

Armada Family Practice



WHITCHURCH HEALTH CENTRE

Self care Without needing to see your GP

Please pick up a self help pack from reception

These contain lots of useful information including:

Choosing the right care and pathway for when you are unwell and to get faster treatment by using the service that can best treat your symptoms.

Armada Family Practice



Self-help pack

Flu Vaccines

If you are eligible and have not yet booked your flu vaccination, please book at reception.

Eligible patients are

- Anyone aged 65 or over
- Pregnant
- Children aged 2,3 and 4
- Children and adults with health conditions such as, asthma, COPD, heart conditions and diabetes
- Carer
- Social care Worker

If you are unsure you or your children are eligible for the flu vaccination please see reception

So far this winter we have already given 3008 flu vaccinations

Issue 13
December 2017



Surgery Opening Times

8:30 TO 6:30PM

MONDAY TO FRIDAY

NOTICE OF CLOSURE

MONDAY 25TH DECEMBER

TUESDAY 26TH DECEMBER

SATURDAY 30TH DECEMBER

SUNDAY 31ST DECEMBER

MONDAY 1ST JANUARY

DUE TO THE CHRISTMAS HOLIDAY PLEASE ENSURE THAT YOU ORDER YOUR REPEAT PRESCRIPTIONS EARLY.

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

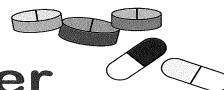


Armada Family Practice– Whitchurch Health Centre

Useful Telephone Numbers

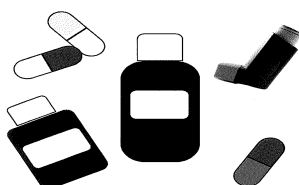
NHS 111 (out of hours)	111
District Nurse	01275 547040
Health Visitors	01275 547031
BRI	0117 923 0000
Southmead Hospital	0117 950 5050
St Peter's Hospice	0117 915 9400
Alzheimer's Society	0117 961 0693
CRUSE bereavement	0117 926 4045
Diabetes Education	0117 959 8970
Dementia Helpline	0845 300 0336
Carers Support	0117 965 2200
SBCH	0117 342 9692
Midwives	0117 342 9841

Don't be a medicines hoarder



NHS Bristol
Clinical Commissioning Group

It's important that you don't run out of your prescription medicines over Christmas. But **check** what you actually need before ordering more. **Medicines waste costs your local NHS £5.7million a year.**



What to do:

1. Check your cupboards.
2. Only order what you need.
3. Tell your GP if you're not taking any of your medicines.
4. Check your medicines bag before leaving the pharmacy.
5. Tell the pharmacist if there are any medicines you don't need.

During November we had 116 GP appointments & 100 treatment room

Appointments that patients did not attend!

This totals a shocking 216 wasted appointments

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.

Below are signs and symptoms of meningitis

Meningitis is the inflammation of the membranes that surround and protect the brain and spinal cord. It can be caused by many different organisms, including bacteria and viruses. Meningitis and septicaemia often happen together. Be aware of all the signs and symptoms

Do not wait for a rash, if someone is getting ill and getting worse, get medical help immediately.

Signs and symptoms in Babies and toddlers



Fever, cold hands and



Fretful, dislike being handled



Rapid breathing or grunting



Unusual cry, moaning



Stiff neck, dislike bright lights



Refusing food and vomiting



Drowsy, floppy, unresponsive



Pale, blotchy skin. Spots/rash



Tense, bulging fontanelle (soft spot)



Convulsions/seizures

Signs and symptoms in Children and Adults



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



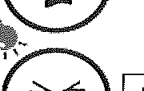
Pale, blotchy skin. Spots/rash



Severe headache



Stiff neck



Dislike bright lights



Convulsions/seizures

For more information go to Meningitisnow.org