

Armada Family Practice Newsletter

Staff Retirement

We have 2 members of staff retiring during June and July. Sue Gallop, Practice Co-ordinator will be leaving us after 30 years on 18th July and Janet Burt, Health Care Assistant will be leaving us 5th June. Jan has worked in the NHS since 1991. They have both been a pleasure to work with and will be missed by us all.



Suffer from hay fever?

GP surgeries in this area do not routinely prescribe hay fever medication. You don't need to see your GP to treat the effects.

You can get advice and purchase medicines from community pharmacies rather than getting a prescription. Some medicines are also available from supermarkets and other shops.



How well stocked is your medicine cabinet?

Following NHS guidance, GP surgeries in this area are asked to not routinely prescribe over-the-counter medication. You don't need to see your GP to stock up your medicine cabinet.

Looking after yourself when you're feeling under the weather with a minor illness is easy if you already have well-stocked medicine cabinet.

You can get advice and purchase medicines at little cost from community pharmacies rather than getting a prescription. Some medicines are also available from supermarkets and other shops.

Remember to always keep to the dosage instructions and make sure all medicines are in date.



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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 May we had 113 GP appointments & 76 treatment room appointments that patients did not attend or cancel.

This totals a shocking 189 wasted appointments during May and a cost to the practice of **£4718.70**

Changes to prescribing over the counter medicines

NHS guidelines for prescribing medicines for minor conditions have changed. The NHS have listed a number of conditions where it is recommended that you seek advice from your pharmacist and purchase medicines which are often low cost. NHS guidance asks practices to advise you to seek advice and medicines at your pharmacy for the conditions listed below:

Acute Sore Throat, Conjunctivitis, Coughs colds and nasal congestion, Cradle cap, Dandruff, Diarrhoea (Adults), Dry eyes/Sore tired eyes, Dry or itchy skin, Earwax, Hemorrhoids (piles), Head lice, Indigestion and heartburn, Infant colic, Infrequent constipation, Infrequent migraine, Insect bites and stings, Mild acne, Mild cystitis, Mild to moderate Hayfever, Mild toothache, Minor pain discomfort and fever (e.g. aches, sprains, headache, period pain, back pain), Mouth ulcers, Nappy rash, Oral thrush, Probiotics, Vitamins and minerals, Ringworm/Athletes foot, Sun protection, Teething, Thread worms, Travel sickness, Warts and verrucae's.



Eczema Outreach Support

Free eczema event for families in Bristol

Eczema Outreach Support have recently launched a new support service for families in the Bristol area who have a child with eczema. They are running a free family event at the Bristol Aquarium on Saturday 22nd June 2019.



Families can join the charity for free to access a range of support including:

- 1-1 support from the team of support workers
- Fun family events bringing families together along with Dermatology professionals
- Welcome pack full of information and practical tools
- Online forum
- Clubs for children and teens
- School workshops about skin and eczema