



OAKLEY HEALTH GROUP

NEWSLETTER - JUNE 2023

All of the links & telephone numbers highlighted have been checked & are safe to use



JUNE 5TH - ANIMA LAUNCH

Oakley Health Group are pleased to announce the launch of Anima, which you will be able to access via our website from Monday 5th June 2023.

Anima is an online consultation platform that allows you to submit requests to your GP practice.

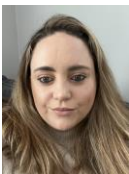
Anima will ask you all the same questions that a clinician or someone else at your GP practice would usually ask, meaning they will have all the information they need to help you & make a decision about next steps.

Anima is able to help your GP, other healthcare clinicians & the administrative team involved in your care to manage health consultations, administrative tasks & send communication, all on one platform.

[Oakley Health Group](#)

[Anima | For patients \(animahealth.com\)](#)

MEET OUR TEAM



Cherrelle Adams is one of our healthcare assistants.

In her words:

"I have been a healthcare assistant with Oakley Health Group for over two years. I have a background in Midwifery and Phlebotomy. I enjoy all aspects of my job particularly INR checks which monitors the level of warfarin in a person's bloodstream by taking a sample of blood from a patient's finger."

14TH JUNE 2023



World Blood Donor Day 2023

Tel: 0300 123 23 23

IN THE UK WE NEED:

400 new donors a day to meet demand

135,000 new donors a year to replace those who no longer donate

40,000 more black donors to meet demand for better-matched blood

30,000 new donors with priority blood types such as O negative

25TH JUNE 2023



Armed Forces Day 2023

Showing support for the Armed Forces provides a much-valued morale boost for the troops and their families.

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

Physical and virtual events are being held across the country to mark this year's Armed Forces Day.



Don't wait. Attend cervical screening when invited.

Cervical Cancer Prevention Week

19TH - 24TH JUNE

Going for your smear test isn't always easy, & everyone's experience is different. In Cervical Screening Awareness Week, [#LetsTalkScreening](#) on social media will be sharing different experiences from women & other people with a cervix: after giving birth, after menopause, after transitioning, after the first invitation & after being refused it altogether. There will be information, tips & support on how make attending your screening a little bit easier.

Helpline 0808 802 8000

Mens Health Week – 12th – 18th June 2023

A significant proportion of men put off having a health issue checked in the hope that the issue will simply go away, fear of bad news or simply not having the time to seek advice. However, some symptoms can have serious underlying causes such as changes in bowel habit, urinary difficulties, blood in the urine, testicular lumps or unexplained weight loss.

Men can also be reluctant to seek help with their mental health but in most cases, it is better to get help sooner rather than later.

Many men prefer to consult us online about their concerns which may be more convenient. We also encourage you to take up offers of national screening and the NHS Health Check.

There's no need to feel embarrassed - we really have heard it all!

<https://www.nhs.uk/common-health-questions/mens-health/>

written by **Karl Bennett, Senior GP Partner**

Men's health by numbers

1 man in 5 dies before the age of 65 (2 men in 5 die before 75).

NHS health checks are available from age 40.

A body mass index (BMI) over 25 is considered overweight. Over 30 is considered obese.

A waist over 37 inches puts you at increased risk of many serious health conditions.

Aim to drink no more than 14 units of alcohol a week.

Aim for 5 portions of fruit and veg a day.

Aim for 150 minutes of exercise a week.

Aim to walk 10,000 steps a day.

MEN'S HEALTH WEEK

MEN'S HEALTH FORUM



#menshealthweek
menshealthforum.org.uk/mhw



Carers Week 5th - 11th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face & recognize the contribution they make to families & communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers & access much needed support.

[Home | Carers Week](#)

Covid Spring Vaccination Clinics

Over 100 compliments received from patients:

"The arrangements made for the vaccination were well organised. Timing was good & staff were professional. I think the surgery has now become much more efficient & welcoming."

"Clear details given about the appointment time & where to attend. Staff / volunteers very helpful & cheerful"

"It was very well organised with information also given about parking. Everyone was also very friendly, staff and volunteers"

Did you know Oakley Health Group have Specialist Nurses?

- Jackie Brighton – Dermatology
- Penny Childs & Vanessa Middleton – Diabetes
- Jemma Jackson – Paediatrics
- Jenny Cavalier, Michelle Ferguson, Melissa Robinson & Jean Parsons - Respiratory

If you need an appointment for any of these subjects, book with the nurse rather than a GP. You may get an appointment sooner & they will be able to help or refer to a specialist if necessary.