

Armada Family Practice Newsletter

Flu Campaign

It is very important, perhaps this year more than ever, that to keep you safe and well you have your annual flu vaccination.

Those eligible for NHS influenza vaccination at the surgery are:

- all children aged 2 to 3
- those aged 6 months to under 50 years in clinical risk groups (Patients with Asthma are only eligible if they take a steroid 'Brown' inhaler)
- pregnant women
- those aged 50 years and over
- carers
- those aged 50 years and over
- carers
- household contacts of immunocompromised individuals
- frontline health and social care staff employed by:
 - a registered residential care or nursing home, registered domiciliary care provider or voluntary managed hospice provider

We have now added our flu clinics which will be held on:

- **Saturday 11th September 2021**
- **Saturday 18th September 2021**
- **Saturday 16th October 2021**
- **Saturday 23rd October 2021**



We will be sending out texts to patients and advertising on our Facebook over the next few weeks/months. To book please either call the surgery after 11am or you can book online if you have patient access

Housebound patients will be contacted in due course to inform them of when we will be giving their vaccinations. However home visits are extremely time consuming and costly so if patients can get to the surgery at any other time, please book an appointment with the treatment room. We can even pop out to your car to deliver the vaccination.

The Royal Voluntary Service Bristol

Royal Voluntary Service is a national charity that supports hospital and communities through the gift of Voluntary service. Could you benefit from some support at home? Or could you spare an hour or two a week to be one of our volunteers?

To find out more about the work they do or to volunteer, email bristolsomerset@royalvoluntaryservice.org.uk or call 0117 9297444 or visit royalvoluntaryservice.org.uk



Immunocompromised Household Members

If you are a patient who is immunocompromised and any of your household members are aged 12-15, they are now eligible for the Covid Vaccine. Please call us on 01275 832285 to receive the booking link.

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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—



Find us on:
facebook®

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
SBCB	0117 342 9692
Midwives	0117 342 9841

HANDi App

The HANDi app aims to provide advice and support to parents and carers when a child is unwell. It offers simple and straightforward advice, for the following conditions in children:

- diarrhoea and vomiting
- high temperature
- chesty baby' illnesses, such as bronchiolitis, asthma and croup
- chesty child' illnesses such as wheezing and asthma
- abdominal pain
- common new-born problems.



The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E. Each of the illnesses has a home care plan to help you provide the best support for your child, and give you confidence in caring for them when they are unwell.

Staff Changes

It is with great sadness to announce that we will be losing some of our staff members over the next coming months. Our Treatment Room lead Nurse Emma Fear, GP Mike Archer, GP Sam Gillett and Nurse Practitioner Lorraine Budd. They have all been outstanding members of staff and will be missed by colleagues and patients



Ear syringing

We are no longer offering ear syringing appointments, we apologise for any inconvenience this may cause, please look online for details of private providers.

Bloods

All GP practices are affected by the current national shortage of blood tubes and are taking urgent steps alongside our hospitals to prioritise use for people with the greatest clinical need. This includes testing for serious conditions such as cancer.

We are following national guidance which has been issued in response to the shortage. As a result, we need to cancel and delay a number of patient appointments for blood tests deemed routine or non-urgent. If you have a routine blood test appointment the reception team at the surgery will be in touch directly if they need to cancel your appointment, this will be by phone or by text message. Please be assured that appointments will be rescheduled once the situation has improved, and in line with national guidance.

There are a few things you can do if you are affected by this change: Keep checking our Facebook for regular updates – we will be sharing the latest patient information here as soon as we receive it. Check your phone for messages from us – we will be using our patient text service to keep people informed. Please don't call or contact us with questions about routine blood tests – we are experiencing exceptional levels of demand at the moment, and your cooperation will help us to reach those without smartphone or internet access with this critical information.

Do get in touch if your condition worsens or changes so that we can prioritise your blood test if necessary following clinical review. The changes are likely to be in place for at least four weeks. We will keep all our patients regularly updated as the national situation changes. We fully understand the frustration this is likely to cause, and apologise for the inconvenience.