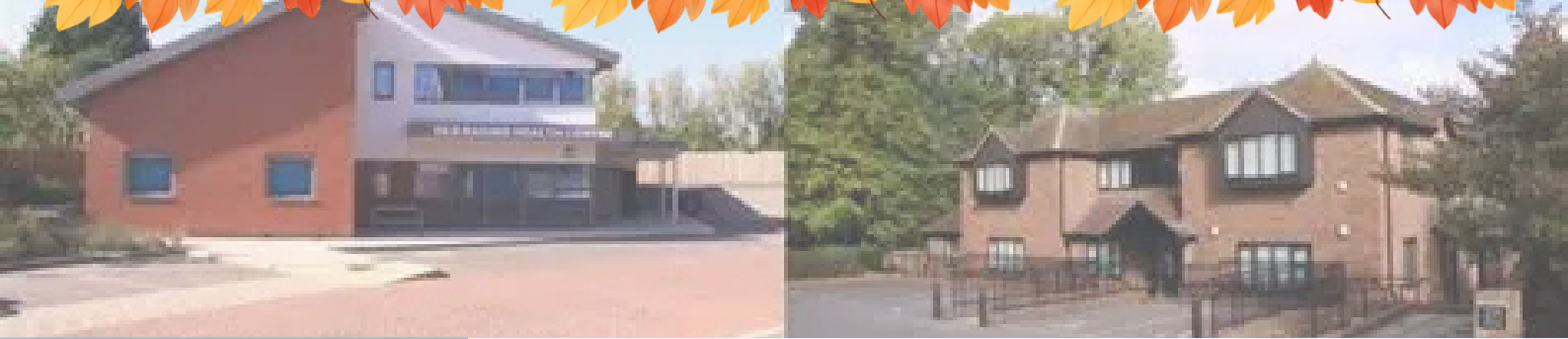


— Autumn Newsletter 2026 —

Odiham and Old Basing Health Centre

A newsletter made by Staff and PPG members



SUPPORTING YOUR HEALTH AND WELLBEING

**Friends and Family
Results/ Autumn
Campaign - Page 2**

**Covid/Flu
Campaign - Page 3**

**Local Support/PPG
- Page 4**

**Staff Updates /
NHS services -
Page 5**



Armed Forces veteran
friendly accredited
GP practice



Appointments and Services

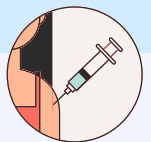
 You can book appointments by:

- 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

We are currently developing a Green Plan for Odiham and Old Basing Health Centre. Our aim is to reduce the environmental impact of our Practice while continuing to provide high-quality care for our patients.



Autumn Health Advice

Stay well this autumn. Book your flu and COVID-19 vaccinations if eligible, wash your hands regularly, keep active, eat well and stay warm. Make sure you have enough regular medication and look after your mental wellbeing. For minor illnesses, your local pharmacy can help; contact your GP for ongoing concerns.



Friends and Family Results

We are pleased to report a **96%** satisfaction rate this month! We value every suggestion and comment you provide, so thank you for taking the time to share your feedback.

115 patients completed our survey last month, breakdown below.

93 Very good
17 Good
2 Neither good nor poor
0 Poor
3 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

134

patients did not attend appointments in August

Autumn NHS Campaigns

Hello

Autumn

NHS Campaign Spotlight – October

- Breast Cancer awareness month
- Stoptober/ Sober October
- World Mental Health Day - 10th
- World Menopause Day - 18th

NHS Campaign Spotlight – November

- Lung Cancer month
- Pancreatic Cancer month
- Mouth Cancer month
- Movember
- Diabetes awareness month
- Stress awareness week
- Action against DV - 23rd

NHS Campaign Spotlight – December

- Decembeard
- National Grief awareness w/c - 2nd December



ODIHAM &
OLD BASING
HEALTH
CENTRES



We will be offering
Flu and Covid
vaccinations
to those eligible



*Protect
yourself,
your family
and your
community*



Vaccinations available from

October 2026

Please contact the surgery to book yours in!



Scan me

Check if you are eligible

Scan the QR code to visit the NHS website for the latest information on who can have the flu and/or Covid vaccinations.



www.nhs.uk/wintervaccinations



Protect
yourself



Protect
your family



Help keep
our community
safer



Reduce the
spread of illness

Local Support

Whitewater Place Care Home

Whitewater Place is a new, purpose-built care home in Odiham, providing warm, compassionate residential and dementia care, alongside respite and intermediate care. With a welcoming café, comfortable spaces and a range of activities, the Home offers a friendly environment for residents and their families.

Our Social Prescriber is working alongside the team at Whitewater Place to provide local support for the community, helping people connect with opportunities, services and support when they need it.

PPG

Join your Patient Participation Group

PPGs represent patients and provide feedback on GP practices, helping to drive change



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

WHITEWATER
PLACE

Bereavement Café

For anyone on a bereavement journey, no matter who they have lost and when. No need to book.
Supported by your Social Prescriber.

**First Thursday of Every Month
2:00 pm**



*This is a peer led support group,
everyone is welcome, pop in for a cup of tea
and know you are not alone.*



Whitewater Place

Meadow Rise, Odiham, Hook RG29 1GJ

Tel: 01256 293960 • www.barchester.com

Residential care • Dementia care • Respite care & short breaks

Register with us !



Please ensure that you provide as much detail as possible when completing your registration form. All of the information requested is essential and will help us make the process of becoming a patient with us as smooth and efficient as possible.
Thank you for taking the time to complete the form fully and accurately.

Staff Update

We are delighted to welcome three new members to our Practice team.

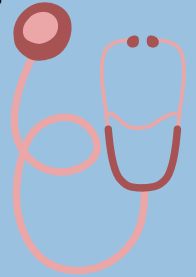
Please join us in giving a warm welcome to Rebecca Mallett, our Nurse, Candice Warren-Short, our Phlebotomist and Elizabeth Pryde, our GP.

We are very pleased to have them join Odiham & Old Basing Health Centres and look forward to the valuable experience, skills and care they will bring to our patients and wider practice team. Welcome to the team!



Healthcare professionals at the practice

- General Practitioners
- Practice Nurses
- Frailty Nurses
- Advanced Nurse Practitioners
- Paramedics
- Clinical Pharmacists
- Physiotherapists
- Mental Health Practitioners
- Healthcare Assistants
- Phlebotomists
- Social Prescribers



NHS APP

You can access NHS 111 Online directly through the NHS App.

Open the NHS App and sign in

On the home screen, look for "111 Online" or "Get urgent help"

Tap it and answer the questions about your symptoms.

The service will assess your symptoms and tell you what to do next, such as:

self-care at home,
visit a Pharmacy,
contact your GP,
attend an urgent treatment centre, or
arrange a callback or advise you to call 111 if needed.

A couple of things to note:

NHS 111 Online is for people aged 5 years and over. For children under 5, call 111 instead.

If it's a life-threatening emergency (such as severe chest pain, difficulty breathing, or loss of consciousness), call 999 immediately instead of using NHS 111.



Download the App

Available on iOS and Android

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



You said, We listened



‘It would be good if the website could say there are 4 parking spaces, because I couldn't find that information easily and was worried my whole drive there where I would park ‘

We have now added car parking details for both surgeries onto the website, under ‘Contact Us - Plan Your Journey’

<https://www.odihamhealthcentre.co.uk/contact-us>