

ODIHAM AND OLD BASING HEALTH CENTRE NEWSLETTER

FOR PATIENTS OF ODIHAM AND OLD BASING HEALTH CENTRES

January 2020

PRACTICE UPDATE

As some of you may know Dr Tony Weaver retired as senior partner on 30th September. The new partnership is Dr Raffi Assadourian, Dr David Andrews and Dr Jessica Pizzotti. The partners are responsible for the management of the practice and all continue to be actively involved in the clinical care of our patients. We are lucky to have an excellent team of GP's supporting the partnership – Dr Victoria Bates, Dr Juliette Williams, Dr Georgina Harris, and Dr Nicci Pickup. We welcome back Dr Katherine Edmonds in the spring to join our team of salaried GP's. Our nursing team was joined at the start December by Sister Holly Kindred and we look forward to welcoming her to the practice. Sister Jenny Piper is now on maternity leave enjoying her new baby girl, and we hope she will return to the practice in 2020.

There has been a lot of changes within the NHS in recent times, do please look out for updates on our website, practice notice board, and Facebook page. Please consider joining our patient participation group so you can understand more about the working of the practice, the NHS and how you can help support the care we provide for our patients. If you are interested in this please see the patient participation group noticeboard in the waiting area, or see the section later in the newsletter.

We wish you all a happy New Year.

NHS APP

There is a new NHS app available for download, this allows you to check your symptoms, find out what to do when you need help urgently, book and manage appointments, order repeat prescriptions, view your GP medical record and more.

The NHS App is for people aged 13 & over who are registered with a connected GP surgery. However, you can use some of the features without your GP surgery being connected.

Search 'NHS App' in the Apple store and Google Play store on your mobile.

You can get help with the NHS App at www.nhs.uk/apphelp



Patients in this area of Hampshire are able to call just one number - **111**, for medical advice when the surgery is closed.

The staff on **111** are able to refer you on to the Out of Hours team if they decide that is required.

For Life-threatening emergencies DIAL 999

FLU VACCINATIONS

We have now started the administration of this year's flu vaccine. It is important you ensure you are booked in for the correct clinic as there is a different vaccine for different ages.

You are eligible for a flu jab if you are:

- 65 and over
- Have a certain medical conditions (including children in at-risk groups from 6 months of age)
- Pregnant
- Children aged 2 and 3 on 31 August 2019
- Children in primary school (via school nurse)
- Frontline health or social care workers

Check the NHS Choices website for more about flu and immunisations

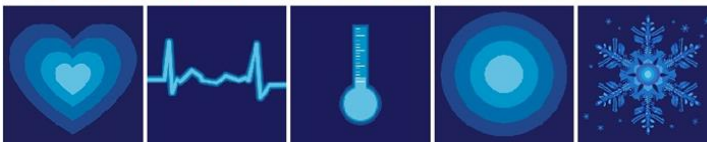
COUGHS AND COLDS

There's no cure for a cold, but you can look after yourself at home by:

- Resting, drinking plenty of fluids and eating healthy
- Taking over the counter painkillers, such as paracetamol or ibuprofen, to reduce any fever or discomfort
- Using decongestant sprays or tablets to relieve a blocked nose

Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health problems and those taking certain other medication. Speak to a pharmacist if you're unsure.

STAY WELL THIS WINTER



FLU FACTS VS FLU FICTION

FALSE

The flu jab gives you flu

TRUE

The flu vaccine takes two weeks to become effective

FALSE

A healthy diet and vitamin C will prevent flu

TRUE

Flu is a virus and affect anyone, no matter how good your immune system is

FALSE

The flu vaccine does not work, I still got flu!

TRUE

Over the last 10 years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter

FALSE

The vaccine is not safe

TRUE

The vaccine is well tested and has an excellent safety record.

COMPLETE THE CYCLE

Complete the Cycle is an easy and convenient way to recycle your inhalers. The scheme helps to reduce waste and greenhouse gas emissions, moving towards a more environmentally sustainable treatment of respiratory disease.

You can hand in your empty, out of date or unused inhalers at Boots, Hook. Morrison's, Fleet and Day Lewis Pharmacy, Old Basing.

Your old inhalers will be sorted for recycling or recovery (using the non-recyclable parts of the inhaler to generate energy.)

SHINGLES VACCINATIONS

If you're aged 70-76 or 78-79 (not 77 unless you were born after 01/09/1942) then you're eligible for a FREE shingles vaccination on the NHS

1 in 4 adults develop shingles in their lifetime.

Shingles is uncomfortable and can sometimes be severe. Don't take the risk book today to be vaccinated, 01256 702371 or 01256 868370

DO YOU LOOK AFTER SOMEONE WHO IS ILL, FRAIL, DISABLED OR MENTALLY ILL?

If so, you are a carer and we would like to support you.

We feel that caring for someone is a crucial role in the community and can be very demanding and isolating for the carer. As a carer you are entitled to have your needs assessed by Adult Care Services and we can arrange this for you.

Please find the carers form located on our website under 'are you a carer?' and hand it in at reception once filled in. Alternatively you will find this form in the waiting area.

NEXT OF KIN AND EMERGENCY CONTACT

Please help us to keep your contact details up to date by providing us with Next of Kin and Emergency Contact Details.

Please also let us know if you give consent for us to discuss your medical record with certain family members or relatives. We cannot discuss your record with anyone unless you give your permission.

Please remember to tell us if you change address or phone number.

MENINGITIS VACCINATIONS

You are eligible if you were born on or after the 1st September 1996 up until your 25th birthday for a Meningitis ACWY vaccine on the NHS.

Meningitis is a serious and life threatening disease. Don't take the risk book today to be vaccinated 01256 702371 or 01256 868370

Those aged 18 years old who are attending University are more at risk and we urge you to get vaccinated ASAP

PATIENT PARTICIPATION GROUP

What is a Patient Participation Group?

A group made up of staff and patients working together to help support and improve the surgery.

Who can join?

All patients registered with the practice over the age of 18

Why should I join?

It is an opportunity to support your surgery in supporting you and other patients

How do I join?

Contact the PPG chair by giving your details to a member of the reception team

Would you like to help
improve your GP
practice services?



PRACTICE PARK RUN

We are now a park run practice, We are going to choose a regular day when Practice staff will go to the Basingstoke parkrun at the war memorial park, and we invite our patients to join us.

Park runs are not races: walk, jog, run, volunteer or spectate, Parkrun is open to all, including those who are inactive.



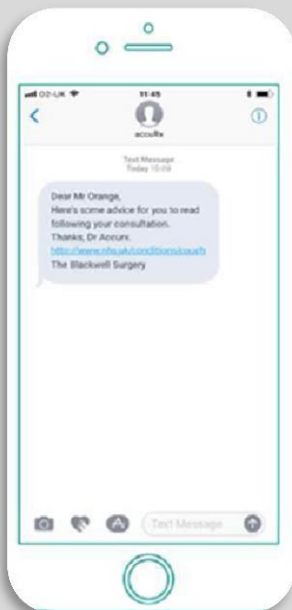
WE ARE USING SMS TO MESSAGE PATIENTS

Chain SMS is a system which allows us to easily send text messages to patients. It means we can be much more proactive about some communications, messaging you quickly and securely, so you are not waiting around to hear from us.

Some examples of how we might use it...

- Reminders or notifications
- Responding to simple queries
- Letting you know we tried to call
- Sending you advice after your appointment

The practice name will always be at the bottom of the message. You won't be able to reply to them. Please help us to help you by keeping your number up to date. If you don't want us to contact you this way, please let us know.



CITIZENS ADVICE

We are now working with Citizens Advice Bureau who have a clinic at Odiham Health Centre every Wednesday and at Old Basing Health Centre every Wednesday. Their help can range from providing knowledge and tools to enable you to help yourself, checking entitlements, through to working as an advocate on your behalf, Debt Relief Orders, completing Benefit Claims, or appealing against a decision.

They help people resolve their legal, money and other problems by providing free, independent, impartial and confidential advice.

They cover a wide range of topics including the categories below:

Benefit issues

- Money / Debt issues
- Housing issues
- Employment issues
- Discrimination issues
- Relationships and family issues
- Immigration

If you wish to book an appointment with Citizens Advice then please ask at the reception or call 01256 702371 or 01256 868370



PHARMACY DELIVERY SERVICE

Are you aware that some pharmacies offer a delivery service for repeat prescriptions? Eligibility criteria may apply so please enquire with your chosen pharmacy if you would like to find out more.