



OAKLEY HEALTH GROUP

NEWSLETTER - SEPTEMBER 2023

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE



ANIMA SCAM ALERT

If you receive a phone call from someone claiming to work for Anima, this is a SCAM.

One of our patients called us to say that they received a call from Anima asking for money.

Quote from Anima:

"Anima will never phone a patient directly without explicit written consent first, and we will share our phone number in advance so they know who it is that's calling. "

All patient information is highly confidential.

MEET OUR TEAM



Louise Attah is a Social Prescriber. She helps patients who may feel lonely, overwhelmed or in need of help. She works with people to improve their health & wellbeing by connecting them to activities in the community. She can give advice on where to get assistance for work, debt or housing.

She may also be able to help someone focus on their priorities & what may affect their wellbeing, give support to take better control of their health & introduce them to groups in their community.

SUICIDE PREVENTION DAY



September 10th is World Suicide Prevention Day.

Suicide is the biggest killer of men under the age of 45 in the UK, but numbers have almost doubled among teenage girls & young women in recent years.

Click here for more information & help:

[Suicide - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org)

Helpline 0800 689 5652

People with migraine deserve better

#MigraineAwarenessWeek
24-30 September

MIGRAINE AWARENESS

1 in 7 people live with migraine.

Migraine has been dismissed for too long as "just a headache", despite it being a complex & debilitating neurological disorder.

[Get involved this Migraine Awareness Week - The Migraine Trust](#)

On Saturday 30th September join one of the organised migraine walks at one of the allocated National Parks or hold your own in one of your favourite green spaces.

Helpline 0808 802 0066

MAKE THE TIME EASE YOUR PRESSURE



Your blood pressure is important no matter your age.

Taking the time to know your numbers will help to stop stroke and heart disease and could save your life.

Know Your Numbers!®
Week 2023
4-10 September



bloodpressureuk.org #KnowYourNumbers

KNOW YOUR NUMBERS

Untreated high blood pressure is known as 'the silent killer' because it often shows no symptoms but can lead to stroke, heart attack & other potentially fatal or long-term health conditions.

Know Your Numbers, check your Blood Pressure using the machines in our waiting rooms or at the pharmacy.

Blood Pressure UK Helpline 0207 882 6255

#ASK ABOUT ASTHMA

September 11-17, this year's theme is "Widening our view": shining a light on the wider factors of children & young people's asthma care including issues such as housing, mould & vaping. By widening our view, we can help to raise the profile of asthma by reaching out to everyone who has asthma, their friends, families & the whole system that cares for them. We need to encourage children & young people, their families, & those involved in their care, to ensure 4 simple, effective measures to help them control their asthma:

1. Put an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review - every year & after every attack
4. Consider air pollution & its impact on lung health

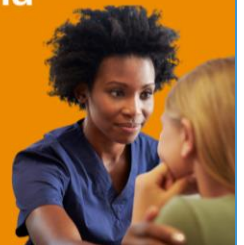
[Widening our view about asthma - Transformation Partners in Health and Care](#)

Helpline 0300 222 5800



For #AskAboutAsthma
2023, we are **widening**
our view of young
people's asthma

#AskAboutAsthma
11-17 September 2023



Find out how **gloji** can help you.

You're one step away from improving your health and wellbeing for good. Pick a programme so they can start helping you today:

[gloji lose weight](#)

[gloji smoke free](#)

or call **0800 054 1190** to speak with one of their mentors.

FLU & COVID CLINICS 2023

07.30am – 14.00pm

- 30th September Yateley Medical Centre
- 7th October Yateley Medical Centre
- 8th October Hartley Corner
- 14th October Yateley Medical Centre
- 15th October Monteagle Surgery
- 21st October Yateley Medical Centre
- 22nd October Yateley Medical Centre
- 28th 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 (see below for details)

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 PUDDINGS, PULSES, CUSTARD

LIQUIDS: LONG LIFE FRUIT JUICE, LONG LIFE MILK, SQUASH

HOUSEHOLD: MEN & WOMEN'S TOILETRIES, HOUSEHOLD CLEANING PRODUCTS