

# Armada Family Practice

WHITCHURCH HEALTH CENTRE

## Starters and Leavers at the Practice

As most of you are aware, Dr Neil Crichton and Dr Gillian Worsley have retired after 30 years with the practice. Dr Laura Moore left the practice on the 26th June and Dr Charlotte Foley has just started her maternity leave. Pat Yandell our Prescription Clerk and Phlebotomist will be leaving us at the beginning of this month as she is also retiring. We have a new GP who has recently joined us, Dr Lisa Carter, and a new Advanced Nurse Practitioner, Lily Dixon. In August, Dr Nadine Burrows is joining us.



## Patient confidentiality

If you wish for someone other than yourself to discuss your medical records/call up on your behalf for test results or personal clinical information, we will need a written consent letter from yourself to enable us to do so. We are unable to discuss any medical information with anyone other than you even if you are married. If your child is 16+ they are classed as an adult and will need to either call themselves or return a consent form to us.

Consent forms are available at the reception desk.

Please be aware that anyone can ring on your behalf to book your appointments as long as they know your full name, date of birth and address.

Below we have some advice from Dr Nita Maha -

## Did you know?

Infections can be caused by pathogens called bacteria and viruses.

**Bacteria** are **living cells** that can rapidly multiply. Once inside the body, they release poisons or toxins that make us feel ill.

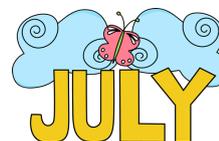
**Viruses** are much smaller than bacteria. They can only reproduce inside 'host cells' and damage the cell when they do this. Once a virus gets into a cell it makes many copies of itself, making the cell burst. The copies are then passed into the bloodstream. Diseases caused by viruses include influenza, common cold and chicken pox

**Antibiotics work against bacteria by stopping their growth. They do not work against viruses.** The first antibiotic was discovered by Sir Alexander Fleming in 1928

Some bacteria can become resistant to antibiotics which means the antibiotic will not be so effective at treating the infection. This is because in a large population of bacteria there may be some cells that are not affected by the antibiotic. These cells survive and reproduce, meaning there are even more bacteria not affected by the antibiotic.

Overusing antibiotics can lead to an increased risk of resistance. It is important to finish the course of antibiotics that have been prescribed and not to stop halfway to reduce the risk of resistance, so they are fully effective when needed.

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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 June we had 84 GP appointments & 74 treatment room  
Appointments that patients did not attend!

This totals a shocking 158 wasted appointments during June.

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.

### **Top Tips... For Safe Fun in the Sun**

Summer is finally here, along with time outdoors and summer holidays. Here are some top tips for remaining healthy in the sun:

Drink plenty - It is important to keep well hydrated in warm weather. The body can sweat more which can cause fluid loss. This can lead to heat cramps and exhaustion. Keep a bottle of water handy and remember to keep drinking.



Safe Sun Exposure – Make sure you never burn. Sunburn can increase the risk of skin cancer. Take extra care with children. Spend time in the shade between 11am and 3pm in the UK. Cover up with sunhats and sunglasses.

Wear sunscreen –Sunscreen should have an SPF (sun protective factor) of at least 15 to protect against UVB and at least four star UVA protection. The higher the SPF the better. Make sure the sunscreen is in date. Most have a shelf life of 2 -3 years. Water resistant sunscreen is needed if contact with water is likely. Reapply straight after you've been in water.

Wear insect repellent – Being outside can lead to an increased risk of insect bites. Remember to apply insect repellent. You may want to wear long clothing and avoid soaps and perfumes to reduce the risk of bites. Ticks can be prevalent in long grass.

Travel Vaccines – Plan ahead and ensure you have the relevant travel vaccines before your holiday. Our travel clinics can get very booked up over the summer so make sure you allow enough time to obtain an appointment- it can take up to 6 weeks.

We wish you happy holidays!



### **Memory Café**

Did you know we run a Memory Café?

The Memory Café was set up for people with memory loss and for the person who cares for them. The café provides an informal social gathering with the opportunity to meet others over a hot drink. We aim to have a guest speaker at most sessions and we also have activities which can include reminiscing through music, singing, quizzes, raffles etc.

The café runs on the second Wednesday of each month from 10am-12.00 o'clock here at Whitchurch Health Centre.