

Measles Outbreak in Europe

What is Measles?

Measles infection is often considered by members of the public to be a mild and transient childhood illness, but can have devastating impact on the people affected. The initial symptoms of measles develop around 10 days after you're infected. These can include:

- Cold-like symptoms, such as a runny nose, sneezing, and a cough sore, red eyes that may be sensitive to light.
- High temperature (fever), which may reach around 40C (104F)
- Small greyish-white spots on the inside of the cheeks.
- A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body.



Public Health England has reported a high risk of measles in Europe, this is largely due to lower MMR vaccine. Whilst MMR vaccine coverage for the routine childhood programme is high in the UK, anyone who has missed out on MMR vaccine or has not has measles in the past is at risk of catching the disease.

The Vaccine is available here at the Health centre to all adults and children who are not up to date with their 2 doses. This is offered children who are over 13 months with a pre-school booster at 3 years and 4 months. Anyone who is not sure if they are fully vaccinated please see reception.

Diabetes Prevention Week

#PreventingType2

16th-22nd APRIL

Around 200,000 people are diagnosed with Type 2 diabetes every year- you don't need to be one of them.

Reduce your risk of developing Type 2 diabetes and start your journey to a Healthier you by managing your weight, eating healthily and being more active.

See if you may be at high risk of type 2 diabetes at www.diabetes.org.uk/risk and speak to your GP practice team to check if you're eligible for the programme.



April

Surgery Opening Times

8:30 TO 6:30PM

MONDAY TO FRIDAY

Emails

Would you like to receive our surgery newsletter by email? If so please ensure we have your up to date email address.

Facebook

We now have our own facebook page to keep our patients informed of useful information and details of current affairs within the practice.

You can find us under

Armada Family Practice—



Whitchurch Health Centre

Useful Telephone Numbers

NHS 111 (out of hours)	111
District Nurse	0117 3773356
Health Visitors	01275 547031
BRI	0117 923 0000
Southmead Hospital	0117 950 5050
St Peter's Hospice	0117 915 9400
Alzheimer's Society	0117 961 0693
CRUSE bereavement	0117 926 4045
Diabetes Education	0117 959 8970
Dementia Helpline	0845 300 0336
Carers Support	0117 965 2200
SBCH	0117 342 9692
Midwives	0117 342 9841

During March we had 108 GP appointments & 119 treatment room
Appointments that patients did not attend!

This totals a shocking 227 wasted appointments during March.

Please call the surgery to cancel your appointment if you are unable to make it or you no longer need it, giving as much notice as possible, so the appointment can be rebooked by another patient.

Memory café at The Armada Family Practice

Are You aware that we run a memory café every month for people with memory problems, (who have a diagnosis of dementia) and their carers who are registered at the Armada Family Practice.

The aim of the café is to provide a relaxed and safe space to discuss any issues around memory loss and to support both patients and carers.

The café offers an informal social gathering with the opportunity to meet others over a hot drink and cake. We aim to have a guest speaker at most sessions and we also have activities which can include reminiscing through music, singing, quizzes and raffles, etc.

The café has been running for over twelve months and we have had very positive feedback from attendees.

- “Always excellent and my mum really looks forward to coming”
- “Great morning seeing lots of people, happy”
- “Looking forward to the next meeting, thank you”
- “Lovely singer my mum was very happy with his songs, well done!”



The café is free of charge but a donation towards the refreshments is appreciated.

The café is held on the second Wednesday of each month 10:00am -12:00pm and if you wish to attend please leave your contact details with reception and we will contact you.

Dates of the next few sessions are: 9th May and 13th June. We look forward to seeing you.

Are you worried about a child or young person? Do you or your child need some help?

If you need support in parenting or you think that your child needs some help from children's services in Bristol, you can First Response.

FIRST RESPONSE

0117 903 6444

Your phone call may result in:

- Information, advice and guidance being given about services to help families .
- A referral to the early help team who can provide support to children, young people and families .
- A safeguarding referral to a social work team.

Depending what the problem is, we can find the right solution by talking to the right people who know your child: people like teachers, youth workers, Doctors, School nurses and health visitors etc.