



BLACKTHORN HEALTH CENTRE

MAY NEWSLETTER 2019



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
Monday 6th & 27th May**

We will be closed from Friday 3rd May @ 18.30
re-opening on Tuesday 7th May @ 7.30 am.



BLOOD PRESSURE MACHINES OUT ON LOAN

A polite request to patients that may still have a Blood Pressure Machine on loan. Please return the machines as soon as you have finished using them so another patient may benefit from it as we have a waiting list for our Blood pressure monitors.



CITIZENS ADVICE BUREAU COMING TO HAMBLE

From the 6th February The Citizens Advice Bureau will be running a session in Hamble. Provided by Citizens Advice Eastleigh, the service offers free, impartial and confidential advice on a wide range of issues including welfare benefits, debt, housing, employment and family matters. The new drop in advice session will offer a safe and confidential space to discuss your situation and possible ways forward. Appointments are not required, just come in to The Mercury (the new Hamble Library building opposite Hamble Church) between 10am and 12.30pm on the first Wednesday of the month.

**Telephone advice is also available by calling 03444 111 306 and
online www.citizensadvice.org.uk**



Blackthorn Health Centre now have a Facebook Page.

We will be posting and sharing various posts on the NHS, the Practice and news about the surrounding area that may affect our patients.

www.facebook.com/BlackthornHealthCentre

Remember to Like and follow our page to stay up to date with these updates. You can also share this page with friends and family.

Attendance/Non-Attendance by Patients

In the month of **APRIL**, **131 Appointments** were not attended this equated to **25.8 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

Blackthorn Health Centre Contact details

Email: WHCCG.BlackthornHealthCentre-reception@nhs.net

Website: www.blackthornhealthcentre.org.uk

Telephone: 02380 453110 Fax: 02380 452747