



Richmond Surgery Newsletter

November 2021
Issue 90



Local Pharmacies

Richmond Surgery
Mon-Fri 8am-6.30pm
(see our website for details
of clinics outside of these hours)
<https://www.richmondsurgeryfleet.com/>



Wellbeing Pharmacy
Open via window:
Mon-Sat 0700-2230
Sun 1000-1700
T: 01252 447001
E: wp006@wellbeing-pharmacy.co.uk



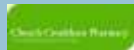
Rowlands Pharmacy
5 Linkway Parade
Courtmoor Fleet
Hants GU52 7UL
**Please check their website for
opening times**
T: 01252 615582



Boots The Chemist Pharmacy
225 Fleet Road
Fleet Hants GU51 3BN
**Please check their website
for opening times**
T: 01252 613698



Church Crookham Pharmacy
157 Aldershot Road
Church Crookham
Hants GU52 8JS
**Please check their
website for opening times**
T: 01252 621098



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Notice of Retirement — Dr Steven King

After some 30 years with Richmond Surgery, Dr King will be retiring as Senior GP Partner on 31st December 2021. We understand that patients who are registered with him, some for many years, may be concerned as to who their new Registered GP will be. We can confirm that all patients will be transferred equally to the remaining four GP Partners. **We are unable to take any individual requests for transfer to one of our four GP Partners.** All our GP Partners work on the same clinical system and have full access to your medical history and current needs. Our GP Partners understand a change can be hard, but will work with you to build a new and lasting relationship.

TRANSFER PROCESS: This will be undertaken over the coming weeks, and you will be notified by text and/or email of your new GP. We cannot send individual letters due to the cost. The transfer is done by electronic division to ensure an equal transfer share of patient count, but also population.

As a patient, if you have recently transferred internally by agreement with the Partners, and you discover that the electronic division has transferred you back to your previous registration please contact us in the new year, not before. For families who are registered with one GP, but have different surnames, there is a possibility that members will be transferred to different GPs by the electronic division. If you encounter this, again please let us know in the New Year, but not before as adjustments cannot be done until then and contact before may be overlooked. We will then manually transfer all family members to the primary family member's GP.

Thank you for respecting our request to not make individual GP transfer requests. Due to workload pressures, any requests received will not be responded to. If you would like to send your good wishes to Dr King on his forthcoming retirement, this can be delivered to our reception team, or you can email your good wishes to the nehccg.richmondsurgery@nhs.net

Thank you.

GP Partners Drs King, Sinclair, Hatley, Gossage & Lingham
Donna Brennan, Managing Partner





Flu Vaccination FAQs



Content supplied by
the NHS website
[nhs.uk](https://www.nhs.uk)

When am I most at risk from flu?

Flu circulates every winter and generally peaks in December and January. This means many people get ill around the same time. But it's impossible to predict how many cases of flu there will be each year or exactly when it'll peak.

Does everyone need a flu vaccine?

No, just people who are at particular risk of problems if they catch flu.

Ask the surgery about having an NHS flu vaccination if:

- you're aged 65 or over
- you're pregnant
- you have a serious medical condition
- you're the main registered carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- your child is in an at risk group and is aged 6 months or over

You should also have the flu vaccination if you're a patient and a healthcare or social care worker directly involved in patient care.

[Find out more about who should have the flu vaccine](#)

Why are certain groups targeted for the flu vaccine?

Complications such as [bronchitis](#) and [pneumonia](#) are more common in people with other conditions, especially if they're also older.

In long-stay residential homes, vaccination helps prevent the rapid spread of flu among residents.

Is my child entitled to the flu vaccine?

Children eligible for the free nasal spray flu vaccine include:

- children aged two and three on 31 August 2019
- children in primary school
- children with a health condition that puts them at greater risk from flu

How long will the flu vaccine protect me for?

The flu vaccine will provide protection for you for the upcoming flu season. People eligible for flu vaccination should have the vaccine each year.

If your child is aged between six months and two-years-old and is in a high-risk group for flu, they'll be offered an injected flu vaccine as the nasal spray is not licensed for children under two.

Can I have the flu vaccine while I'm taking antibiotics?

Yes, it's fine to have the flu vaccine while you're taking a course of antibiotics, provided you're not ill with a high temperature.

How long does the flu vaccine take to become effective?

It takes between 10 and 14 days for your immune system to respond fully after you have had the flu vaccine.

If I had the flu vaccine last year, do I need it again now?

Yes, if you remain eligible. The viruses that cause flu can change every year, which means the flu (and the vaccine) this winter may be different from last winter.

Can the flu vaccine cause flu?

No. The vaccine does not contain any live viruses, so it cannot cause flu.

You may get a slight temperature and aching muscles for a couple of days afterwards, and your arm may feel a bit sore where you had the injection.

Other reactions are rare, and flu vaccines have a good safety record.

For children, the nasal spray vaccine cannot cause flu because the viruses in it have been weakened to prevent this happening.

Is there anyone who cannot have a flu vaccine?

Yes. You should not have the flu vaccine if you have ever had an allergic reaction to a flu vaccine or one of its ingredients. This happens very rarely.

You also need to take precautions if you have an egg allergy.

[Find out who should not have the flu vaccine](#)

Can I have a flu vaccine if I'm breastfeeding?

Yes. The vaccine poses no risk to a breastfeeding mother or her baby, or to pregnant women.

Is it OK to have the flu vaccine during pregnancy?

Yes. In fact it's important to get the flu vaccine if you're pregnant.

It's safe to have at any stage of pregnancy, including in the first trimester and right up to the expected due date. It helps protect the mother-to-be and her newborn baby from catching flu.

[Find out more about the flu vaccine in pregnancy](#)

NEW COHORT: Aged 50-64 not at risk.

Public Health England have advised that this cohort may only be vaccinated once we have repeatedly contacted all our eligible patients and then, only if we have sufficient vaccine stock available.

This is Government guidelines and is to ensure that those who are most at risk are vaccinated first. It is anticipated generally that this may not be until November, but we have been vaccinating our eligible patients from early Sept and have campaigned repeatedly for eligible patients to contact us, or confirm they do not wish to receive the vaccine.

We therefore anticipate being able to offer some of the new cohort vaccine towards the end of October. Please note this will always remain subject to eligible stock levels. The Government are working with manufacturers to increase available supplies.

Page last reviewed: 11 July 2019
Next review due: 11 July 2022



New staff at the surgery

We have been actively expanding our support teams at Richmond Surgery. Included within this are Physician Associates and Care Coordinators.

John Kirkus joined us in June as our Physician Associate. John graduated from the University of Texas in Galveston, USA with a Master of Physician Assistant Studies in December 2010 (known as Physician Associate in the UK) and is a member of the Royal College of Physicians Faculty of Physician Associates. John works alongside our GP Partners and nursing team to provide diagnosis, management and medical care as an integral part of our multidisciplinary team.

Kristika Shrestha joined us in August and Sara Evans joined us in October both as Care Coordinators. Care Coordinators provide extra time, capacity, and expertise to support patients in preparing for or in following up clinical conversations they have with primary care professionals.

Jackie Amos joined our Secretarial team in July. She joins us with excellent transferrable skills and has settled well, learning the many diverse aspects of being a medical secretary.

Sarah Brookes joined us in October as Administrative Co-Ordinator working closely with the Medical Secretaries and Admin Team to provide them with administrative support.

And we have expanded our Reception Team with Pauline Atkins and Tracey Bird both joining the surgery during summer.

COVID Vaccines & Boosters

We continue to offer COVID Vaccine clinics at The Harlington in Fleet High Street. Many of our patients have already received their booster vaccine in line with NHS England cohort guidelines. We are about to start offering additional clinics to the following additional eligible cohorts just announced:

- 40s and over – please be aware you cannot receive your booster until six months after your 2nd vaccine
- 16 & 17 year old 2nd doses – please be aware you cannot receive your 2nd dose until 12 weeks after your 1st vaccine

Please wait to be contacted by the surgery OR when you reach your eligible date. The Harlington clinics are open for walk in – no appointment needed.

Please note The Harlington does not offer vaccine clinics every day, so please call the surgery to check.

Drs King & Partners





Patient Feedback posted to NHS Choices

Excellent as always

★★★★★ out of 5

by Anonymous - Posted on 12 November 2021

Because of chronic health issues I have to use my doctors more than I'd like but I am so grateful that it is Richmond Surgery. The doctors, nurses and back office staff are always very helpful and I never have a problem getting an appointment if needed.

Outstanding

★★★★★ out of 5

by Anonymous - Posted on 08 October 2021

The help, care and efficiency of this practice is second to none. I was attending for my covid vaccine and found the set up very organised and helpful. Thank you.

So helpful at short notice

★★★★★ out of 5

by Anonymous - Posted on 16 July 2021

Really helpful service from receptionist on phone to the medic calling back, meant I wasn't in discomfort all weekend. Thank you!

Marvellous Nurse

★★★★★ out of 5

by Anonymous - Posted on 16 June 2021

I had a procedure done by a nurse who was very professional and very nice. She put me at my ease straight away and turned the usually unpleasant procedure into a procedure that was not too bad. I cannot thank her enough, she was marvellous!

Concerned your child is unwell?

<https://frimley-healthiertogether.nhs.uk/parentscarers/worried-your-child-unwell>

Healthier Together is a website for parents and carers of young children (3 months and older) providing advice and information on many of the most common childhood medical problems. You can find in-depth details on symptoms, when and where to get help if needed and in some cases also prevention.

Healthier Together offers advice on the following conditions:

Bronchiolitis and RSV
Conjunctivitis
Constipation

Cough and Cold
Diarrhoea and vomiting
Difficulty breathing and wheeze
Earache
Fever, high temperature
Hand, foot and mouth disease
Head injury
Limp
Rashes
Sore throat
Tummy ache
Tick bite

You are here: [Home](#) | [Parents/Carers](#) | [Concerned your child is unwell \(3 months and older\)?](#)

Concerned your child is unwell (3 months and older)?





The Princess Royal Trust
for Carers in Hampshire

Alton
Christmas Carers Hub
Thursday 2nd December 2021
10am-2pm

You are warmly invited to our Christmas Carers Hub. Come along and share refreshments and Mince pies along with crafts and singing for all to enjoy.

To be held at
St Mary's RC Church, 59 Normandy Street,
Alton, GU34 1DN

For further information please call 01264 835246 or email info@carercentre.com


 Charity No 1040519 Company No 2959846

If you care, we care.

Need a Copy of Your Medical Records?

Did you know that as well as requesting prescriptions online, you can also view your medical record online? Application forms for GP online services are available on our website

<https://www.richmondsurgeryfleet.com/>



NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.



Farnborough Well-being Centre Nov 2021 Timetable 1 Clockhouse Road, Farnborough, Hants, GU14 7QY



The Hart and Rushmoor Well-being Centre is located in the Clockhouse building in Farnborough. We provide recovery focused support for those who are struggling to maintain positive mental health and well-being as well as their carers. You can be referred via your GP, other mental health organisations or you can self referral. Referrals must be living in Hart or Rushmoor to attend the service. If you would like more information or to register with us please call 01252 317481 or email well-beinghartandrushmoor@andovermind.org.uk

Mon 01st	Tues 02nd	Wed 03rd	Thurs 04th	Fri 05th
Emotional support and skills group 2.00pm - 3.30pm Talk through problems with support from others in similar positions	Mindful drawing and colouring (5 of 6) 10.30am to 12.00pm Meditation 3.00pm - 3.30pm Unwind and rest your mind with a guided meditation Carers Group 6pm - 8pm Support group for those caring for someone with a mental health illness	Social Cafe at Karuna Coffee, Aldershot Tea/coffee and a chat 11.15am - 12.15pm	Fleet Civic Centre, Harlington Way Support and recovery group 2pm - 3.30pm Talk through problems with support from others in similar positions	Recovery support group 10.00am - 11.30am Talk through problems with support from others in similar positions Goal setting for your month ahead 2pm to 3pm Start the month with your own goals and we'll support you to achieve them!
8th Emotional support and skills group 2.00pm - 3.30pm	9th Mindful drawing and colouring (6 of 6) 10.30am to 12.00pm Meditation 3.00pm to 3.30pm	10th Social Cafe at Karuna Coffee, Aldershot 11.15am - 12.15pm - Yoga (fortnightly) 2.00pm - 3.00pm Stretch, breathe and relax (there is a waiting list, please bring your own mat)	11th Support and recovery group (Fleet) 2pm - 3.30pm Groovy Greyhounds 3pm - 4pm Spend some time with rescue greyhounds	12th Recovery support group 10.00am - 11.30am Returning on alternate weeks Tai Chi 2pm to 3pm
15th Emotional support and skills group 2.00pm - 3.30pm	16th Craft (1 of 6) 10.30am to 12.00pm Meditation 3.00pm to 3.30pm	17th No cafe Well-being walk Meet at Frimley Lodge Park 1.00pm - 2.00pm	18th Support and recovery group (Fleet) 2pm - 3.30pm	19th Recovery support group 10.00am - 11.30am
22nd Emotional support and skills group 2.00pm - 3.30pm	23rd Craft (2 of 6) 10.30am - 12.00pm Meditation 3.00pm to 3.30pm	24th Social Cafe at Karuna Coffee, Aldershot 11.15am - 12.15pm Yoga 2.00pm - 3.00pm	25th Support and recovery group (Fleet) 2pm - 3.30pm Monthly quiz 1.30pm - 2.30pm Groovy Greyhounds 3pm - 4pm	26th Recovery support group 10.00am - 11.30am Tai Chi 2pm to 3pm
29th Emotional support and skills group 2.00pm - 3.30pm	30th Craft (3 of 6) 10.30am - 12.00pm Meditation 3.00pm to 3.30pm			



Mental Health Guide for College Students

The college years have always been a time full of change. Graduating high school, moving away from home, and being in a completely new environment is enough to stress anyone out.

While we focus on grades and social lives, one thing that is often overlooked is your mental health. In fact, 75% of lifetime mental health cases begin before the age of 24.

There are steps you can take to improve your mental health situation, and the sooner you take those steps, the better off you'll be. Fortunately, mental illness is becoming easier for young people to talk about, which makes it much easier to understand and treat!

Common Mental Health Issues

If you feel like something is wrong, but can't identify what it may be, don't panic. Self-diagnosis is never reliable anyway. You should seek out mental health services and get an actual diagnosis tailored to your own situation. However, these are a few of the most common disorders to be familiar with.

Anxiety

There is a reason that anxiety is so common for college students. There is pressure from almost every direction in your life. You have pressure to get good grades, not be broke, make friends, get the right internship, and so much more.

Anxiety is a serious mental health illness that only gets worse when left untreated. Treatment can include counseling or medication.

Depression

Depression is extremely common in college students and people around that age in general. If you aren't living up to your previous expectations of yourself, or if college life isn't living up to your expectations, it can be disappointing. Other factors lead to depression. Being in a new environment, not making new friends, missing your family, and seasonal changes can cause this.

Remember that depression is not just a general feeling of sadness. It's a chemical imbalance in your brain. Keep in mind that many types of depression require a diagnosis and treatment. Treatment can include counselling and medication, depending on the circumstances.

Make Time For Self Care

Having a self-care routine in place is critical for improving your mental health. Get a gym membership, take up swimming, or start running around your campus' track. No matter what form you choose, exercise is critical for getting out of a mental health decline. Exercise literally helps balance the hormones and neurotransmitters in your body, which directly impacts illnesses like depression. Cardio exercises and strength training both improve your blood flow, which is also great for brain health.

Connect With Family

If you're away from home, homesickness can be one of the leading causes of mental health issues for college students. Please make time to check up on your family and chat with them. Use FaceTime or Zoom to see their faces and make a better connection with them.

Get Help Today

This website forms quick mental health guide for college students, the best thing you can do is take some of their tips and put them into practice. This is your one life and your one college experience, so make the most of it.

[Mental Health Guide for College Students | Solara Mental Health](#)

Get the help you need today, stay updated with our latest mental health news, and learn how to find your passion and live a fulfilling life!

“IT'S PROBABLY JUST NORMAL”

JUST GET IT CHECKED

Your midwife is here to see you, safely.

NHS

Your health matters help us help you



Mental Health Support Services at Richmond Surgery

We are pleased to be able to offer the following services here at Richmond Surgery:

Youth Counselling Service 12-24 years

Patients may self-refer -
Tel 0345 600 2516

Email rx.youthcounselling@nhs.net

Or speak to your GP for a referral.

The support is via telephone support and/or face to face sessions.

Face to face appointments are hosted at the surgery AFTER the Service has arranged this directly with you.

MIND Adult Services

This is an adult wellbeing support and advisory service for those aged 16+ years.

If you need support at times of difficulty and would like advice on where to go for guidance and support, you can request a telephone appointment with the Wellbeing Practitioner who will be at the surgery one day per week.

These are pre-booked telephone appointments only.

There are currently no face to face appointments for this service.

PLEASE NOTE

These are not walk-in services
By appointment only



ShapeUp4Life Hampshire

Free support to lose weight and keep it off

ShapeUp4Life!

ShapeUp4Life is a **FREE 12 week programme** available to those living in Hampshire aged 18+ years with a BMI over 30 (or a BMI over 28 for those from Minority Ethnic Groups or those with specified long-term conditions). You can attend face to face weekly sessions at a community venue near you or you can join virtual sessions online

You'll receive healthy eating advice, be weighed weekly and have fun in our friendly group exercise and nutrition workshops.

Ask your Practice Nurse/GP for a referral!



How can I find out my NHS Number?

A service is available on the [NHS.UK website](https://www.nhs.uk) to receive a reminder of your NHS number.

You should also be able to find your NHS Number on any letter or document you have received from the NHS, including prescriptions, test results, and hospital referral or appointment letters.

If you cannot find your NHS Number in these ways, you can ask your GP practice to help you. They should be able to provide the number for you as long as you are registered with them.

To protect your privacy, you may be asked to show a passport, driving licence or some other proof of identity.

For further information about the NHS Number visit the [NHS.UK website](https://www.nhs.uk).

Find your NHS number

Use this service to get your NHS number.

Your [NHS number](https://www.nhs.uk) is a 10 digit number, like 485 777 3456. It is on any letter you receive from the NHS.

You do not need to know your NHS number to use NHS services, but it can be useful to have it.

If you do not know your NHS number you can still:

- [book a coronavirus vaccine](#) (if you've been invited)
- get a [coronavirus test on GOV.UK](#)
- make medical appointments

Who can use this service

This service is for anyone living in England who has forgotten or does not know their NHS number.

You can use this service for someone else.

Before you start

We will ask for your name, date of birth and postcode. We will send a text, email or letter with your NHS number to you.

If you are using this service for someone else, enter their information. They will be sent their NHS number.

By using this service you are agreeing to our [terms and conditions](#) and [privacy policy](#).



Content supplied by
the NHS website
[nhs.uk](https://www.nhs.uk)

Social Prescribing Link Worker

Hello, my name is Catherine and I'm the social prescribing link worker here at Richmond Surgery

I know that many of you will have heard that opening sentence over the past year, as I have been making numerous welfare calls to patients who have been shielding, isolated, struggling and who needed support to access other help and assistance.

I have been in this role for a year and I think we can all agree - what a year it has been! As we start to look forward and consider the future, I want to explain my role to you: the patients.

It is estimated that one in five people who contact their GP are troubled by things that cannot be treated with medical intervention or treatment.

Many people are overwhelmed and cannot reach out to make the connections, which could make a difference to their situation. This is especially true for people, who have long-term conditions, need support with their mental health, are lonely or isolated, or who have complex social needs that affect their wellbeing.

As a social prescribing link worker, I help people identify areas of concern, work out what matters to them and figure out how to connect them with activities or organisations that might make a difference. Referrals are made to me by GPs, nurses,

receptionists and other professionals and patients can self-refer.

I am able to connect people to community and voluntary groups along with statutory services for practical and emotional support. This is something that will develop over the next few months as groups, organisations and clubs start to reopen and welcome people back.

I have included a list of useful contacts that can assist and support you:

- Andover Mind - Carer Support/Dementia Advice, 01264 332297; select option 3
- Wellbeing Centre - Farnborough, 01252 317481
- Talk Plus - Counselling and CBT 01252 533355
- Money Advice Service - Free and impartial money advice 0800 138 7777
- Hart Citizens Advice – 0808 278 7864
- Help to claim - universal credit advice line - 0800 144 8444
- Hampshire Domestic Abuse Service - 03300 165 112
- Youth and adult counselling - www.hartvolaction.org.uk/counselling/

You can contact me via Richmond Surgery if you think I might be able to offer you help and advice and I will return your call.



Chaperone Available

The following member of our staff is a qualified, trained chaperone: so that arrangements can be made.

Jan Fulcher
Reception Manager

If you believe you would benefit from this service, please ask at the time of booking your appointment

This advanced notice is particularly important if you require a male chaperone.

There are fewer male staff members in our team and we would therefore need to ensure that one is available for your appointment.

OUR EMAIL ADDRESSES

General admin enquiries: nehfccg.richmondsurgery@nhs.net

Repeat prescription requests: nehfccg.richmondsurgery-scripts@nhs.net

Medical Secretaries: nehfccg.richmondsurgery-secretary@nhs.net

Please avoid sending your email to more than one email address, this can cause potential delays to your request.

For medical or health concerns, please submit an eConsult - link on website.

If you have an appointment and become unwell or if you are waiting for the result of a COVID test, **DO NOT** come to the surgery
Please call us instead
Thank you,
Drs King & Partners

RATE US PLEASE!

www.nhs.uk

It's not just for moaning!

We would really like to see all the positive feedback we have received reflected on the NHS website too.

To rate us, visit the NHS website (www.nhs.uk)

Click on 'Services Near You'
Search for

Richmond Surgery
or **GU52 7US**

Top right, click on 'leave a review'.

We value your opinion.
Thank you,
Drs King & Partners



Concerns, Complaints, Suggestions etc - IN WRITING PLEASE

If you have concerns, complaints or wish to make a suggestion please put this in writing, either by letter or by email to:

nehccg.richmondsurgery@nhs.net

Complaints are taken extremely seriously, therefore your formal, written account will ensure we have the full facts to conduct an investigation in to your complaint.

For this reason, **we do not discuss in person or by telephone.**

Speaking to a member of staff will not record your complaint or concern and therefore you will still be

asked to put your complaint or concern formally in writing BEFORE it can be dealt with.

Not every issue is dealt with by the GPs or Managing Partner.

We aim to acknowledge receipt of your written complaint within 3 working days and where necessary, will respond again after we have investigated further.

Please ensure you provide your full name and contact details.

Drs King & GP Partners
Donna Brennan, Managing Partner

Out of Hours Help

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Get help online or on the phone

Online: 111.nhs.uk
(for people aged 5 and over only)
Telephone: 111

NHS 111 is available 24 hours a day, 7 days a week. For medical advice when the surgery is closed.

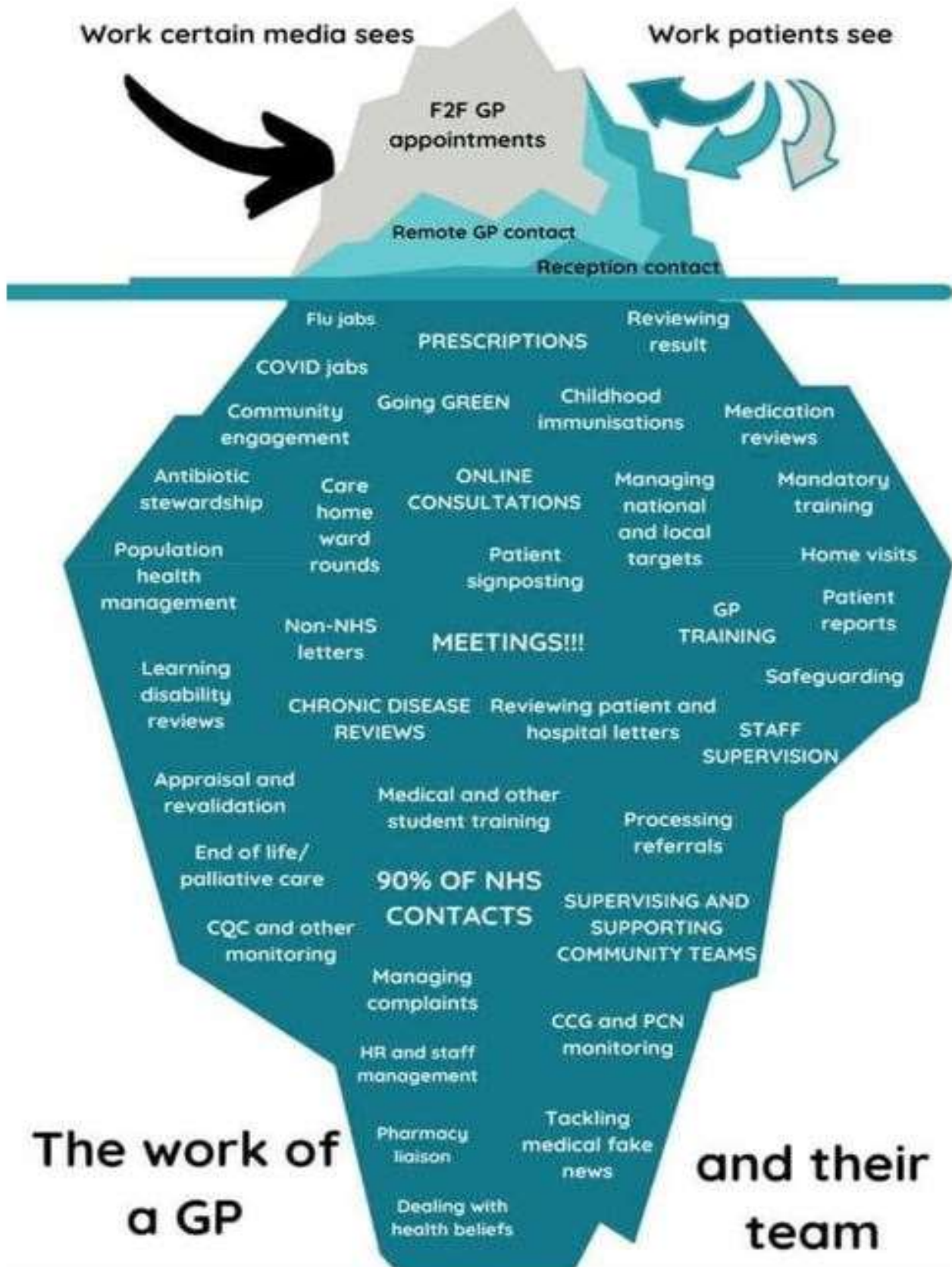
The staff on **111** are able to refer you on to the Out of Hours team if they decide that is required.

For Life-threatening Emergencies
DIAL 999





General Practice









CARERS HUB





Come along and Create an Emergency Plan; Access Carer support and information; Access other organisations and professionals; Meet other carers in the area. Cared for are also warmly welcomed.

Parsonage Farm Nursery and Infant School Community Hall,
Cherry Tree Close, Cove,
Farnborough, GU14 9TT

The Hub will run on the following Thursdays
10am-2pm

Thursday 18th November	Thursday 16th December
Thursday 20th January	Thursday 17th February
Thursday 17th March	Thursday 21st April
Thursday 19th May	Thursday 16th June

For further information, please call 01264 835246
or email info@carecentre.com




Charity No 1040518 Company No 2955946

Alzheimer Café UK



All in the same boat

Farnborough Branch

Friday Nov 19th, 2021

Topic: The Range of Human Emotions

Alzheimer Cafés provide dementia-related education in a café-like setting for people with dementia (any type), their family, friends, professionals, and for anyone else interested in dementia.

NEWCOMERS ARE WELCOME! No advance registration required

When: the **third Friday** of each month (except August)
Time: 7.00 - 9.00 pm
Where: St. Peter's Parish Centre, 60 Church Avenue, Farnborough, GU14 7AP

For more information about the cafés:
Phone: Farnborough Alzheimer Cafe: 07938 175 002
Email: alzheimercafe@hotmail.co.uk
Website: www.alzheimercafe.co.uk

Since 2000, the Farnborough Café has been the flagship Café of the charity Alzheimer Café UK (CIO), Charity Number 1165335

Help us stay safe: please stay home if you feel ill in any way!

FACE

Has their face fallen on one side? Can they smile?

ARMS

Can they raise both arms and keep them there?

SPEECH

Is their speech slurred?

TIME

To call 999 if you see any single one of these signs



WHEN STROKE STRIKES, Act F.A.S.T.

