & take a break from your computer**



## Healthier Together

Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people

ASCOT | BRACKNELL | FARNHAM | MAIDENHEAD | NORTH EAST HAMPSHIRE | SLOUGH | SURREY HEATH | WINDSOR

[DOWNLOAD THE APP & USE ON YOUR MOBILE](#)

[Healthier Together App](#)

### Afternoon Training

Oakley Health Group will be closed on

Thursday 27<sup>th</sup> April 2023

12.30pm – 6.30pm

All our staff will be attending essential training which has been organised by:

Frimley Integrated Care Board

**Local doctors & nurses will be working so if you need urgent care during this time call 111**

### Did you know that Oakley Health Group has a Mental Health Team?

Annie Kaye - Mental Health Nurse, Emma Johnson - Mental Health Support Worker, Louise Attah - Social Prescriber, Lucy Stephens - Health & Wellbeing, Amy Jordan - Community Connector

They can help with anything that may be affecting your wellbeing - carer support, social isolation, food banks, parenting & education, mental health & exercise, or financial stress.

Please let a receptionist know if you would like to make an appointment with a member of the Mental Health team.