



OAKLEY HEALTH
GROUP



December 2023 - Newsletter



Merry Christmas from the Oakley Health Group

As we near the end of another incredibly busy year I am grateful for all the constructive feedback we have received as we continue to develop our service. This work will continue indefinitely as we try to ensure that people get convenient access to the care that they need with the support of our wide-ranging team.

General Practice has evolved substantially since well before the pandemic. We are here to help people find their way in an age when there is so much information available it is difficult to know where to look. We are thankful for the other services in our area such as the community pharmacies and voluntary sector whose activities are vital to the wellbeing of us all.

I wish all of you a Happy Christmas and if you are planning any healthy resolutions in the New Year have a look at our January newsletter for ideas on how make and keep your 2024 promises.

Dr Karl Bennett – Senior GP Partner

Christmas Jumper Day 2023

The official date for Christmas Jumper Day 2023 is on Thursday 7th December 2023 but you can do it another day if the 7th doesn't work for you.



Make a donation to Save the Children

For more information:

<https://www.savethechildren.org.uk/christmas-jumper-day>

[Christmas Jumper Day 2023 | Save the Children UK](#)



Bank Holidays

The Oakley Health Group will be closed on:

Monday 25th December 2023

Tuesday 26th December 2023

Monday 1st January 2024

Local clinicians 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 is only for people who have suffered a serious injury or a life-threatening emergency.



Add to your Christmas list:

Make sure you have enough medication to last the festive period. Order your prescription early to avoid having to make an urgent, last-minute request.



Happy New Year 2024

In 2023 we saw a number of changes at the Oakley Health Group. We introduced a new telephone system at the request of many of our patients and as NHS England recommend more of an online presence, we also launched our online consultation tool, Anima.

In 2024 we will be opening our new Well Being Hub at Royal Oak Close. The building was previously used by Citizen's Advice. Our Mental Health team will be based at this site, alongside our Health & Wellbeing Coach and our Social Prescriber.

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