



OAKLEY HEALTH GROUP

NEWSLETTER - JANUARY 2024

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE



2024 – HAPPY NEW YEAR

Happy New Year from all of us at the Oakley Health Group. Wishing you and your families a happy and healthy 2024.

Thank you for all your support in what has been a tough year within General Practice. Your feedback is always welcome as we strive to bring you convenient and wide-ranging health care as we move into 2024 and beyond.

Please keep a look out for future editions of the newsletter throughout the year, for the best hints, tips and signposting for getting and remaining healthy.

May 2024 bring you all health and happiness!

James Beesley – Business Manager

MEET OUR TEAM



We are pleased to introduce our new GP, Dr Chioma Ani to the practice. She has taken over the patient list from Dr Dalia Hasan who sadly left us on the 23rd November.

Dr Ani graduated from the University of Liverpool in 2016 and has an interest in Women and Child health.

Originally from the local area, Dr Ani has returned to Yateley after a maternity cover post.

Welcome to the surgery.

INCLUSION RECOVERY



Supporting those affected by drug and alcohol use in Hampshire. They can provide a team of Doctors, Nurses, Recovery Workers, Community Connectors, Peer Mentors and Recovery Coaches to help achieve this.

They offer a free and easy to access service. If you are concerned and need to look for some advice or support, then please call:

0300 124 0103

or use the online referral form:

[Online Referral - Inclusion Hants](https://www.inclusionhants.org/online-referral/)
<https://www.inclusionhants.org/online-referral/>

LIVE LONGER BETTER



This website will help you find ways to stay independent, live life to the full and keep doing what you love. If you are in your 60s, 70s or beyond, you can take positive steps now to improve your health and live longer, better.

Live Longer Better Hampshire focuses on four key areas where you can make positive changes now that will give you the best opportunity of staying independent in later life.

[Live Longer Better | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter)

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GP PATIENT SURVEY 2024

GP PATIENT SURVEY

NHS

We want to hear the views patients have about their GP services.
www.gp-patient.co.uk



In January, around 2.4 million randomly selected people registered with a GP will be invited to answer a GP Patient Survey about their experiences. The survey will be live for 3 months, with fieldwork closing in early April.

The findings help to show what's working and what needs to improve. The survey is carried out securely and information published does not identify individuals.

HART HEALTH WALKS

Hart Health Walks are an excellent way to exercise in a gentle way, while making new friends and getting to know your local area.

Hart Voluntary Action runs free weekly walks in Hook, Blackwater & Hawley, Fleet, Crookham Village, Yateley, Hartley Wintney and Odiham.

Walks are led by trained volunteer leaders and last approximately one hour. We recommend, though, that you allow two hours in total because they like to finish with a relaxing hot drink and a chat for those who'd like to socialise a bit longer.

[Hart Health Walks - Hart Voluntary Action \(hartvolaction.org.uk\)](http://hartvolaction.org.uk)

<https://www.hartvolaction.org.uk/community-services/hart-health-walks/>



FALSIFIED PRODUCTS

The Medicines and Healthcare products Regulatory Agency (MHRA) have issued a warning to the public after reports of fake Ozempic (Semaglutide) & Saxenda (Liraglutide) pens are being obtained by members of the UK public through non-legitimate routes.

This is a reminder that buying prescription-only medicines online without a prescription poses a direct danger to health. With any medicines bought outside of the legal supply chain, the contents may not match the ingredients on the label. Please be sure to only source prescription-only medications via a prescription issued by a qualified healthcare professional.

For more information, please see the link below:

<https://www.gov.uk/.../mhra-warns-of-unsafe-fake-weight...>



RUSHMOOR HEALTHY LIVING

No-one should feel alone and isolated. No-one should feel unable to take part in activities due to ill-health, physical disabilities, cultural barriers, poor language skills or financial constraints.

RHL are passionate about working with their beneficiaries to truly understand the barriers they face. RHL provide support to empower them to address these barriers, help themselves and improve their quality of life. Click here to find out more:

Rushmoor Healthy Living: RHL

<https://www.rhl.org.uk/index.php>

HANDY LINKS TO HELP KEEP YOUR NEW YEAR'S RESOLUTIONS



The free quit smoking service offers 12 weeks of support with a specialist stop smoking adviser as well as free nicotine replacement products. They understand that different types of support work for different people and are there to help you.

Call 0800 772 3649 OR Text QUIT to 66777

[Smokefree Hampshire | Your Stop Smoking Service](https://www.smokefreehampshire.co.uk/)

<https://www.smokefreehampshire.co.uk/>



The power to lose weight from your phone. More energy, better sleep, healthier mind. Learn how nutrition, movement, mind, alcohol and sleep all play a role in your weight loss journey. Through 12 weeks of interactive videos, articles, recipes and support.

Phone: 0800 048 9509

[Home - Gloji Hampshire](https://hampshire.gloji.org.uk/)

<https://hampshire.gloji.org.uk/>



DRY JANUARY

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January.

Phone: 020 3907 8480

[Dry January | Alcohol Change UK](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january)

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>



Use the Here for Hart Directory to find information about local activities, groups and services, whether you want to improve your health and wellbeing, socialise more, get active, learn something new, find a place to meet or to look for some support.

Phone: 01252 815652

[Search : Here for Hart Directory](https://hereforhartdirectory.org.uk/)

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