

## NEWSLETTER - FEBRUARY 2024

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

THE LINKS HIGHLIGHTED HAVE BEEN CHECKED & ARE SAFE TO USE



### Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at [nhs.uk/MMR](https://www.nhs.uk/MMR)



### MMR VACCINATIONS

Measles cases are on the rise in the UK. Around 1 in 10 children in the UK aren't vaccinated against measles, mumps or rubella (MMR). The MMR vaccine is safe and offers the best protection for children and their community. If you can't remember if your child has had their MMR vaccines, check their personal child health record (red book) and speak to your GP practice to book their first or second dose.

Visit [nhs.uk/MMR](https://www.nhs.uk/MMR) for more information.

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

### RETIREMENT



The Oakley Health Group would like to wish Practice Nurse, Mary Jeffries all the best in her retirement.

Mary started her nurse training in 1981 and has had an amazing career, working in both the UK and Ireland. She is also a trained midwife!

We are honoured that she is concluding her career with us at the end of February, and we know she will be missed by both her colleagues and patients at the practice.

### OUR VOICE MATTERS



All children should be able to say and believe "My Voice Matters."

Healthy relationships with family and friends are vital for a child's wellbeing, offering a strong protective factor against poor mental health.

Connections within a school are also very important, pupils should feel that they belong to, and are a valued part of a school.

[Children's Mental Health Week](https://www.childrensmentalhealthweek.org.uk/)

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### EATING DISORDERS



Eating Disorders Awareness Week (26/02 - 03/03/2024) is a campaign to educate the public and to engage in efforts to provide hope and support for individuals and families affected by eating disorders.

To better recognize, support and treat eating disorders, public awareness is key. This year we are asking you to "Get in the Know" and learn about eating disorders, get involved in raising awareness, and share information and resources.

[Eating Disorders Awareness Week](https://www.nationaleatingdisorders.org/eating-disorders-awareness-week-2024/)

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If you're reading this  
and you're suffering from stress,  
anxiety, low mood or worry...

Don't accept it as part of your everyday life.  
We're here to help you.

Let's navigate the darkness to a brighter future, together.  
[www.talkplus.org.uk](http://www.talkplus.org.uk)  
01252 533355

TalkPlus  
NHS Talking Therapies  
for Anxiety and Depression



**"Yeah, getting by..."**

**SOMETIMES MEANS I WORRY  
ABOUT PAYING MY BILLS**

Time to Talk Day is the perfect opportunity to start a conversation about mental health



#TimeToTalk

in partnership with

## WORLD CANCER DAY

Macmillan Cancer have a range of information about cancer on their website to help support you and your loved ones. This includes:

**An a-z of cancer types**

**Advice and help if you are worried about cancer**

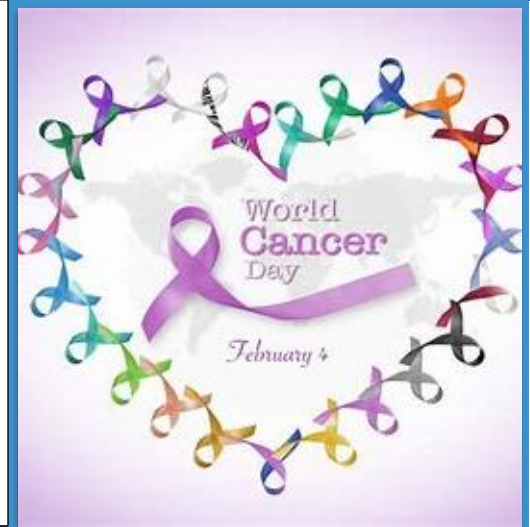
**If you are LGBTQ+, transgender or non-binary and have cancer**

**Practical support if you are caring for someone with cancer**

If you have been assigned a Macmillan Nurse, they can help you to understand your cancer diagnosis and treatment options. They can also support you through your cancer experience.

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

Helpline 0808 808 0000



## PATIENT PARTICIPATION GROUP (PPG)

A Patient Participation Group allows patients to feedback constructive comments and suggestions for improvements to services provided by the practice. It is run by volunteers who give up their time to be the voice of the patients to the surgery.

If you would like to join our PPG or ask them to voice your feedback (positive and negative) then please send an email to [frimleyicb.ohg.communications@nhs.net](mailto:frimleyicb.ohg.communications@nhs.net) or leave your contact details with a receptionist for the Chairperson, Fiona Fryer to call you.

# YOUR PPG

Patient Participation Group



## ESSENTIAL TRAINING

The practice will be **CLOSED**  
on  
**Tuesday 6<sup>th</sup> February 2024**  
from  
**12.30pm - 6.30pm**  
for

Essential staff training organised by  
Frimley Integrated Care Board

Local doctors & nurses will be working, so if you need  
urgent medical advice when we are closed

Call the **NHS 111** service