

Armada Family Practice Newsletter

Face mask

If you are attending the practice for a face to face appointment or to collect prescriptions please ensure you wear a face covering or mask.

Electronic Prescription Service (EPS)

During the current Covid-19 Pandemic we all need to reduce the number of contacts we have. To help with this please nominate a pharmacy where you would like to collect your medication. This will allow us to send electronic prescriptions directly to your nominated pharmacy and you will not need to come to the practice to collect it.

Where possible we would also recommend you order your prescriptions online at <https://armadapractice.co.uk/prescriptions1.aspx> or by email to brccg.scripts.armada@nhs.net.

Musculoskeletal (MSK)

We have developed a new section on our website:

<https://www.armadapractice.co.uk/page1.aspx?p=13&t=5>

The section provides patients with information about a variety of MSK related conditions and appropriate rehabilitation exercises. The resource is designed to enhance patient independence and will hopefully reduce the need for clinician input.



Health at home

The coronavirus (COVID-19) outbreak means you should stay at home as much as possible, but it's still easy to get NHS help using your smartphone, tablet or computer. Please visit this link for more information.

<https://www.nhs.uk/health-at-home/?fbclid=IwAR1qWyaOv0Jc9ofvFMp-sS3j4oyXv1ATCXhPe5-d1ukcMVy3FF64u6RJwrE>

It is very important that you still contact your GP surgery if you are unwell and attend appointments at the hospital for ongoing treatments unless you have been told not to. You must still go to hospital in a serious or life-threatening medical emergency, or if you are feeling very unwell, but please ensure you follow Coronavirus guidance before attending

Shielding patients

The guidance in the following link is for people who are clinically extremely vulnerable to Coronavirus and have been asked to shield during the pandemic

https://bnssgccg.nhs.uk/health-advice-and-support/health-services-during-coronavirus-covid19/healthy-shielding/?fbclid=IwAR2fYgMFbLZbFdi7N-ZIR6_oRZ09qu7YudfaKEqW1-1ci2_lrwSMUzG3-sE

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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

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.



Support for vulnerable patients

- Compassionate neighbours

If you are living with a chronic, long-term or terminal illness, or you are experiencing loneliness or social isolation, or if you care for someone that fits this criteria, you can access this project. Compassionate Neighbours are fully trained to provide their time, companionship and support to people living in the community. They are matched to people wanting support according to their hobbies, interests and geography. All support is provided free of charge.

www.compassionateneighbours.org/how-to-get-support/#supportnearme

- Age UK

Age UK say that they are determined to be here for our elderly population during this pandemic. Their website offers easy to read updates about the coronavirus, advice on what to do if you are unwell, support with helping others and making sure you have the support you need.

www.ageuk.org.uk/information-advice/coronavirus/

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
- 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/
- <https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/>