

Patient Participation Group

Summer Newsletter 2026

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Practice News

New information screen is planned for the waiting area. This will be installed in the near future when some technical issues have been resolved. The latest news and advice will be displayed.

Increased Nurse practitioner cover Two nurse practitioners will now be on duty in core hours, 8 am to 4 pm Monday to Friday, with at least one during other opening hours.

Additional 1250 consultations Jan – May. With the new appointment system this year, there have been an additional 1250 consultations compared with last year. Well done to all the medical teams.

Patients like the new appointment system
Latest surveys of patients by the PPG show general approval. They like the quick response and easier access to healthcare practitioners compared to the old Wednesday 11:00 am scramble. Patients who are less comfortable with using technology still have some difficulties.

Fareham Centre Practice



*Late News*Late News*

The PPG are trying to arrange e-Consult training sessions at the surgery. Look out for further information.

STAY SUN SAFE



Sunshine season is back!

Slip! Slop! Slap!

With our Summers becoming hotter, the temptation to get out into the sun is very high. The Australian advice to slip, slop, slap is credited with making a major reduction in skin cancer and other sun damage.

SLIP on a shirt

SLOP on at least factor 30 sun screen

SLAP on a wide brimmed hat

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Ticks and Lymes disease

HAMPSHIRE IS A HOT-SPOT FOR TICKS AND LYMES DISEASE

Beware of these blood sucking creatures that spread disease! Lymes disease can be a serious and life changing illness. It needs rapid treatment to limit the damage the bacteria can cause. Ticks are external parasites which live on the blood of birds and Mammals and will suck blood from humans if they get a chance. They are most abundant in long grass, woodland and rough vegetation and will attach themselves to any passing warm blooded animal. Tick bites are most common in the spring and summer. Roughly 10% of ticks carry the bacteria which cause Lymes disease and can therefore infect humans.

SYMPTOMS OF LYMES DISEASE

A circular or oval shape rash around the bite site might appear 3 to 30 days later by which time the tick may have gone. See pictures. Flu like symptoms eg headache, aching joints. You may not even know you have had a tick bite but if you develop a rash or flu like symptoms contact your GP urgently. Lymes disease is treated with antibiotics. The sooner treatment is started the more effective it is.

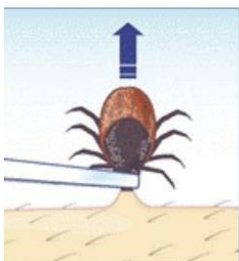
HOW TO DEAL WITH A TICK

Firstly, find it as soon as possible. Check yourself and any children after returning from a walk where you may have picked one up. **Do not** squeeze a tick to remove it as it then might regurgitate disease and the blood that it has ingested back into the bite or might leave its mouthparts in the skin. A tick removal device can be obtained from many pharmacies and outdoor stores. Pull gently and steadily until it comes out.



This is a big one, probably full of blood! They can look as small as a full stop on your skin and need a magnifying glass to see their legs.

Typical Lymes disease rashes. If you have anything like this, with or without a central blob, get medical help asap.



Removing a tick without squeezing its body using tweezers.



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Caring for the vulnerable –
Fareham Good neighbours (FGN)

<https://www.farehamgoodneighbours.org>

<https://www.facebook.com/farehamgoodneighbours>

Founded in 2000 as a Millennium project, FGN is a voluntary organisation working under the umbrella of the Good Neighbours Network, Hampshire.

Our Befrienders visit adults who live alone and don't have family or friends nearby who can visit. They pop in regularly (often weekly) for a friendly chat, a listening ear, and some steady, reassuring company, sharing stories over a cup of tea. Volunteers do not provide personal care, shopping, gardening, cleaning, or transport.

If you would like to have a visit from this service, or are interested in becoming a volunteer befriender, why not call our Volunteer Coordinator on 07512 078420 or email us at volunteercoordinator@farehamgoodneighbours.org.uk

Volunteer Befrienders make a real difference

If you like chatting, listening, and getting to know people, Befriending is a natural fit. Each Befriender is matched with one person, and they normally stay with that person so a real, trusting relationship can grow. A little of your time can brighten someone's whole week. Many of the people we support don't see anyone else regularly, so your kindness has a genuine impact.

Benefits for the volunteers

Our volunteers often tell us they are feel rewarded by helping their community. Many volunteers say the conversations, stories, and companionship enrich their own lives too. It's a two-way relationship and it is flexible and manageable: a visit - or a regular phone or WhatsApp chat makes a real difference.

Drop in sessions

We also hold monthly drop-in sessions for a chat or to answer questions are from 10:30 to 12:30 on the first Tuesday of each month at the Silver Springs garden centre Cafe, Fontley Road. Fareham. Our drop-in sessions for the rest of the year are:-

Tuesday 7 July 2026

Tuesday 4 August 2026

Tuesday 1 September 2026

Tuesday 6 October 2026

Tuesday 3 November 2026

Tuesday 1 December 2026

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Caring for the vulnerable – what does the practice do?

Within the practice, Dr Alison Heppell has overall responsibility for palliative care and child safeguarding. For patients who may be nearing end of life, regular meetings are held between the practice, district nurses, social prescribers and Rowans hospice. This regular communication provides for early planning of care and for referrals to the hospice if and when needed.

Where frailty is an issue, patients are given a score depending on the seriousness of their condition. This mostly, but not always relates to elderly patients, especially those living at home alone.

The home visit team which is shared across the Primary Care Network (Fareham Centre Practice, Westlands Medical Centre, Portchester Health Centre, Gudgeheath Lane Surgery) visit elderly patients, especially those living alone.

Citizens Advice Fareham can also visit housebound and isolated patients and their carers. Please call 01329 237121 to arrange an appointment or see citafareham.org for a full list of their services including drop in times and outreach locations.

Regular meetings are held with social services to discuss “at risk” patients. Information sharing takes place where there is any suspicion of abuse and this can include the police as well. Whilst no support and safeguarding systems can be perfect, the practice, and others in the PCN, make every effort to ensure the wellbeing of patients.

There’s a lot more goes on than e-Consults!

Who are the PPG?



What is it? A group of patients from the surgery who meet with members of the surgery staff 4 times a year (sometimes more if there are specific issues).

What is its role? We represent the patients and act as a bridge between the surgery staff and patients. In our meetings we bring up patients’ views and concerns to the staff. In turn they express their concerns and problems. Between us we discuss how to resolve the various issues.

Who can join? Any patient registered at the surgery. If you are interested in being a part of the PPG, just ask at the reception desk.

Members of the PPG have been visiting the surgery and talking to the patients to hear their views especially with regard to the new appointment system. We have had some extra meetings to try and iron out any difficulties.