

# Armada Family Practice Newsletter

*Happy New Year!*

Happy New Year to all our patients.

During this national lock down we will be delivering our service as we have done over the past 9 months. If you are in need of health care you should phone us on 01275 832285. We run an advice line between 8.30am until 12.00 and 2pm until 4.30pm on a first come first serve basis, with a limited amount of appointments each day. If the clinician requires a f2f appointment to best deal with your medical query, they will offer you a same day or routine appointment depending on the urgency. To book a same day telephone consultation with a clinician, the receptionist will require a brief description of the problem to ensure you are directed to the most appropriate person or service.

## Protecting our Service

With Covid-19 spreading at such a dangerous rate and the pressure on the hospitals we need to be even more mindful of protecting our local services. Can I therefore please remind everyone that coming to the surgery with even the mildest hint of the virus could have a devastating effect on us and even close us down. Please tell us if you have any symptoms before any appointment as we may still be able to see you but in a safe way.

## Covid-19 Vaccinations

We, along with other practices in South Bristol, are hoping to start our Covid-19 vaccination campaign next week. This is being dictated by NHS England who allocate delivery dates. We have a limited number of vaccines and we will be starting with our clinically vulnerable over 80's. You will receive a phone call, or, if you have a mobile phone a text to book an appointment. We will be following Government guidance and vaccinating our population in order of clinical need. Be assured that when it is your turn to be vaccinated we will contact you, please do not phone us as it puts unnecessary pressure on our phone lines. For more information about the vaccination program please visit the Government website.

## Bridge View Medical Centre

Bridge View Medical Practice contacted us yesterday as their delivery arrived a day early and they needed to use it before it went out of date, so they asked surrounding practices for the contact details of some of our most vulnerable patients. Some of you may receive a call from them in the next day or two. It's not possible for us to contact you or family members first I'm afraid, but if you do get a call it would be great if you can attend. The more people we can get vaccinated between us the better.



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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

## **Cervical Cancer Prevention week**

18th to 24th January 2021 Do you know how cervical cancer can be prevented? During Cervical Cancer Prevention Week we want as many people as possible to know how they can reduce their risk of the disease and to educate others. We want to ensure all women and people with a cervix know how cervical cancer can be prevented. We are still booking appointments for cervical screening so please book in for your smear if you are due.

Visit: [www.jostrust.org.uk/getinvolved/campaign/cervical-cancerprevention-week](http://www.jostrust.org.uk/getinvolved/campaign/cervical-cancerprevention-week) for more information



## **Dry January**

1st to 31st January 2021 Start 2021 the best way possible with Dry January – the UK's one-month alcohol-free challenge. 86% of participants save money. 70% of participants have better sleep and 66% have more energy. Get your fun back. Get your energy back. Get your calm back. Get you're YOU back. Download the official app called: Try Dry. Find out more here: [www.alcoholchange.org.uk/getinvolved/campaigns/dry-january](http://www.alcoholchange.org.uk/getinvolved/campaigns/dry-january)



## **Contact Details**

Please can you inform us if your contact details change. From time to time we may have to speak to you urgently and this can be very difficult if we don't have an up to date telephone number, either a land line or mobile number, or both, is very helpful. If you move home you MUST inform us of your new address, patients who move/ live outside our catchment area will be asked to register with a new GP that's closer to their new address. If you have a mobile number please inform reception, we are now sending more communication via SMS messages.



## **Electronic Prescription service**

When you order your prescriptions, they will be sent direct to the Chemist/Pharmacy of your choice. Before coming to the Surgery to check if your prescription is available, please contact your Chemist/Pharmacy in the first instance. This will save you time and prevent unnecessary queues at Reception. Please allow time for your prescription to be issued by the GP. If you do not have a local nominated pharmacy, please call the Health Centre to choose a pharmacy close to you.

## **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/>