

## NEWSLETTER - MARCH 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](mailto:frimleyicb.ohg.communications@nhs.net)



### NHS PHARMACY FIRST SERVICE

Patients can now get treatment for 7 common conditions at the pharmacy without needing to see a GP or get a prescription.

Pharmacists will be able to assess and treat patients for sinusitis, sore throat, earache, infected insect bite, impetigo, shingles, and uncomplicated urinary tract infections in women (under 65s).

The major expansion of pharmacy services will give the public more choice in where and how they access care, aiming to free up 10 million GP appointments a year.

It builds on the successful expansion of the contraceptive pill service in December 2023, with more than 5,000 pharmacies now registered to offer women the chance to get a supply of oral contraception over the counter from their pharmacy without needing to first see their GP.

Think pharmacy first

See your pharmacist

Help us help you

### MENCAP

In January, our Learning Disability Helpline responded to 751 enquiries.



The Mencap Learning Disability Helpline is a free help and advice line for people with a learning disability, and their families and carers.

You can also visit the website for advice and support resources:

[Access Learning Disability Advice and Support | Mencap](https://www.mencap.org.uk/advice-and-support)

<https://www.mencap.org.uk/advice-and-support>

Helpline - 0808 808 1111

### FRIMLEY - BLOOD TESTS



If you are asked to have a blood test at Frimley Park Hospital, these are done in the Outpatients Department.

To safely manage the flow of patients and avoid overcrowded waiting areas, they have implemented a booking system:

[Booking your blood test | NHS Frimley Health Foundation Trust](https://www.fhft.nhs.uk/services/blood-tests/booking-your-blood-test/)

<https://www.fhft.nhs.uk/services/blood-tests/booking-your-blood-test/>

Helpline - 0300 613 4117

### YOUNG CARERS ACTION DAY

CARERS TRUST

WEDNESDAY 13 MARCH 2024

#### Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!



Find out more and get involved: [Carers.org/ycad](https://www.carers.org/ycad)

#YoungCarersActionDay



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## OVERSEAS NHS WORKERS DAY - 1<sup>st</sup> MARCH 2024

Founded by The Doctors' Association UK, Overseas NHS Workers Day was created to take the opportunity to recognise the extraordinary contribution made by those who have migrated to the United Kingdom.

Fulfilling all kinds of different roles within the National Health Service, almost 200 different nationalities are represented within the NHS in England alone.

Even with the extra help from those overseas, the NHS still does not have enough staff to meet the demand. So we would like to take the time to thank all of our overseas NHS workers at the Oakley Health Group for being here for us.

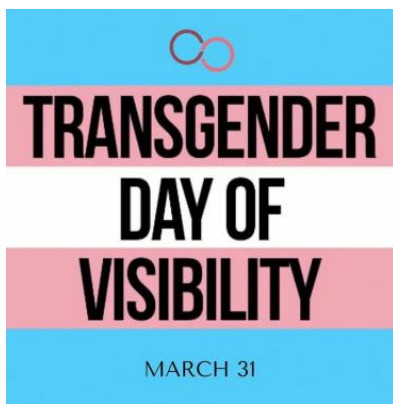
### RETIREMENT

Our Business Manager, Jennie Taylor has worked with us since March 2009 having joined initially as Practice Manager of the Oaklands Surgery.

She was a key figure in the process of creating the Oakley Health Group formed by the mergers of the three local surgeries. Jennie was instrumental in the development of our services including the Integrated Care Team, Minor Illness Clinic, not to mention all the initiatives during Covid such as the vaccination effort and the Portakabin in the car park where we were able to see Covid patients. The final project she has been involved in is setting up the new Wellness Hub in Royal Oak Close.

Now the time has come for her to retire we wish her all the best, with her husband, two sons and a cat or two.

Karl Bennett, Senior GP Partner



### TRANSGENDER DAY OF VISIBILITY

In health and social care sectors, we are proud of the huge diversity of our colleagues. Inclusive workplaces have a huge part to play in making this world a fair and open space for all. But inclusion is not always a given and coming out at work can still be a risk for LGBTQIA+ individuals.

The 31<sup>st</sup> March is International Transgender Day of Visibility. This annual event is dedicated to raising awareness of the discrimination faced by trans people and celebrating their achievements.



### ESSENTIAL TRAINING & EASTER

The practice will be **CLOSED**  
on  
**Thursday 21<sup>st</sup> March 2024**  
From **12.30pm - 6.30pm**

Essential staff training organised by Frimley Integrated Care Board &

all day on  
**Friday 29<sup>th</sup> March (Good Friday)**  
**Monday 1<sup>st</sup> April (Easter Monday)**

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