

# Armada Family Practice Newsletter

## Covid-19 Vaccination schedule

Please be assured that we are following the vaccination schedule and guidance as published by the JCVI (Joint Committee on Vaccination and Immunisation). We have been asked to invite cohort 6 to our vaccination hub at the Healthy Living Centre, Knowle West. In the past 2 weeks we have sent out hundreds of invites and made telephone calls to those patient without mobile phones, and we will continue to send invitations over the next week or two.

NHS England will be inviting cohort 5&7 to book online at one of the mass Vaccination hubs or community pharmacy. Please do not ring us about your vaccination. Please visit the JCVI website, which will give you all the information you need.

Remember this is a national vaccination program and your turn will come.

So far the vaccination program has been a great success and we thought you might like to know how it is going for the Armada Family Practice patients;

As at the 28<sup>th</sup> February 2021

- Cohort 1 – Residential Care Home Patients – 100% vaccinated
- Cohort 2 – Age 80+ and HSC workers – 95% vaccinated.
- Cohort 3 – Age 75-79yrs – 96% vaccinated
- Cohort 4 – Age 70-74yrs or Covid high risk – 93%
- Cohort 5 – Age 65-69yrs – 90%
- Cohort 6 – Age 16-64yrs with UHC (Under Lying Health Conditions) – 37% (vaccination program ongoing – expected to be complete by mid-March)
- Cohort 7 – Age 60-64 or UHC – 32% (being delivered by Mass Vaccination hubs)

Altogether that's 4,539 patients vaccinated in 7 weeks. The dedication of our team, working extra hours and days off to deliver the program, has been inspirational and we would like to thank each and every one of them.

## COVID vaccinations for frontline health and care workers

All frontline health and care workers can now selfrefer into appointments at Ashton Gate/pharmacies using the national booking system, where they have lots of capacity.

Here's the link: <https://www.nhs.uk/.../coronavir.../coronavirus-vaccination/>

## Prescription box

Just a reminder that the prescription box outside is only for prescriptions, anything other than prescriptions will need to be handed in to the Health Centre.

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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–



Find us on:  
**facebook.**

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

We are using a new system for booking our coronavirus vaccines and it is very important that if you do have a mobile number, that we have it and it is up to date. If you do not have a mobile phone we will still contact you to book your vaccination, so please do not worry. It is also important that you are registered at the address you currently live at, any letters from the government relating to COVID will be sent to the address which is held by your GP practice.

Your contact details can be updated by following the link - <https://www.mysurgerywebsite.co.uk/secure/sms.aspx?p=L81031>

If you wish to update your registered address please complete the form on the following link - <https://www.mysurgerywebsite.co.uk/secure/cod.aspx?p=l81031>

# BEEN COUGHING FOR THREE WEEKS OR MORE?

## CONTACT YOUR GP PRACTICE

If you've had a cough for three weeks or more and it isn't COVID-19, don't ignore it. It's probably nothing serious, but it could be a sign of cancer.

Your NHS is here to see you, safely.

[nhs.uk/cancersymptoms](https://nhs.uk/cancersymptoms)

ear on  
ncer  
help us



## Lung Cancer Campaign

The Help Us Help You Lung Cancer Symptoms campaign is now live, with adverts across TV, radio, and video on demand (catch-up TV).

Despite lung cancer being the third most common cancer in England, suspected lung cancer referrals remain lower than normal. As of December 2020, lung cancer referrals had reached 73% of pre-COVID levels, while referrals for all cancers were just over 100%.

### Key Messages:

- If you've had a cough for three weeks or more, and it isn't COVID-19, it could still be a warning sign
- A cough for three weeks or more could be a sign of cancer. Just contact your GP practice
- It's probably nothing serious, but finding cancer early makes it more treatable

Your NHS is here to see you, safely

## 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.
- Mental Health: <http://bristolmentalhealth.org/>