

# Armada Family Practice wishes you a Happy New Year.



WHITCHURCH HEALTH CENTRE

## Sick Notes

If you are unwell for 7 days or less your employer can ask for some form of evidence of form that you are unfit to work. This can support your statutory sick pay. You can fill in a self-certification form (SC2) and hand in to your employer which will allow you seven days. You can get this form from reception.

If you need a continuation of a sick note you can request an extension, but we do not guarantee that the doctor will issue another sick note. If you have been seen by the GP and request a continuation please allow 5 working days for this request to be processed from the day requested.



## Flu Vaccination

Public Health England have informed us that seasonal flu is now circulating and surveillance indicators have shown a substantial increase in the past few weeks in the GP consultation rate for influenza like illness across the south west.

If you are unsure, if you are entitled to your flu vaccine please see reception.

**It's not too late to get your Flu Vaccination.**

**Don't delay get your flu jab today**



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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	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

During December we had 87 GP appointments & 112 treatment room

Appointments that patients did not attend!

This totals a shocking 199 wasted appointments during December.

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.

## **Heart Attacks**

### Signs and symptoms

- ◆ Pain or discomfort in your chest that doesn't go away
- ◆ The pain may spread to your left or right arm
- ◆ The pain may spread to your neck or jaw
- ◆ You may feel sick or short of breath



### You may also

- ◆ Feel sweaty or clammy
- ◆ Feel light headed or dizzy
- ◆ Look paler than normal



Too many people risk their lives by waiting too long to call for an ambulance, If you experience any of these symptoms please call **999** Immediately.

## **Prescriptions**

### Ordering Repeat prescriptions

Please allow 48 hours for your prescription from receipt of your request before collecting your prescription, you should allow 72 hours from ordering for the prescription to arrive at the chemist.

It is the patient's responsibility to ensure that all prescriptions are ordered in plenty of time.

Please also be aware we do not take prescription requests over the phone. The ways you can order your repeat prescriptions are:

- On-line: Repeat Prescription Ordering System. If you would like to sign up to our online system please see reception with a form of photo ID (Driving license).
- By using the right-hand side of your previous prescription, if you haven't got this please see reception and we will be able to print the form off for you.

