

# 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](mailto:bnssg.armadamemorycafe@nhs.net) to confirm your attendance

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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

