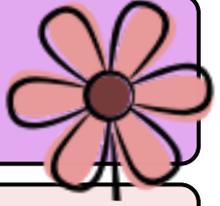


Spring 2026



NEWSLETTER

Odiham and Old Basing Health Centre

www.odihamhealthcentre.co.uk

hiowicb-hsi.odihamhealthcentre-reception@nhs.net 01256 702371

Welcome to our Spring Newsletter, inside you will find results from the Friends and Family test (FFT), Practice figure's, DNAs, information on the 'Health on the High Street' event, the role of a social prescriber, a patient group update, the Spring Covid Campaign being launched by the NHS and the Learning disability friendly GP award

Staff Update!

We are delighted to welcome Lizzie Bettridge to the team, Lizzie is an Advanced Nurse Practitioner, she comes with a wealth of experience and has joined us from Chineham Medical Centre

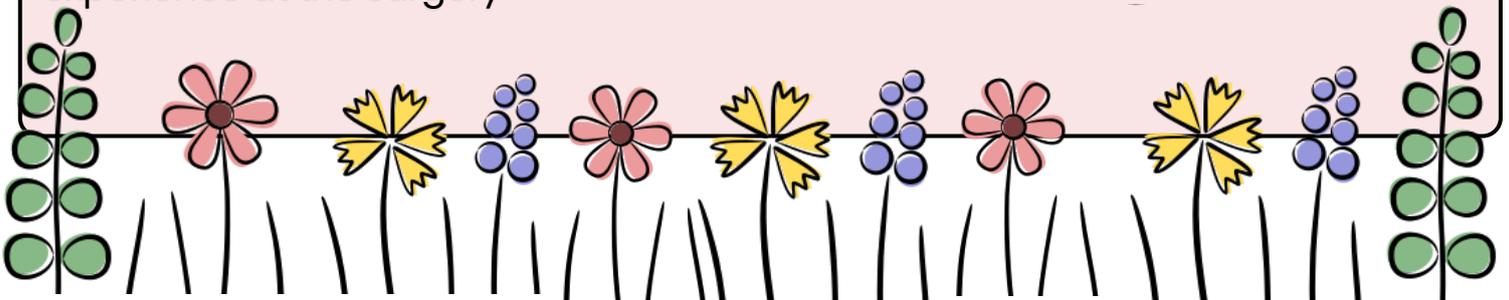
Friends and Family Test (FFT) Results

MARCH

Thank you for taking the time to take part in our Friends and Family report. We are pleased to report a 95% satisfaction rate for March! A total of 134 patients completed our survey giving us the below results

127 Very good + Good
4 Neither good nor poor
2 Poor
1 Very Poor

The Friends and Family Test (FFT) is an important feedback tool that supports the fundamental principle that people who use NHS services should have the opportunity to provide feedback based on their experience at the surgery





**ODIHAM AND OLD
BASING HEALTH
CENTRES**

Practice Figures January - March 26

The figures continue to illustrate the adaptations in which we work to meet the needs of the increased demand for services. **By comparing the total number of booked appointments, and factoring in a 112 increase in patient size, over the 3 month period we provided a total of 22,313 appointment to our 13,330 patients**

*Appointments not included in data - Weekly GP visit to the local care home

	Jan - Mar 25	Jan - Mar 26
F2F	7561	9406
Routine Telephone	4332	4650
Triage	7011	8257
DNA	271	395
Patient Size	13218	13330

MARCH Did Not Attend (DNA) Appointment Results

4.6% of patients did not attend appointments in March, which equates to **115** wasted appointments

You said

We received feedback from the Friends & Family Survey that our chairs in the waiting areas were 'cold and uncomfortable' that 'not enough chairs are available in waiting area' and that we are in need of 'more seats'



We listened

We agreed!
We have now provided a variety of new chairs.





Location 

Odiham Health Centre
Deer Park View
Odiham
RG29 1JY
Tel: 01256 702731

HEALTH ON THE HIGH STREET

18TH APRIL
10AM - 1PM



Your local hub for support and wellbeing
Supportive environment
No appointments needed
Free blood pressure checks

Drop in and take control of your health!
Free walk in assess to a range of services in our
community
Everyone welcome!

OUR

PARTNERS



HAMPSHIRE & ISLE OF WIGHT
CONSTABULARY



Hampshire
& Isle of Wight
FIRE & RESCUE SERVICE



the
ODDFELLOWS
since 1810
making friends, helping people

AGE concern
Hampshire



ODIHAM AND OLD
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Social Prescriber Jenny Tinson

Do you know you have access to a social prescribing link worker through your Practice?

Hi, I'm Jenny and I am part of a team that works for your local Primary Care network mosaic and help support the patients of Odiham and Old Basing.

I'm a Mum of three adult children who have all now left home, although they did forget to take their dogs with them turning me into a crazy pet grandma of three but I wouldn't be without them!

I believe passionately about supporting the local community; I volunteer with Royal British Legion, am an avid reader belonging to a book club and enjoy getting my knitting needles out at a local knit and knatter group.

Please reach out to the surgery and ask to be put in touch with me if you feel I may be of any help.



Social Prescribing is designed to connect patients with a variety of local, non-medical activities, opportunities, and support. By engaging in these community-based resources, individuals can enhance their health and well-being, addressing factors that contribute to overall wellness beyond traditional medical care

The Core Principle of social prescribing is based essentially on "What matters to you?"

We focus on this with every patient which then encourages them to have greater choice and control over their lives, empowering them to make decisions that best suit their needs and preferences.

Social prescribers are link workers who have the information and knowledge to help patients to access the correct groups and services in their community with specialist knowledge to support with areas such as:

EXAMPLE OF SOCIAL PRESCRIBING SERVICES

Meet Bert What help Bert thinks he needs

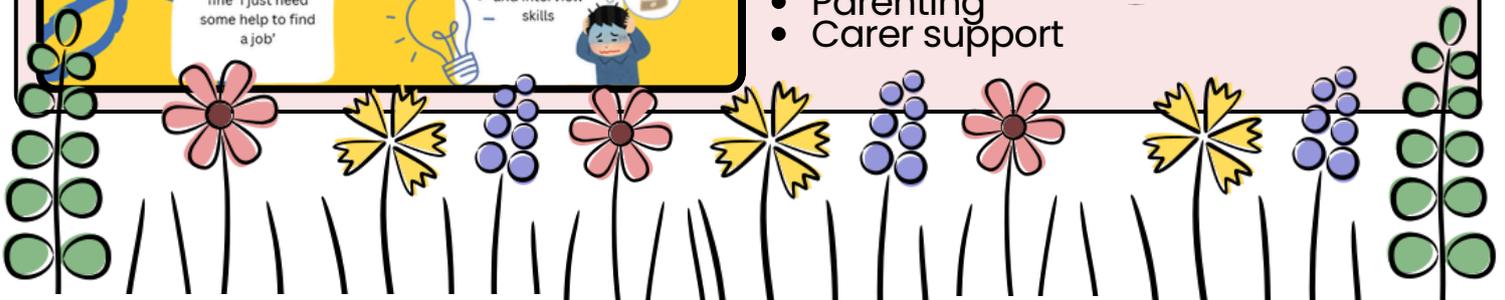


Bert has come to the surgery
He has been out of work for 3 months
He is saying 'I am fine' I just need some help to find a job'

What Bert actually needs

Food bank referral
CAB referral for help with energy costs
Referral for debt management
Support with hoarding/living conditions
Referral to local job club for help with CV building and interview skills

- Counselling/mental health therapy services
- Benefits, budgeting and debt advice
- Domestic abuse
- Housing advice
- Social interaction
- Practical help (cooking, transport, shopping)
- Independent living at home
- Disability/impairment support
- School/education support
- Relationship problems
- Parenting
- Carer support





ODIHAM AND OLD
BASING HEALTH
CENTRES



PPG ARE NOW

DIGITAL CHAMPIONS

(PPG)

Patient Participation Group

Get in Touch
www.odihamhealthcentre.co.uk
and search
PPG

The Odiham and Old Basing Patient Participation Group (PPG) is an assembly of patients and Practice staff whose mutual goal is to improve positive patient outcomes and healthcare services, support the practice and drive health-related events to benefit the local community.

Brief overview from PPG meeting at Odiham Health Centre 24.03.26

- There is a much broader Practice Team for patients to access; availability needs to be communicated. Ditto Odiham Cottage Hospital facilities and Oddfellows
- Old Basing Village Show will take place 6th September. Odiham Fete (18th July) for events discussion
- PPG action plan accepted and agreed by committee
- The online system is efficient
- Next PPG meeting 29.04.2026

Interested in learning a little more about your Health Centre?

Become a PPG member!

If you'd like to find out more or have any questions, send an email for the attention of the PPG to -
hiowicb.hsi.odihamhealthcentre-reception@nhs.net
or speak to Reception.

NHS App Corner

Use the NHS App to access NHS services
The NHS App is a simple and secure way to access a range of NHS services and information on your smartphone or tablet. Whether viewing your GP health record, ordering repeat prescriptions, or nominating your preferred pharmacy – the NHS App hosts a range of features that make it easier to access NHS services and information. Learn how to download the NHS App on your iPhone or Android device For more information, please visit www.nhs.uk/nhsapp.



Download the App

Available on iOS and Android

You can also [access your NHS account using the NHS website](http://www.nhs.uk)



Covid Spring Booster Begins!

13TH APRIL 2026

Saturday 18th April 2026
Covid Clinic at Odiham Health Centre

Book your jab with your NHS app!



Eligibility Criteria

The NHS will contact you if you're eligible for the COVID-19 vaccine

You may be offered a COVID-19 vaccine in spring if you:

- are aged 75 or over
- are immunosuppressed - aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

As we move into spring, we want to help our patients stay healthy and protected. COVID-19 is still with us, and for those at higher risk, a "booster" dose helps top up your protection.

Why should I get the booster?

Protection from previous doses or infections fades over time. Viruses can also change. Getting this extra dose helps reduce your risk of getting very poorly, helps you recover faster if you do catch it and reduces the chance of needing to go to hospital.

Learning Disability Friendly GP award



What does it mean to be a learning disability friendly GP practice?

- There is a Learning Disability Champion in each practice
- The surgery is person centred
- Reasonable adjustments are offered as appropriate
- Good quality Learning Disability Annual Health Checks are offered
- Learning Disability patients have a Health Check Action Plan in place after their Annual Health Check



UK Government NHS

WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

STAY STRONG. GET VACCINATED.

NHS Hampshire Child and Adolescent Mental Health Services

HOW TO COPE WHEN YOUR CHILD CANT

Tickets £25 Tea, coffee and lunch included

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

For more information and to book a place go to: <https://hampshirecamhs.nhs.uk/events/>

<p>Thursday, 22 January 2026 9:30am - 3:15pm</p> <p>St Peters Church Centre, Jewry St, Winchester SO23 8RY</p>	<p>Friday, 15 May 2026 9:30am - 3:15pm</p> <p>The Hilt, Hiltingbury Road, Chandlers Ford, Eastleigh SO53 5NP</p>
<p>Wed, 30 September 2026 9:30am - 3:15pm</p> <p>The Irish Centre, Council Road, Basingstoke, RG21 3DH</p>	

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

NHS Hampshire Child and Adolescent Mental Health Services

Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

Tickets £20 Tea and coffee included

- The importance of relationships and connection in the agencies supporting the young person in order for them to feel safe, build trust and resilience.
- The role of parents, carers and professionals, adapting responses to a young person that considers the impact of trauma and meaning behind the behaviour.
- How to help a young person develop skills to make sense of everyday experience and develop healthier coping and emotional regulation.

Discretionary tickets available to families on request.

<p>4 June 2026</p> <p>Irish Centre, Council Road, Basingstoke, RG21 3DH</p>	<p>7 October 2026</p> <p>The Pallant Centre, Havant, PO9 1BE</p>
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For more information scan the QR code or visit: <https://hampshirecamhs.nhs.uk/events/>

NHS Hampshire Child and Adolescent Mental Health Services

HAMPSHIRE CAMHS INFORMATION AND ADVICE SESSIONS 2026

ARE YOU CONCERNED ABOUT A YOUNG PERSON'S MENTAL HEALTH?

10am - 2pm

The Arc, Jewry Street Winchester, SO23 8SB

This is an opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

Bookable slots available via our website or just drop in.

hampshirecamhs.nhs.uk

7 Jan	1 July
4 Feb	5 Aug
4 March	2 Sept
1 April	7 Oct
6 May	4 Nov
3 June	2 Dec

Circle Integrated Care

Do you have muscle or joint pain?

Most muscle and joint problems start to improve within 6 weeks with good self-management.

Download the Circle Integrated Care (CIC) app today for:

- Helpful exercises
- Trusted health advice
- Support to manage your symptoms at home

The app also gives you easy access to information about CIC MSK services in your area.

Visit cic.circlehealthgroup.co.uk/looking-after-yourself for more information

Download the CIC app now

APRIL

STRESS AWARENESS MONTH

COULD YOU BE ELIGIBLE FOR A FREE HOME FIRE SAFETY VISIT?

We visit people who:

- Are aged 65+
- Have a hearing, cognitive or mobility impairment
- Are smokers
- Are living with mental health problems
- Are currently using drugs/alcohol
- Use emollients

CONTACT US TO BOOK A VISIT

CALL 02380 644000

SCAN THE QR CODE

MAY

NATIONAL WALKING MONTH

JUNE

LEARNING DISABILITY WEEK

DOCTORS OF THE WORLD

SAFE SURGERIES

Armed Forces veteran friendly accredited GP practice

LEARNING DISABILITY FRIENDLY

111

111.nhs.uk