

NEWSLETTER - APRIL 2024

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE

If you would like to give the Patient Participation Group (PPG) your feedback, email frimleyicb.ohg.communications@nhs.net



WORLD IMMUNISATION WEEK

24-30 April

WORLD IMMUNISATION WEEK

For over two centuries, vaccines have helped make the world safe. From the first vaccine developed to protect against smallpox to the newest Covid vaccines, every year, vaccines save millions of lives.

This year World Immunisation Week celebrates 50 years of the Essential Programme on Immunisation (EPI). Established by the World Health Organisation (WHO) in 1974, EPI aims to globally prevent certain diseases via national immunisation programmes.

Today, every country follows the EPI as vaccines are recognised as one of the safest, cost-effective, and successful public health interventions to prevent fatalities and enhance quality of life.

There are now 13 vaccines recommended by WHO for the EPI programme: BCG, diphtheria, pertussis, tetanus, Hib, polio, measles, Hepatitis B, rubella, pneumococcal, rotavirus, HPV and COVID-19.

If you missed any vaccinations, call the surgery to book your jabs.

MEET THE TEAM



The Oakley Health Group are pleased to welcome our new GP, Dr Sonam Gurung to the practice.

As we currently have 3 GPs with the surname Gurung in our team, we ask that patients emphasise their first name when requesting an appointment with or referring to one of these Doctors:

Dr Anita Gurung

Dr Rashmi Gurung

Dr Sonam Gurung

ALLERGY AWARENESS



22nd – 28th April 2024

Maintaining a good quality of life whilst living with allergies can be difficult. Everyday activities may be a challenge. For many people, their house is a safe place from allergens. However, for some people with allergies it can be difficult to feel at ease even in their own home.

For more information:

[Living With an Allergy | Allergy UK](https://www.allergyuk.org/living-with-an-allergy/)

<https://www.allergyuk.org/living-with-an-allergy/>

Helpline - 01322 619898

STRESS AWARENESS MONTH

IF YOU'RE FEELING STRESSED, TRY...



CALLING A FRIEND



TAKING A HOT BATH



GETTING SOME FRESH AIR



FOCUSING ON WHAT YOU CAN CONTROL



A NEW CREATIVE OUTLET



LIGHTING YOUR FAVORITE CANDLES



REDUCING CLUTTER IN YOUR SPACE



SAYING POSITIVE AFFIRMATIONS



HAVING A SOLO DANCE PARTY

#MSWeek



MS AWARENESS WEEK - 22ND - 28TH APRIL

MS can be tough to deal with. But whether you've had it for a while, are newly diagnosed, waiting for diagnosis or care about someone living with MS, the MS Society is here for you.

For more information on how you can get the help you need:

[Care & Support for People with Multiple Sclerosis](#)

<https://www.mssociety.org.uk/care-and-support>

Helpline - 0808 800 8000

BOWEL CANCER AWARENESS MONTH

Bowel Cancer UK are offering a brilliant opportunity to learn more about the disease by joining one of their awareness talks via Zoom in April.

Free tickets will be available up until the event date. Delivered by a volunteer with a personal connection to bowel cancer, you'll learn about common symptoms, risk factors associated with the disease and the importance of the NHS bowel screening programme.

You can book these tickets on Eventbrite using the links below:

Thursday 4 April at 1-2pm. [Book here](#)
Wednesday 10 April at 2-3pm. [Book here](#)
Friday 19 April at 11am-12pm. [Book here](#)
Tuesday 23 April at 6-7pm. [Book here](#)

Helpline - 0207 940 1760

Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

WORLD AUTISM AWARENESS DAY

Autistic people face discrimination and barriers across all sectors of society. It is crucial that autistic people, and their families and carers, can access tailored information, guidance, and support to overcome those barriers, along with opportunities to explore their interests, develop skills and build friendships for fulfilled lives.

[National Autistic Society \(autism.org.uk\)](#)

<https://www.autism.org.uk/>

Helpline - 0808 800 4104



ON YOUR FEET BRITAIN DAY - 25TH APRIL

Take part in the national day when workers are encouraged to get on their feet.

- ✓ Stand up to make phone calls.
- ✓ Stand and move every 30 minutes.
- ✓ Use the stairs instead of the lift.
- ✓ Have standing or walking meetings.
- ✓ Eat lunch away from your desk.
- ✓ Walk to your colleagues, don't call.
- ✓ Stand during presentations.
- ✓ Perform exercises by your desk.

#SITLESS
#MOVEMORE

Wiggle It
Waggle It
Just don't sit
On It

WHAT WILL YOU DO?
JOIN 2 MILLION OFFICE WORKERS