

Armada Family Practice wishes you a Happy New Year.

WHITCHURCH HEALTH CENTRE

Issue 26
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Over the Christmas period to support A&E, we were offering Same Day appointments only. This was a great success as we were able to offer between 70 - 100 appointments each day to ensure we were able to help our patients before they required an A+E visit over such a busy period of the year.

Flu Vaccination

It's not too late to get your Flu Vaccination. Please come to reception or give us a call to book this.

Don't delay get your flu jab today

Dementia Café

On Wednesday 12th December we held our Christmas Memory Café. Our patients, carers and family members enjoyed taking part in a Christmas Quiz, singing Christmas carols with Perry Court School, who kindly came to the Practice to provide us with some great entertainment, and also eating lots of lovely cake provided by our Practice Staff.

Our memory café takes place the second Wednesday of every month and is always a great success and enjoyed by all. Please speak to reception or call us for more information



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

During December we had 110 Clinical appointments & 103 treatment room appointments that patients did not attend!

This totals a shocking 213 wasted appointments during December and a cost to the Practice of **£4880.70**.

Please call the surgery to cancel your appointment if you are unable to make it or you no longer need it, giving as much notice as possible, so the appointment can be rebooked by another patient.



Discover what is going on in your local community and improve your health and wellbeing

www.wellaware.org.uk

Free phone 0808 808 5252



The Care Forum is a Registered Charity No.1053817



Find out about activities happening locally! Join in, get active and be creative with hundreds of things happening every day around Bristol for everyone.



There are many support groups running that you can find on Well Aware for specific needs, medical conditions or to help your emotional health. Find out where and when they are running and who to contact to join.



Well Aware has details of local organisations, community hubs and services that can offer health and wellbeing support, care, advice, learning and development.



Every day there are events happening around your area and most of them are free! If you don't use the internet call our team and we can search for you.

Whitchurch Health Centre

We would like to thank staff and patients for supporting Marie Curie awareness promotion

During 2018.

We raised a fantastic amount of £2,239.44

This is the equivalent of 112 Nursing hours

"Thank you all so much."



During 2018 we raised £2,239.44 for Marie Curie. Thank you to all who took time to donate to such an important charity. This is the equivalent of 112 Nursing hours. Well done all!