Armada Family Practice Newsletter

Christmas Opening Times

We are closed for Christmas on Monday 26th December and Tuesday 27th December. We are also closed New Years Day Monday 2nd January 2023. Please order your prescriptions in good time for the Christmas holidays. If you are experiencing chest pain or any other life threatening symptoms whilst we are closed you should phone 111 or 999 immediately.

For any minor illnesses such as coughs, colds, sore throats please visit your local pharmacy or call 111, they can give advice and recommend appropriate treatment.

November 22nd Launching Toasty Tuesdays'

At The Armada Family Practice

As the cold weather arrives, we are welcoming the local community to use our spacious clinic room as a warm space to come to every Tuesday from 9am - 12pm. To celebrate our launch, we will be offering a cookery demo on how to make delicious soups on a budget. On the start date of November 22nd, lots of tasters available.

Every week we will offer:

- A warm place to be, and meet up with others.
- Coffee, teas, cold drinks
- Resources to inform and support saving money

Mindfulness cares group

Our next Mindfulness for Carers group is on November 21st in The Clinic Room. 3pm – 4pm This month we will be focusing on relaxation and reducing stress. Festive Food on a budget. We are pleased to announce we will be delivering Cookery demonstrations on delicious and easy food to prepare for Xmas and to a budget. Plus there will be lots of tasters to sample. The same demonstration will take place on December 5th at 10.30 – 12pm and December 13th at 5.30 – 7pm. Booking essential, please call/contact reception if you would like to attend either.

Dementia café

We would like to invite people with dementia and their carers or the person supporting them to the memory café at Armada Family Practice. The Memory café is for people with dementia who are registered with the Armada Family Practice and the person who supports them. It is an informal gathering which gives you the opportunity to meet others for a hot drink and cake in a relaxed atmosphere. Each month we have activities such as arts and craft, music, bingo, games, raffles and at some sessions we have a guest speaker. The memory café will run on the second Wednesday of each month from 10am to 12pm. The next memory café will be on Wednesday 14th December, we will be hosting our special Christmas memory café which is a fun and festive event with local school choir singing Christmas carols

Please contact the practice on 01275 832255 or send an email to bnssg.armadamemorycafe@nhs.net to confirm your attendance

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Surgery Opening Times

8:30 то 6:30рм

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)
District Nurse
Health Visitors
O1275
BRI
O117 9
Southmead Hospital
O117 9
St Peter's Hospice
Alzheimer's Society
CRUSE bereavement
Diabetes Education
Dementia Helpline
Carers Support
O117 96
SBCH
O117 34

Midwives

Flu reminder

If you are in any of the below cohorts please book your free NHS flu vaccination with us on 01275 832285

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
- 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.









Mental health helplines and charities

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123.

<u>Mind.</u> Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Rethink Mental Illness. Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)



