



# BLACKTHORN HEALTH CENTRE

## MAY NEWSLETTER 2018

[stroke.org.uk/makemaypurple](http://stroke.org.uk/makemaypurple)

Stroke  
association

We're proud to support

**Make May Purple**  
for stroke

Make May Purple is the Stroke Association's Annual Stroke awareness month, which takes place every May. Friends, families and communities show their support for their loved ones who have been affected by stroke and help to raise awareness and essential funds for The Stroke Association.

Whatever you choose to do, whether it's holding a bake sale, signing up to an event or getting sponsored to dye your hair, there are many easy ways for everyone to get involved. The main thing is to have fun, get people talking about Make May Purple and raise vital funds for our work supporting people affected by Stroke.

### **What is a Stroke?**

A Stroke is a brain attack. It happens when the blood supply to part of your brain is cut off. Blood carries essential nutrients and oxygen to your brain. Without blood your brain cells can be damaged or die. This damage can have different effects, depending on where it happens in your brain. A Stroke can affect the way your body works as well as how you think, feel and communicate.

### **Different types of Stroke**

Most Strokes are caused by a blockage cutting off the blood supply to the brain. This is an Ischaemic Stroke. However, Strokes can also be caused by a bleeding in or around the brain. This is a Haemorrhagic Stroke. A Transient Ischaemic Attack or TIA is also known as a mini-Stroke. It is the same as a Stroke, except that the symptoms last for a short amount of time and no longer than 24 hours. This is because the blockage that stops the blood getting to your brain is temporary.

### **What causes a Stroke?**

As we age our arteries become harder and narrower and more likely to become blocked. However, certain medical conditions and lifestyle factors can speed up this process and increase your risk of having a Stroke.

### **Can you recover from a Stroke?**

All Strokes are different. For some people the effects may be relatively minor and may not last long. Others may be left with more serious problems that make them dependent on other people. Unfortunately not everyone survives around one in eight people die within 30 days of having a Stroke. That's why it's so important to be able to recognise the symptoms and get medical help as quickly as possible. The quicker you receive treatment, the better your chances for a good recovery.



## **BLACKTHORN HEALTH CENTRE MAY BANK HOLIDAY CLOSURES**

We will be closed from Friday 4th May @ 18.30  
(closed for Bank Holiday Monday on 7th May)  
re-opening on Tuesday 8th May @ 7.30 am.

We will also be closed from Friday 25th May @ 18.30  
(closed for Bank Holiday Monday on 28th May)  
re-opening on Tuesday 29th May @ 7.30 am.

## **Attendance/Non-Attendance by Patients**

In the month of **APRIL**, **106 Appointments** were not attended this equated to **19.5 HOURS** of GP, Nurse and Health Care Assistant time being wasted.

Please make sure you cancel any appointments that you no longer need in good time so that they may be offered to another patient.

Cancelling your appointment is even easier now if you receive Text reminders as you are able to send a text back to cancel any appointments that you no longer require. Simply follow the instructions when you receive your reminder text. You can also call the surgery, choosing Option 4 and leave a message.

For more information and how to register please visit:

**<https://patient.emisaccess.co.uk>**

## **When the Surgery is closed**

**If you have a healthcare need when the Surgery is closed please see contact details below:-**

**NHS Out of Hours Service. Tel No: 111**

**If you have a life threatening emergency please Telephone 999**

**A&E is under intense pressure please do not attend for minor ailments or problems**

## **Reception Private Side Room**

Should you wish to speak to a member of staff in private please be advised that the side room next to our main Reception Desk is available for patients or visitors at all times so they may speak to a member of staff in total confidence.

## **Blackthorn Health Centre Contact details**

Email: [WHCCG.BlackthornHealthCentre-reception@nhs.net](mailto:WHCCG.BlackthornHealthCentre-reception@nhs.net)

Website: [www.blackthornhealthcentre.org.uk](http://www.blackthornhealthcentre.org.uk)

Telephone: 02380 453110

Fax: 02380 452747



## WHERE TO GO FOR TREATMENT

Self-Care	Grazed knee Cough or cold Sore throat	Make sure your medicine cupboard is stocked up with over the counter remedies
Pharmacy	Diarrhoea Runny nose Headache Eye Infections (2 years +)	For advice on common illnesses and medicines to treat them
NHS 111	Unsure Unwell Confused Need to know where to go outside of GP opening hours	Outside your normal GP opening hours of when you need medical help fast and it is not a 999 emergency
eConsult (WebGP)	Before calling your GP	Illnesses which do not need a physical examination
Blackthorn Health Centre	Ear pain Backache Throat Infection Sprains & Cuts	If you have an illness or injury that will not go away, contact the surgery
Minor Injuries Unit	Minor breaks / fractures	Where a Diagnostic examination (for example an X-Ray or Ultrasound) is needed
A&E & 999	Choking Chest Pain Blackout Blood loss	Life threatening situations and emergency