

Armada Family Practice

WHITCHURCH HEALTH CENTRE

Issue 10
September 2017

Our Flu appointments are available to book NOW before the bugs arrive!

September

We will be running Saturday clinics as well as appointments for you to book during week days.

We are pleased to advise that this year we will be using the **QUADRIVALENT FLU VACCINE**. This provides protection against 4 strains of flu rather than 3.

Who is eligible for the free vaccination with a GP?

- * If you were aged 65 years or over on 31st March 2018
- * If you are pregnant
- * If you are a registered carer who receives a carers allowance or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- * Children aged 2 & 3 years old on 31st August 2017 (that is born on or after 1st September 2013 and on or before 31st August 2015)
- * If you have a chronic disease or in a clinical risk group and are over 6 months old
- * If you are seriously overweight (BMI of 40 or above)

Children in school years 1-4 will receive the flu nasal spray through school.

Front-line health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.



For full information about eligibility please visit the NHS choices website.

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 August we had 109 GP appointments & 119 treatment room appointments that patients did not attend!

This totals a shocking 228 wasted appointments during August.

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.

Patient education meeting

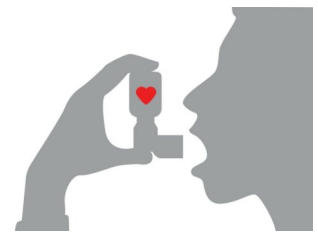
Are you a patient who has COPD or Diabetes as a chronic condition?

During October we are holding two patient education meetings, one for COPD and one for diabetes for our patients to understand the self help measures and managements available for you. We have limited spaces of 25 patients to each education meeting so if you are interested please contact the health centre on 01275 832285 and we can add your details to the attendees register.

Wednesday 11th October 6pm—7:30pm ~ Diabetes patient education evening

Wednesday 18th October 6pm—7:30pm ~ COPD patient education evening

Please be advised the patient education meeting is for patients to gain advice for self help and management on their condition and not for personal questions regarding your condition.



Shingles vaccination

Who's eligible?

Anyone aged 70 and 78 years old, plus anyone in their 70s who was born after 1st September 1942 and has not yet had the vaccine. Anyone aged 79 years old who has previously missed the vaccine will also be eligible.

Like most vaccinations, the vaccine will be given in your upper arm. You will only have the vaccination once – unlike the flu jab, you do not need to be re-vaccinated every year. The shingles vaccination can be given at the same time as your flu vaccination during a flu clinic.

For more information please visit the NHS choices website at www.nhs.uk/shingles

Text messaging service

We are running a NEW Text Messaging Service (MJOE), this service enables you to cancel your appointment by replying 'CANCEL'. Please remember if you cannot make your appointment 'Cancel It'. Make an appointment available for someone else to have.

It would be very helpful if existing registered patients could inform reception if they have a mobile number or check to make sure we hold the correct number for you.

Patients under the age of 16 will not receive text message reminders for there appointments.