

Armada Family Practice

WHITCHURCH HEALTH CENTRE

Dr Worsley and Dr Crichton coffee Morning

We will be holding a goodbye coffee morning on Friday 29th June at 10:00am - 12:00pm for patients to say their goodbyes.



Sun Care

Summer is coming! Keep your skin safe from the sun.

Sunlight contains ultraviolet (UV) rays, which are the main cause of skin ageing and can cause skin cancer.



To help to protect yourself:

- Spend time in the shade between 11am-3pm
- Cover up with clothes, a hat and sunglasses
- Use sunscreen with a sun protection factor of at least 15.

Sunburn can significantly increase the risk of skin cancer, so its important to protect skin against sun damage at any age, but take special care with babies, children and young people. Apply sunscreen to children in areas not protected by clothing, such as the face, ears, feet, and backs of hands.

GDPR

GDPR stands for General Data Protection Regulations and is a new piece of legislation that will supersede the Data Protection Act. GDPR has come into place to inform you how we use your data. For more information please ask at reception for an information pack or look on our website. www.armadapractice.co.uk.

Issue 19
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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 May we had 86 GP appointments & 113 treatment room

Appointments that patients did not attend!

This totals a shocking 199 wasted appointments during May.

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.

Summer cough and colds

How you can treat a cough yourself

Most coughs go away on their own within 3 weeks. There's usually no need to see a GP you can get advice from your local pharmacy.

You should:

- rest
- drink plenty of fluids



A pharmacist can help with a cough and cold

Speak to your pharmacist if you have a cough or cold. They can give you advice or suggest treatments to help you. You can buy cough and cold medicines from pharmacies or supermarkets.

You can:

- Relieve a blocked nose with decongestant sprays or tablets.
- Ease aches or lower a temperature with painkillers like paracetamol or ibuprofen.

Be careful not to use cough and cold medicines if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose.

Some are not suitable for children, babies and pregnant women. If you are unsure talk to your local pharmacy.

Meningitis ACWY vaccine for young adults.

All young adults born between 1st September 1999 and 31st August 2000 who have not had the Meningitis ACWY vaccine at school can have this given in our treatment room. This is important as it is being offered in response to a rapidly growing increase in cases of a highly aggressive strain of meningococcal disease Group W. This disease can cause meningitis and septicemia. The vaccine also protects against three other meningococcal groups A, C and Y.

Pertussis (Whooping Cough) vaccine for pregnant ladies.

This vaccine will offer protection to your baby until they are able to receive the vaccine through the routine childhood immunisations that begin when they are around 8 weeks old. The only way to protect your baby from getting whooping cough in the first two months of life is by having the whooping cough vaccine yourself. The protection that you will get from the vaccine passes to your baby through the placenta and protects your baby from whooping cough until they are old enough to have their own vaccine.

This vaccine can be given to ladies who are over 16 weeks.

Both of the above vaccines can be booked by telephoning Jo Cox on **01275 547029**.