

# Armada Family Practice Newsletter

## Information

We would like to advise all patients that they should not delay in booking a telephone appointment with a doctor or nurse if they are concerned about more serious illness. Despite COVID-19 we are still very much open for business and happy to talk to you on the phone or arrange a video consultation. We can also arrange face to face appointments if this is required. We are particularly concerned that patients do not delay calling 999 if they have a life threatening condition such as a -heart attack, stroke or sepsis.

Please note if a clinician asks to see you and you are asked to come to our staff car park entrance, park in the zone you are directed to and wait in your car to be seen.

## NHS Volunteers

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our NHS Volunteer Responders are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

Call 0808 196 3646 or visit

[nhsvolunteerresponders.org.uk](http://nhsvolunteerresponders.org.uk)

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.

## Coronavirus Testing

You can ask for a test online via the NHS website, link down below.

It will ask you:

- how you want to get the test – you may be able to choose between driving to a regional testing site or getting a home test kit
- for details such as your name, mobile phone number and address

Please follow the link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/ask-for-a-test-to-check-if-you-have-coronavirus/>

Apply for a coronavirus test on GOV.UK if you are:

- an essential worker, including NHS or social care staff
- applying for tests for the residents and staff of your care home
- have a verification code from your employer

Please follow the link below:

<https://www.gov.uk/apply-coronavirus-test-essential-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

## **New Coronavirus symptoms**

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For more information please visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

## **Thank you**

We would like to say a big thank you to the patients at Whitchurch Health Centre and the general public for keeping our spirits up during this difficult time.



## **Mental wellbeing while staying at home**



Taking care of your mind as well as your body is really important if you need to stay at home because of coronavirus (COVID-19). You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It's important to remember that it's OK to feel this way and that everyone reacts differently. Remember, for most of us, these feelings will pass. Staying at home may be difficult, but you're helping to protect yourself and others by doing it.

For tips and advice please follow link: <https://www.nhs.uk/oneyou/every-mind-matters/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](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: [iris.org/iris/find-your-local-iris-site/](http://iris.org/iris/find-your-local-iris-site/)
- <https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling/>

## **NHS Covid-19 privacy notice**

Please visit our website homepage [www.armadapractice.co.uk](http://www.armadapractice.co.uk) for the NHS Covid-19 privacy notice