

Armada Family Practice

WHITCHURCH HEALTH CENTRE

Don't underestimate the risks of FLU

Should you book a Flu Jab today?

Many people think flu is just a bad cold, but it isn't—flu can develop into more serious illnesses, such as bronchitis and pneumonia, which could lead to a stay in hospital or even death in some cases.

The number of deaths from flu varies each year - in the UK it can be as high as 10,000, but it has reached more than 20,000 in a flu epidemic year.

Although many people say they rarely get flu, each year around 15-20% of people in the UK are infected.

Flu spreads easily—flu viruses can survive as particles in the air, or on surfaces such as door handles for several hours. So one person with flu can infect many others.

It is recommended that you have a flu vaccination if you are:

- Pregnant
- Aged 2 or 3 (Nasal Spray) Born between 1/9/14 - 31/8/16 and must be aged 2 or 3 on 31/8/18
- Aged 65 or over
- A person with diabetes
- A person with a BMI > or equal to 40

Or if you have a long-term condition of the:

- Lungs, e.g. Asthma or COPD
- Heart
- Brain or nervous system
- Kidneys
- Liver
- Immune System
- Spleen

If you have children between the ages of 4 to 10 years and they are not in any at risk group your child's school will be responsible for arranging administration of this vaccine.



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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	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 August we had 110 GP appointments & 109 treatment room

Appointments that patients did not attend!

This totals a shocking 219 wasted appointments during August.

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.

Are you vaccinated against Measles?

The only effective way to protect yourself and your community against measles is by vaccination. This is because measles is one of the most infectious diseases known to man – it spreads easily through direct contact and droplets in the air. The measles virus survives up to 2 hours in the air or surfaces, even after an infected person has left the area. Cases of measles are most infectious in the first 3 days before the onset of rash, so infection can be spread before anyone suspects the case.

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.



Back to School Healthier Lunch Boxes



A healthier lunch box should be based on the eat well plate food groups (see www.eatwell.gov.uk), which promote balance and variety in the diet. Parents and pupils should try to include something from each of the eat well food groups in the lunch box and ensure that this includes a drink. Bright and colour foods with different tastes and textures should be encouraged. Fruit and vegetables do this naturally. If the food looks good the chances are that the children will want to try it.

What should be in a healthier lunch box?

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

Foods that should be limited

Remember, foods high in fat and sugar should be restricted. Nutritional standards for schools lunches do not allow sweets, chocolate or savoury snacks such as crisps, fizzy drinks and other high sugar drinks to be served at lunch times. Any lunch box guidance or policy should reflect this. Treats can be included at lunch time; however, plain or lower sugar varieties should be encouraged.

