

Armada Family Practice

WHITCHURCH HEALTH CENTRE

70
YEARS
OF THE NHS
1948 - 2018

Urgent Care Services

Your Experiences

Bristol, North Somerset and south Gloucestershire Clinical Commissioning Groups are developing a new urgent care strategy to ensure services meet patients' needs.

Please take our short survey to let us know about your experience:

www.surveymonkey.co.uk/r/SFRK2JX



We are closed for Easter on **Friday 30th March** and **Monday 2nd April**.

Please contact NHS 111 if you require medical attention or advice during the Easter time.



Breast Cancer In Woman over 70

22nd February - 31 March 2018



In February 2018, Public Health England will be launching a national campaign aimed at raising awareness of the symptoms of breast cancer in woman aged 70 and over. We need your help to make it a success.

What is Be Clear on Cancer?

Be Clear on Cancer aims to help improve early diagnosis of cancer by raising awareness of symptoms and encouraging people to see their GP without delay.

Why focus on women over 70?

Breast cancer survival is lower in older woman and research shows they are more likely to delay presenting to their GP with Breast cancer symptoms. Knowledge of non-lump breast cancer symptoms is often lower amongst older women and awareness of age-related risk is poorly understood.

1 in 3 women who get breast cancer are over 70

A lump isn't the only sign of breast cancer' and that women over 70 should tell their doctor if they notice any changes to their breasts.

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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



Find us on:
facebook

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 February we had 108 GP appointments & 109 treatment room
Appointments that patients did not attend!

This totals a shocking 217 wasted appointments during February.

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.

Increase in scarlet fever

What is scarlet fever?

Scarlet fever, also called scarlatina, is an infection that causes a blotchy, pink-red rash. It's most common in young children, but can affect people of any age.

Signs and symptoms of scarlet fever

Symptoms of scarlet fever develop within a week of being infected.

Early signs include a sore throat, a headache, a high temperature (38.3C/101F or above), swollen glands in the neck and being sick.

This may be followed by a rash on the body, a red face and a white or red tongue.

Your GP will prescribe antibiotic tablets (or liquid for young children) to take for five or 10 days. You or your child should start feeling better after a day or two, but make sure you finish the whole course of treatment

It isn't usually serious and can be treated with antibiotics from your GP. Once you've had it, you're unlikely

Struggling to cut your own toenails?

Age UK Bristol foot care service provides affordable and safe basic toenail cutting, filing and lotion application for over 55s.



Foot care clinics in the following locations in Bristol:



Stockwood: Stockwood Medical Centre, Holloway Road, Bristol, BS14 8PT



Bishopsworth: Waverley Gardens, Queens Road, BS13 8EL



Withywood: Amelia Nutt Clinic, Withywood Centre, Queens Road, Bristol, BS13 8QB



Hartcliffe: Hartwood Health Centre: Hareclive Road, Bristol BS13 0JP



Bedminster: Granby Clinic, 77 West Street, Bristol BS3 3NU



Clifton: Tyndale Centre, just off Whiteladies Road, BS8

More locations available

For more information call Age UK Bristol on **01179 297537** or Email admin@ageukbristol.org.uk