



NEWSLETTER

Odiham and Old Basing Health Centres

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It's a summer scorcher this year, this edition is packed with practice figures, campaign news, Lyme disease information and Friends and Family Test (FFT) results.

ECG Appeal - Patients and Practice working together!

ECG machines are important to help the medical team at the surgery diagnose or exclude problems with patients hearts. Since the current machine failed, patients who needed an ECG in Basing travel to Odiham.

We needed a solution so an appeal was launched, a 10 mile road run was booked!

It was a hot race day however Dr Jessica Pizzotti and Paramedic Jason Rausch completed the 10-mile race and did us proud! Jason ran the race in 1.43.55, Dr Pizzotti came in at 1.50.07.

Thank you SO MUCH for all your generous donations to our ECG Campaign! It's actions like this which make a huge difference to our community and your health centre.



**Our ECG fund
totalled**

£1,445.00!

**We are
delighted to
announce we
are now have
an ECG
machine on
order.**



Lastly, a big thank you goes to the organisers and volunteers who made this such a successful, safe event for all.

June 2023 Practice Figures



Based on a current total number patient list of 12,505.

69 patients did not attend (DNA) their appointment, this is down from last month but still wasted 69 appointments which we could have offered to other patients in need. If you are unable to attend your appointment, **please CANCEL**. Use your NHS app, call us, email us, just get in touch so we can give that time to another patient.

Appointments for our new Wellbeing service have increased and we'll be looking to expand the team so more patients can have access to mental health facilities without waiting for long referrals. No GP referral is needed for the Wellbeing team just contact reception to book your appointment for mental health advice, management, tips to achieve your goals and signposting for local groups and services.



Face to Face apts 2,117*



eConsults 498



Routine telephone apts
1,965



Home Visits 97



Urgent same day triaged telephone
apts 1,311



DNA 69

*Face to face appointments include GP, Nurse or other Clinician

CHILDREN

A child may have sepsis if he or she:

- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured



Will You Be There? We will! Come and find us at the Old Basing and Lychpit Village Show on Sunday 3rd September and the Odiham All Saint's Church Summer Fete on Saturday 9th September, pop it in the diary and we'll see you there!

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or **contact your GP** if you're worried about an infection.
Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

We recently highlighted **Cervical Screening Awareness Week** and were pleased to see a good uptake of appointments. If you have received an invite or missed your cervical screening (smear test) please get in touch and **BOOK NOW**. Call us or go online using the NHS app.

Friends and Family Test (FFT) RESULTS

Thank you to the 191 patients who completed our survey last month, results are in! 180 patients think we are excellent/very good/good with 6 unhappy with the service they received, 1 didn't know and 4 thought neither good or bad. Also the team that came out top last month were the Nurses! So many positive and appreciative comments which have been shared to all, thank you.



What we have learnt are two key areas for improvement:

- Gloomy waiting area
- Long waits for Mental Health & Wellbeing

We'll be starting by adding background music to our waiting area and improving the lighting. Further along we'll create an additional clinical room to reduce the size of the huge waiting area and increase patient access to more clinicians.

We've also expanded our wellbeing team to enable easier and quicker access to this resource.

Lyme Disease

Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.

A circular or oval shape rash around a tick bite can be an early symptom of Lyme disease in some people.

Not all ticks in England carry the bacteria that causes Lyme disease but it's still important to be aware of ticks and to safely remove them as soon as possible, just in case.



How to remove a tick

1. Use fine-tipped tweezers or a tick-removal tool. You can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards (if using tweezers) or twist IF using a tick removal tool taking care not to squeeze or crush the tick. Dispose of it when you have removed it.
4. Clean the bite with antiseptic or soap and water.



The chance of getting ill is low. You do not need to do anything else unless you notice a rash or become unwell.

"Regularly check for ticks on your clothes and skin, and on children and pets after being outdoors."



Group of the month! The Ivy Club



This popular group was formed by residents of Old Basing in 1959 as a welfare group which provided hot meals once a month. The group now meet every Wednesday at the RBL, Jack Morris Hall from 1.30pm to 4pm. Activities vary from cream teas to fish n chips to trips away. Pop along for a guaranteed warm welcome and a cuppa. £2 entrance includes refreshments and a raffle. New members always welcome. Further details from Sue Wilson (Chairman) on 01256 328196.

