

— Summer Newsletter 2026 —

Odiham and Old Basing Health Centre

A newsletter made by Staff and PPG members



SUPPORTING YOUR HEALTH AND WELLBEING

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Appointments and Services

 You can book appointments by:

- Calling us on: 01256 702371
- Visiting: <https://www.odihamhealthcentre.co.uk>
- Using: NHS App / Online Portal





Reminder: Please cancel appointments as early as possible if you can no longer attend.

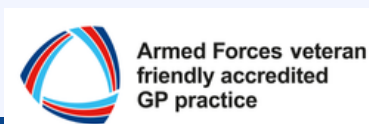
Patient notices

 Please order repeat prescriptions early before your Summer holidays 

Summer Health & Heat Safety

Warmer weather can affect hydration, energy levels, and existing health conditions.

- Stay hydrated during warm weather 
- Manage hayfever symptoms early 
- Keep active with regular walks 
- Protect your skin with sunscreen 





Friends and Family Results

We are pleased to report a 100% satisfaction rate this month! We value every suggestion and comment you provide, so thank you for taking the time to share your feedback.

130 patients completed our survey last month, breakdown below.

111 Very good
19 Good
0 Neither good nor poor
0 Poor
0 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 on their experience.



*Did Not Attend (DNA)
Appointment Results*

153

*patients did not attend
appointments in June*

Summer NHS Campaigns

NHS Campaign Spotlight – July

- Disability Pride Month
- Alcohol Awareness Week - 6th

NHS Campaign Spotlight – August

- World Breastfeeding Week - 1st

NHS Campaign Spotlight – September

- Urology Awareness Month
- Know your numbers Week - 7th
- Suicide Prevention Day - 10th
- World Sepsis Day - 13th
- World Alzheimer's Day - 21st



Local Support



Hook Home Help

Hook Home Help provides friendly, reliable home help and companionship in Hook, Odiham, Old Basing, Hartley Wintney, and Rotherwick.

We are a small team of caring ladies who support people with everyday tasks, including:

Housework and cleaning

Changing bed linen

Shopping and prescription collection

Transport to appointments and the hairdresser

Decluttering and practical household jobs

Companionship and support

We usually visit once a week, and wherever possible you will see the same helper each time.

Founded by Penny after helping care for a friend's mother following a long illness, Hook

Home Help has grown into a trusted local service supporting older people, those living with memory loss, busy families, and anyone who needs an extra helping hand.

We provide personalised support tailored to each person's needs and always offer a free introductory visit.

To find out more, contact Penny:

07815 691219

penny@hookhomehelp.com

Client feedback

"Penny provided much-needed support, kindness and companionship during my mum's Alzheimer's journey.

Her patience, reliability and understanding made a real difference to our family, and I would highly recommend Hook Home Help to anyone looking for compassionate and trustworthy support."

PPG



Get in Touch

www.odihamhealthcentre.co.uk

and search

PPG







Staff Update

We are delighted to welcome Lorna Heath, who will be joining our nursing team in July 2026. Lorna brings a wealth of experience, with specialist expertise in Diabetes and Asthma care, and joins us from Chineham Medical Centre.

We are excited to have Lorna on board and know she will be a fantastic addition to the team. Please join us in giving her a very warm welcome.

NHS Services Available to You

Did you know the NHS offers a wide range of services beyond GP appointments?

-  NHS 111 – urgent advice 24/7
-  Community Pharmacies – treatment for minor illnesses
-  NHS Talking Therapies – mental health support -
-  Dental Services – check-ups and urgent care
-  Health Visiting Services – support for families
-  Screening Programmes – early detection saves lives. If you're unsure which service is right for you, please contact us or visit the NHS website.

NHS APP

Manage Your Healthcare Online

The NHS App is a simple and secure way to access NHS services from your smartphone or tablet.

With the NHS App, you can:

- Book and manage appointments
- Order repeat prescriptions
- View your GP health record
- Access NHS 111 online
- Receive messages from your GP Practice
- View test results and medical information

Using the NHS App can help you manage your healthcare quickly and conveniently without needing to call the practice.

If you need help setting up the NHS App, please speak to our reception team.



Do more with the NHS App!

-  Order repeat prescriptions
-  Book appointments
-  View your records
- And much more...

Download the App

Available on iOS and Android

You can also [access your NHS account using the NHS website](#)



You said, We listened

'I'd rather see a notification on the screen in the waiting room'

We've just had new screens put in our waiting areas, these will provide all up to date NHS information, campaigns and call patients in for appointments



OLD BASING & LYCHPIT VILLAGE SHOW



THE VILLAGE HALL
OLD BASING

Sunday, 6th September 2026 at 2.30pm

Prize Giving at 4.00pm

Admission:

Adults £1.50; Accompanied Children under 15: free

NO DOGS ARE ALLOWED IN THE HALL, EXCEPT 'ASSISTANCE' DOGS

www.oblvs.org.uk