



# OAKLEY HEALTH GROUP

## NEWSLETTER - OCTOBER 2023

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE

### BREAST CANCER AWARENESS MONTH



Experiencing side effects, wondering how to live a healthier lifestyle, or finding it difficult to adapt to a 'new normal'?

The "Becca" free mobile app has trustworthy information for anyone living with or beyond primary breast cancer, and real-life stories from people who've been there too.

[Becca - the breast cancer support app | Breast Cancer Now](#)

**Nurse Helpline 0808 800 6000**

### MEET OUR TEAM



We are delighted to welcome Dr Ana-Maria Al Soodi to the practice. She has joined us from the Reading & Newbury GP area, she was previously an ENT doctor at the Royal Berks Hospital.

Dr Al Soodi has taken over the patient list of Dr Amos Mak, who has relocated his young family to be nearer his parents. Thank you for all of the kind messages he received before he left. We are sad to see him go but warmly welcome Dr Al Soodi to the Oakley Health Group.

### ADHD AWARENESS



If you think you have ADHD and are worried about NHS waiting times please look at the [diagnosis pathway page](#), which has information on your NHS Right to Choose and faster NHS paid options.

For more information:

[ADHD UK - Homepage - ADHD UK](#)

<https://adhduk.co.uk/>

### DYSLEXIA AWARENESS



The British Dyslexia Association have chosen the theme of **Uniquely You** for Dyslexia Awareness Week. As unique as a fingerprint.

[Dyslexia Awareness Week 2023 - British Dyslexia Association \(bdadyslexia.org.uk\)](#)

**2nd to 8th October 2023**, the BDA will celebrate individuals with dyslexia from all backgrounds and walks of life. Dyslexia can bring its challenges, but it makes you **Uniquely You**. They want to inspire everyone to value and appreciate individuals with dyslexia.

**Helpline 0333 405 4555**



**GO SOBER THIS OCTOBER**

Macmillan Cancer Support are doing all they can to support people living with cancer. By going sober this October, you'll be raising vital funds for Macmillan, so they can continue providing much-needed physical, financial, and emotional support to the millions of people living with cancer in the UK. Going sober for October is a small sacrifice that makes a big difference!

[Sign Up - Go Sober 2023](#)

**ANIMA**

Calling all patients. Get ready for the winter season.

If you have not needed to use Anima yet, we invite you to sign up before the winter rush. Register with Anima now so that when you need to contact us, you know what to do.

[\*\*Anima \(animahealth.com\)\*\*](http://Anima(animahealth.com))

Anima is an online communication tool and therefore it is open for the same hours as our telephone system. It is used to tell the GP how you are feeling and what you need. If you can't use online systems for any reason, then give us a call, our reception team will help show you how to use Anima or fill in a medical request on your behalf.



**Hart Foodbank | Helping Local People in Crisis**

**Helpline 0808 278 7864**

We will have volunteers present at the flu clinics to gratefully accept any of the following items -

**Tins/Cans:** Vegetables, Spaghetti, Fruit, Soup, Meat, Tomatoes, Baked Beans, Fish, Rice Pudding

**Jars:** Jam, Pasta Sauces

**Dried Goods:** Tea, Coffee, Rice, Pasta, Cereal, Biscuits, Sponge Pudding, Pulses, Custard

**Liquids:** Long Life Fruit Juice, Long Life Milk, Squash

**Household:** Men & Women's Toiletries, Household Cleaning Products

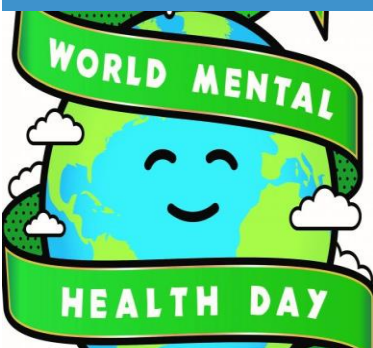
**FLU & COVID CLINICS 2023**

**08.00am - 14.00pm**

- 7<sup>th</sup> October Yateley Medical Centre
- 8<sup>th</sup> October Hartley Corner
- 14<sup>th</sup> October Yateley Medical Centre
- 15<sup>th</sup> October Monteagle Surgery
- 21<sup>st</sup> October Yateley Medical Centre
- 22<sup>nd</sup> October Yateley Medical Centre
- 28<sup>th</sup> October Yateley Medical Centre

If you are eligible, you will receive a text invite or a telephone call to book an appointment.

We will be accepting donations for the local foodbanks at these clinics, if you are able, please bring something along.



**WORLD MENTAL HEALTH DAY**

10<sup>th</sup> October is World Mental Health Day. Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Tea & Talk is a great way to come together with friends, family, or colleagues to raise money and awareness for the Mental Health Foundation. Download your pack to get started!

[\*\*Tea & Talk for World Mental Health Day | Mental Health Foundation\*\*](#)