

# Armada Family Practice Newsletter

We are open for telephone calls on Friday 8th May

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## Access

As your NHS GP Practice we want to assure you that we are still here to help you with your medical needs and assist in directing you to available services. We would also encourage you to phone us to book your routine cervical smear and child immunisations.



## Bank holiday Pharmacy Opening times

**Lloyds** - 14:00-17:00

**Asda** - 9:00 - 18:00

**Stockwood** -

**Boots Imperial** - 10:00– 17:00

**Hengrove** - 10:30 - 1:30

**Tesco** - 9:00 - 18:00

## Closure of Boots Ridgeway Lane

As some of you may be aware Boots Ridgeway Lane will be closing. If this is where you normally pick up your medication then we ask if you could nominate another pharmacy that's close to you so you're able to pick up your medication. To change where we send your prescription please call the Health Centre as soon as possible or change your nominated pharmacy via online access.

## Prescriptions

We ask all patients not to put prescriptions in too early as your medication could get rejected, but please give us enough time to be able to get your prescription done. During these difficult times, we are taking prescription requests over the phone if you are unable to leave your home. We require **72 hours (3 working days)** to have your prescription ready.

Please only order when you have less than 14 days supply.



## Government Support

The government has created a new service which can help you find out what help you can get if you're affected by Coronavirus. You can use it for yourself or someone else.

The website is: <https://www.gov.uk/find-coronavirus-support?fbclid=IwAR3CKW->

## 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

## **COVID- 19 TESTING**

As you may have seen on the news, the eligibility for testing has now changed. Please search the link below for advice on testing:

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

If you are an essential worker and wish to apply for testing, please search the links below (the first link is who the government class as an essential worker).

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#essential-workers>

<https://self-referral.test-for-coronavirus.service.gov.uk/>

If you are any of the following, then please see below:

-anyone over 65 with symptoms

-anyone with symptoms whose work cannot be done from home (for example, construction workers, shop workers, emergency plumbers and delivery drivers)

-anyone with symptoms of Coronavirus that lives with those identified above

<https://self-referral.test-for-coronavirus.service.gov.uk/test-type>

Please be advised that testing is most effective within 3 days of symptoms developing.

## **PPE donations**

We would like to say a big thank you for the PPE donations we have received including Visors from Bristol Impro and from a patient, home-made uniform wash bags from staff families and an extremely generous cash donation towards buying PPE.



## **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/>