

Armada Family Practice Newsletter

Face mask

Patients who enter general practices in England no longer have to wear a face mask unless they have respiratory symptoms, NHS England and NHS Improvement says. But the updated guidance also underlines the importance of local risk assessments and says that increased measures can be used when deemed necessary.

2022/23 flu season

We will be starting this year's flu campaign w/c 19th September and we will start sending invites out from the 1st September 2022.

Those eligible for NHS flu vaccine in 2022/23 are:

Initial cohort to be contacted by the practice;

- those aged 65 years and over
- those aged six months to under 65 years in clinical risk groups
- all children aged 2 - 3 on 31 August 2022
- pregnant women
- those in long-stay residential care homes
- Cares
- close contacts of immunocompromised individuals

2nd cohort to be contacted by the practice;

- 50 to 64 year olds not in clinical risk groups (including those who turn 50 by 31 March 2023)
- Secondary school-aged children focusing on years 7, 8 and 9 and any remaining vaccine will be offered to years 10 and 11, subject to vaccine availability
- Children from reception class to year 6 will be vaccinated by the school vaccination team.

Please do not contact us to book your flu vaccination, we will let you know when our appointments are available to book.

Memory Café

We are pleased to announce that the memory café will be back up and running again. The café runs on the second Wednesday of each month from 10am-12.00 o'clock here at Whitchurch Health Centre.

The Memory Café was set up for people with memory loss and for the person who cares for them. The café provides an informal social gathering with the opportunity to meet others over coffee and cake. We aim to have a guest speaker at most sessions and we also have activities which can include reminiscing through music, singing, quizzes, raffles etc.



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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 |
| SBCB | 0117 342 9692 |
| Midwives | 0117 342 9841 |

Top Tips... For Safe Fun in the Sun

Summer is finally here, along with time outdoors and summer holidays. Here are some top tips for remaining healthy in the sun:

Drink plenty - It is important to keep well hydrated in warm weather. The body can sweat more which can cause fluid loss. This can lead to heat cramps and exhaustion. Keep a bottle of water handy and remember to keep drinking.

Safe Sun Exposure – Make sure you never burn. Sunburn can increase the risk of skin cancer. Take extra care with children. Spend time in the shade between 11am and 3pm in the UK. Cover up with sun-hats and sunglasses.

Wear sunscreen – Sunscreen should have an SPF (sun protective factor) of at least 15 to protect against UVB and at least four star UVA protection. The higher the SPF the better. Make sure the sunscreen is in date. Most have a shelf life of 2 -3 years. Water resistant sunscreen is needed if contact with water is likely. Reapply straight after you've been in water.

Wear insect repellent – Being outside can lead to an increased risk of insect bites. Remember to apply insect repellent. You may want to wear long clothing and avoid soaps and perfumes to reduce the risk of bites. Ticks can be prevalent in long grass.

Travel Vaccines – Plan ahead and ensure you have the relevant travel vaccines before your holiday. Our travel clinics can get very booked up over the summer so make sure you allow enough time to obtain a form from reception and to be contacted with an appointment it can take up to 6 weeks.



Child immunisation

As a practice we encourage children to be fully vaccinated and offer very flexible appointments. If your child is not up to date please contact Jo Cox 01275 547029

Vaccinations are very safe and effective: vaccines are only licensed for children after long and careful development and testing by researchers and doctors. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Fever can be expected after any vaccination, but is more common with the Men B vaccine. Giving paracetamol soon after Men B vaccination – and not waiting for a fever to develop – will reduce the risk of your child having a fever. Serious side effects following vaccination, such as severe allergic reaction, are very rare.