

# Armada Family Practice Newsletter

## Medication

During the current COVID-19 Pandemic everyone needs to reduce the number of contacts with others. To help with this, the next time you collect your prescription from the Health Centre would you please nominate a pharmacy from where you would like to collect your medications. This will allow us to send prescriptions electronically direct to your pharmacy of choice, and means you will not need to come to the practice to collect your prescription. Where possible we would also recommend you order your prescriptions online (<https://www.armadapractice.co.uk/prescriptions1.aspx>) or by email ([brccg.scripts.armada@nhs.net](mailto:brccg.scripts.armada@nhs.net)) Please can you only order the medication you need.

## Contact Details

Please can you inform us if your contact details change or if possible please provide us with a current mobile number. Due to certain circumstances we are contacting patients via texts and phone calls so it is important that we have an up to date telephone/landline number.

We are now able to send documents e.g. continuation sick notes for reoccurring problems by text so an up to date contact number is very important.



## Digital isolation note for patients now available online

To reduce the burden on GP practices a new online system, created by the NHS and the Department for Work and Pensions, is now live for patients to be emailed a digital isolation note. Isolation notes provide patients with evidence for their employers that they have been advised to self-isolate due to coronavirus, either because they have symptoms or they live with someone who has symptoms, and so cannot work. As isolation notes can be obtained without contacting a doctor, this will reduce the pressure on GP surgeries and prevent people needing to leave their homes. The notes can be accessed through the NHS website and NHS 111 online. After answering a few questions, an isolation note will be emailed to the user. If they don't have an email address, they can have the note sent to a trusted family member or friend, or directly to their employer. The service can also be used to generate an isolation note on behalf of someone

## One number, many services

From the 1st April, there will be one number for people needing to access adult community NHS health service in Bristol, North Somerset and South Gloucestershire. **03001256789** will be the number to call for those receiving healthcare services in their homes from community teams including District Nurses, Therapist and Support workers

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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 |
| SBCH                   | 0117 342 9692 |
| Midwives               | 0117 342 9841 |

## **CONDITION MANAGEMENT**

If you have any ongoing conditions or are under the hospital for any treatment and need advice with how to manage this during the Covid-19 pandemic, please see the links below

### **Rheumatology -**

<https://www.versusarthritis.org/.../covid-19-assessing-your-.../...>

### **Cardiac -**

<https://www.bhf.org.uk/.../h.../news/coronavirus-and-your-health>

**Type 1 Diabetes -** [https://www.diabetes.org.uk/about\\_us/news/coronavirus...](https://www.diabetes.org.uk/about_us/news/coronavirus...)

[https://trend-uk.org/.../uploads/2020/03/A5\\_T1Illness\\_TREND\\_F...](https://trend-uk.org/.../uploads/2020/03/A5_T1Illness_TREND_F...)

### **Type 2 Diabetes -**

[https://trend-uk.org/.../uploads/2020/03/A5\\_T2Illness\\_TREND\\_F...](https://trend-uk.org/.../uploads/2020/03/A5_T2Illness_TREND_F...)

### **Asthma-**

<https://www.asthma.org.uk/ad.../triggers/coronavirus-covid-19/>

### **Lung Conditions-**

<https://www.blf.org.uk/.../coronavir.../what-is-social-shielding>

### **Renal-**

<https://www.kidneycareuk.org/news-and-.../coronavirus-advice/...>

### **Pregnancy-**

<https://www.rcog.org.uk/.../covid-19-virus-infection-and-pre.../>

### **Useful links for support during Coronavirus:**

- National Domestic Violence Helpline: 0808 2000 247 <https://www.nationaldahelpline.org.uk/>
- NSPCC helpline: 0808 800 5000 If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support.
- Childline 0800 1111: Offers free, confidential advice and support for any child 18 years or under, whatever the worry.
- MIND: Mental Health Support with specific advice on 'Coronavirus and your wellbeing'. [www.mind.org.uk](http://www.mind.org.uk)
- YoungMinds: Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus. <https://youngminds.org.uk>
- Icon Babies cry: You can cope. <http://iconcope.org/>
- SafeLives: Specific resources for domestic abuse and COVID. <http://safelives.org.uk/news-views/domesticabuse-and-covid-19>
- IRISi interventions: [irisi.org/iris/find-your-local-iris-site/](http://irisi.org/iris/find-your-local-iris-site/)
- <https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/>

### **Gastroenterology-**

<https://www.bsg.org.uk/covid-.../covid-19-advice-for-atients/>

<https://www.crohnsandcolitis.org.uk/.../advice-for-people-wit...>

### **Cancer-**

<https://about-cancer.cancerresearchuk.org/.../coronavirus-and...>

### **Sickle cell Thalassaemia-**

<https://www.sicklecellsociety.org/coronavirus-and-scd/>

### **Parkinsons-**

<https://www.parkinsons.org.uk/.../understanding-coronavirus-a...>

### **Multiple sclerosis-**

<https://www.ms-uk.org/ms-and-coronavirus>

### **Motor Neurons disease-**

<https://www.mndassociation.org/mnd-and-coronavirus/>

### **Huntington's disease-**

<https://www.hda.org.uk/getting-.../covid-19-information-advice>