

# Armada Family Practice

WHITCHURCH HEALTH CENTRE

Issue 24  
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## Top five tips for keeping warm over the winter months

Although winter weather and snow can be fun for some, the cold is also associated with an increase in illness and injuries.

Indeed, cold weather can be very harmful, especially for people aged 65 or older: it weakens the immune system, increases blood pressure, thickens the blood and lowers body temperature, increasing risks of high blood pressure, heart attacks, strokes and chest infections.

If you have a long-term health condition like diabetes, heart or kidney disease, or have suffered a stroke, cold weather can make health problems like these far worse.

**1. Heat the home:** Heat your home to at least 18°C (65°F), if you can, you might prefer your living room to be slightly warmer. Remember to keep your window closed on winter nights as breathing in cold air can be bad for your health because it increases the risk of chest infections.

**2. Be smart and energy efficient:** To ensure that heat doesn't escape your home, fit draught proofing to seal any gaps around windows and doors making sure you have loft insulation if necessary. If you have cavity walls, make sure they are insulated too. Don't forget to draw curtains at dusk and to make sure your radiators are not obstructed by furniture or curtains. Check your heating and cooking appliances are safe by contacting a Gas Safe Registered Engineer.

**3. Dress warm:** Wear lots of thin layers – clothes made from cotton, wool or fleecy fibres are particularly good at helping to maintain body heat and several layers trap warm air better than one bulky layer. Also wear good-fitting slippers and shoes with a grip to avoid slipping.

**4. Move a little or a lot:** Exercise is good for you all year round, not only will moving more keep you healthy, it can keep you warm over the colder winter months. If possible, try to move around least once an hour. Remember to speak to your GP before starting any exercise plans to ensure they are tailored for your needs and abilities.

**5. Pharmacy first:** If you do start to feel unwell over the winter months, even if it's just a cough or a cold, it's important to get help from your pharmacist before it gets more serious. Pharmacists are fully qualified to advise you on the best course of action – this can be the best and quickest way to help you recover and get back to normal. If you can't go yourself, you could always ask someone else to go for you.



## 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	0117 3773356
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 October we had 156 GP/Clinical appointments & 163 treatment room appointments that patients did not attend!

This totals a shocking 319 appointments wasted during October.

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.

### Flu Clinics



**Just a reminder that we have Flu Vaccination appointments available. Please call us on 01275 832285 or come to reception to book yours.**

### Patient Access



Book an appointment with your GP at a time to suit you. Order repeat prescriptions at your convenience and you can also keep track of your immunisations and allergies.

### Improved Access

We are working together with other local practices to offer more appointments in the early mornings, evenings or at weekends. Speak to a member of the practice team to find out more.

### Shingles Vaccine? - All year round!

Patients can now be offered the shingles vaccine as soon as they reach eligible age (70 or 78). This can be done all year round.



### Telephone System Problems

Work is still on-going to hopefully resolve all phone system problems soon. Thank you for your patience and understanding.



### Patient Participation Group

Just a note to remind members of the PPG that the next meeting is 6pm on Monday 12<sup>th</sup> November.