

Armada Family Practice Newsletter

Issue 31
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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:

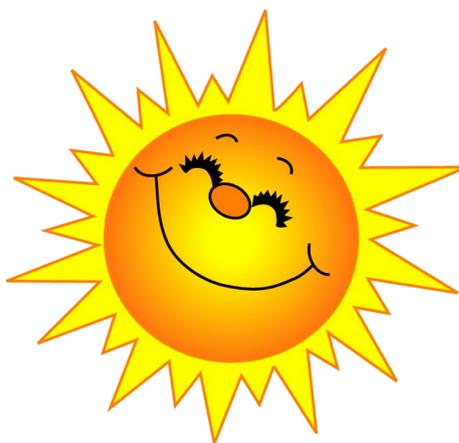
Drink plenty - It is important to keep well hydrated in warm weather. The body can sweat more which can cause fluid loss. This can lead to heat cramps and exhaustion. Keep a bottle of water handy and remember to keep drinking.

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.



Improved Access

We are working together with other local practices to offer more appointments in the early mornings, evenings or at weekends. Speak to a member of the practice team to find out more.



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 June we had 117 GP appointments & 85 treatment room appointments that patients did not attend or cancel.

This totals a shocking 202 wasted appointments during June and a cost to the practice of £4948.20

Patient Participation Group

We are looking for members of the community to join our Patient Participation Group (PPG) we are also looking for a chairman. If you would like to help shape the future of Community Health Care and support your local GP Practice we would love to hear from you. If you would like more information please download a form from our website <http://www.armadapractice.co.uk/> or pop into the surgery and ask for a form, once your application has been received someone from the surgery will contact you to answer any questions you might have.

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



Self-Care - a lot of common illnesses can be treated in your own home by using medicine and getting plenty of rest. It is worth keeping certain medicines in your cabinet such as paracetamol, aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, antihistamine and a thermometer. Lots of self-care information can be found on the NHS choices website. Most common ailments such as colds, sore throats, cough, sinusitis or painful middle ear infection (earache) cannot be treated with antibiotics.

How long can I expect to suffer?

Middle ear infection - 4 days

Sore Throat - 1 week

Cold - 2 weeks

Sinusitis - 3 weeks

Pharmacist - your local pharmacist can give you friendly expert advice about over the counter medicines that can help with lots of common conditions, without the need for an appoint-

GP - make an appointment with your local GP when you have an illness or injury that will not go away. Get the treatment you need at a convenient time and place and reduce the demand of emergency ser-

Walk-in Centre and Urgent Care Centre - if you feel your symptoms cannot wait for a GP appointment but at the same time you do not require emergency treatment, you can visit the urgent care centre which is located at South Bristol Community hospital. The service operates 8am-8pm 7days a week.

NHS 111 - 111 is the free phone number when you need medical help/advice fast—but it is not an emergency. This service operates 24 hours a day 7 days a week. 365 days a year.

A&E or 999 - For life threatening injuries or illnesses go to A&E or call 999. A&E departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&E or 999 should only be used in a critical or life threatening situations.