



OAKLEY HEALTH GROUP

NEWSLETTER - MAY 2023



As the summer approaches we need to keep in mind the dangers of exposure to the sun. UV radiation from the sun is the main cause of skin cancer.

If you enjoy the outdoors, it is important to apply a high sun protection factor (SPF) cream, consider wearing a hat & try to stay in the shade where possible.

May 1st – 7th is National Sun Awareness Week organised by the British Association of Dermatologists. For more information, check out their website www.skinhealthinfo.org.uk/sun-awareness

Written by Jackie Brighton, Specialist Dermatology & Advanced Nurse Practitioner

MEET OUR TEAM



Dr Kuru Limbu has joined Oakley Health Group as one of our GPs.

She had previously trained with the practice for over three years, so some patients may already know her.

Kuru will be taking over Dr Jamie Martin's list of patients.

12TH MAY 2023



International Nurses Day 2023

A day to honour the fantastic contribution our nurses & healthcare assistants make to our practice.

Celebrated on Florence Nightingale's birthday, on May 12th a ceremonial lamp is passed along a line of nurses from the Nurses' Chapel at Westminster Abbey to the abbey's High Altar, symbolising the passage of knowledge.

MOOD MOVERS



Join us for THE Mood Movers Course

This is a FREE NHS Course

-Increasing activity for mental and physical wellbeing.

The next course dates are:

9, 16, 23, 30th May

2:30pm – 3:30pm

Face to Face at The Meads, Kingsmead Farnborough GU14 7SR or Online

For more information and to book your place call or self-refer online, quoting 'Mood Movers' course

www.talkplus.org.uk

01252 533 355



SLEEPIO APP

Good sleep matters, find the support you need at www.frimleyhealthandcare.org.uk/sleep

Sleep is essential, we know without it we cannot function properly. Designed by experts Sleepio can help reduce your sleepless nights.

Dementia Awareness Week

15th - 21st May is Dementia Awareness week. Supported by the Alzheimer's Society, in the UK there are about 800,000 people with dementia & around 400,000 who do not have an official diagnosis yet.

The Daisy Chain Café in Yateley offers a dementia friendly place for people with dementia & their carers or relatives to spend some time together. Open every Monday 2.30pm-4.30pm at the Darby Green Centre.

They are looking for volunteers, if you can help, please contact them at daisychaincafe1@gmail.com

TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- * Mixed dementia: Dementia from more than one cause



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We are encouraging our patients to obtain immediate diagnosis & self-management advice by downloading & using the Get U Better App for all musculoskeletal conditions.

Oakley Health Group do have **orthopaedic practitioners** who are advanced physiotherapists with enhanced skills.

For patients over 12 years old, you can book directly without seeing a GP first.

May Bank Holidays & Training

Oakley Health Group will be closed on

Monday 1st, 8th & 29th May (Bank Holidays)

Thursday 25th May from 12.30-6.30pm (Training)

Local doctors & nurses will be working, so if you need urgent medical advice when we are closed, Call the **NHS 111** service

A&E or 999 is only for people who are seriously injured or ill