

Armada Family Practice

WHITCHURCH HEALTH CENTRE

August Bank Holiday

Just a gentle reminder we are closed **Monday 27th August 2018** for bank holiday, please remember to order your prescriptions in good time and allow 3 working days for processing. During the bank holiday if you have any urgent health problems, please call 111 or for life threatening illnesses call 999.



New Salaried GP - Monday 6th August 2018

Dr Nadine Burrows, will be joining us from 6th August, she will be working Mondays and Thursdays.

Improved Access

We offer Saturday Nurse appointments - please book at reception.

Digital tools to help manage your health

These are new pages that are designed to bring together a number of digital tools that you can use for your health and care.

The design is intentionally clear and easy to navigate so that people of all ages and digital ability can move around it.

You can find them on <https://apps.beta.nhs.uk/> this includes lots of tools to help manage mental health issues, baby and child first aid instructions, planning healthier meals and many more.

O- and B- donors needed

Who can give blood?

Most people can give blood, if you are healthy and aged between 17-70.

Please visit <https://www.blood.co.uk/> for more information. You can also sign up online or call the contact number provided - 0300 123 23 23



Organ Donation

A donation is where a person donates their organs and tissues for transplant to someone else.

You can help save thousands of lives in the UK every year by signing up to become an organ donor and telling your family you want to donate.

Anyone can register to donate their organs and tissue when they die, regardless of their age or medical conditions. You can do this by visiting: <https://www.organdonation.nhs.uk/> and registering your details.

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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 July we had 87 GP appointments & 100 treatment room

Appointments that patients did not attend!

This totals a shocking 187 wasted appointments during July.

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.



What can I do to keep safe in the sun?



Always ensure that you stay hydrated by keeping water with you and drinking regularly. Try to avoid alcohol and caffeinated drinks, which can dehydrate you further. Choosing cool foods, such as salads, may also help. It is best to avoid excessive physical activity, particularly in the hotter periods of the day. If you become too hot, running cool water over your hands, wrists and feet and splashing your face can cool you down.

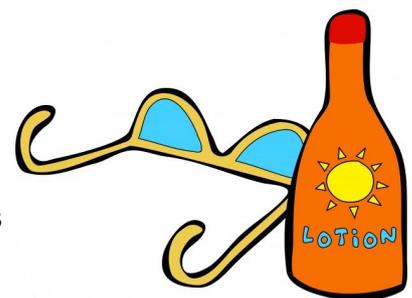
Wherever possible, it is best to avoid the sun altogether and remain in the shade between the hours of 11am and 3pm, when the sun's UV rays are at their most intense. Keep rooms cool by keeping the windows covered with pale-coloured curtains, material or blinds. Keep windows closed when the outside temperature is higher than that indoors, although it should not be a problem to open them at night when the temperature is cooler.

Exposed skin should be covered with sunscreen, at least SPF 15. Apply liberally 15 to 30 minutes before going out in the sun. Reapply every two hours or more frequently if you're going in the water (even if the sunscreen is said to be waterproof) or you're sweating. Cancer Research UK advises reapplying sunscreen even if the sunscreen claims to need only one daily application. You can also take measures to cover up as much as possible, for example by wearing cool, loose clothing (close weave is advised) and a wide-brimmed hat.

Sunglasses are important as UV light can damage the eyes and delicate skin around the eyes. Cancer Research UK recommend sunglasses with a 'CE' and 'British Standard' mark and which state that they offer 100% UV protection and carry a UV 400 label.

What about the risk of Skin Cancer?

Exposing the skin to excessive UV (ultraviolet) light (found in sunlight) is the main cause of most types of skin cancer. Skin cancer is now one of the most common cancers in the UK, with 10,400 cases diagnosed annually. There are two types of serious skin cancer: malignant melanoma and non-melanoma skin cancers (such as squamous cell and basal cell carcinoma).



Melanoma often shows up as a change in colour, size or shape of a mole. The cancer is aggressive and requires early detection and urgent treatment. The incidence of malignant melanoma is said to be four times greater today than in the 1970s, making melanoma the fastest rising cancer in the UK.

Non-melanoma skin cancers are more common and can be treated more easily. Basal cell carcinoma usually appears as a slow-growing, round, pearly-coloured lump, while squamous cell carcinoma (the more serious of the two) may vary in appearance from a scaly lump to a sore or ulcer.