

Armada Family Practice

WHITCHURCH HEALTH CENTRE

Recruitment

We are happy to announce that we have managed to recruit 3 new GP's for the practice. Some of you may have met 2 of the new GP's already, Dr John Frawley and Dr Hazel Walklin. Dr Frawley will be working all day Wednesday, Thursday, Friday and Dr Walklin will be working Tuesday, Thursday and Friday all day.

We also have Dr Elizabeth Puntis who will be joining our practice on the 20th November.

Protect yourself and your family from flu!

Flu can be an extremely unpleasant illness and can be very serious for people in at risk groups. If you are eligible and have not yet booked your flu vaccination, we urge you to book an appointment as soon as possible. Patients 18+ can attend our open flu clinic every morning 8:30am – 11:30am.

Eligible patients are;

- .. Anyone aged 65 and over
- .. Pregnant women
- .. Anyone with a BMI >40
- .. Children and adults with an underlying health condition (asthma, COPD, heart conditions, diabetes)
- .. Children aged 2 and 3 years old on 31st August 2017

If you are unsure whether you or your children are eligible for the flu vaccination please contact reception.

We have so far this year given 2601 flu vaccinations



Issue 12
November 2017



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 October we had 95 GP appointments & 161 treatment room appointments that patients did not attend!

This totals a shocking 256 wasted appointments during October.

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.

Are you ready
for winter?

STAY WELL
THIS WINTER

Do you have your medicine cupboard well stocked for winter? Please pick up one of our winter self-help booklets from reception. The booklets have lots of usual information about self-help, which could benefit you and your family over the winter period.

Patient education meeting

We would like to thank the COPD patients who attended the patient education meeting. It was a great turn out and we hope it will benefit you during the winter period.



Feet for Life – Diabetes UK

Your feet are important, especially when you've got diabetes.

Every week, diabetes causes over 160 amputations in the UK.

Come along to our free session to learn how to keep your feet healthy now and for the future. We'll have experts from the local podiatry service, stories from people who live with diabetes and advice on footcare and what to look out for.

Tuesday 14th November 2017

Registration 9.45am – 10am

Event from 10am – 2pm

Filwood Green Business Park

1 Filwood Park Lane

Bristol

BS4 1ET

To enquire and book your free place with refreshments and lunch provided, please contact Paula Wilson at Diabetes UK South West Regional Office on 01823 448 260 or email south.west@diabetes.org.uk