

Newsletter

 **Bilborough**
Medical Centre
November 2021

Christmas closure

Please be aware that over the Christmas period the practice will be **closed** on:

- Monday 27th December 2021
- Tuesday 28th December 2021
- Monday 3rd January 2022



With this in mind, please ensure that ahead of this time **you order any repeat medication in advance** – we do receive a very high number of requests running up to Christmas, therefore, by sending repeat requests in earlier this helps us make sure all patients have the medication they need whilst the practice is closed.

Flu Vaccinations & COVID Boosters

Our next **COVID-19 Booster clinics** are:

20th November 2021 and 21st November 2021

11th December 2021 and 12th December 2021



If you are eligible for a **flu vaccination**, you can have it at the same time as their COVID booster. We do not currently have any flu clinics arranged for the weekends at the moment, but keep an eye on the website for any changes.

Ordering repeat prescriptions

Please remember that we do not take prescriptions over the phone.

When you need to order your repeat prescriptions, you can:

- Email request to:
bmcprescriptions.request-enquiries@nhs.net
- Bring your repeat slip into reception after ticking all the items you need
- Use the System One App

First Contact Physiotherapist (FCP)

You can now book an appointment with the FCP on a Tuesday morning.

If you have a musculoskeletal (bones/muscles) condition, a FCP will become the first point of contact for you. FCP's provide advice and exercise programmes, as well as deciding on the best course of treatment. This may include investigations, referral for physiotherapy treatment or specialist appointments.

For more information or to book an appointment, please speak to our reception team.

COVID Vaccination Passports

You can get your COVID Vaccination passports on the NHS app. If you don't have the app, you can find out more online: <https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/>. You do not need your NHS number, just fill in some simple details and it will be posted to you within a few days.

If you do not have access to the internet, you can call 119 and arrange via the phone.

Please do not contact the surgery about COVID passports.



Calling the practice

If you need to book an urgent, on the day appointment, please ring the practice at **8am.**

For all general, non-urgent enquiries please ring the practice between **10:30 and 2pm.**

By doing this we can keep the phone lines free for those who need urgent care, and help everyone more efficiently.



Patient Participation Group

We are recruiting for Patient Participation Group members...

Would you like to be a friend of the practice, advising the us on the patient point of view? Speak to the reception team for more information on how you can join the group and begin sharing your thoughts on how we can make changes. Joining is completely free and anyone is welcome!

Follow us on Facebook

Remember to follow the practice on Facebook to receive practice updates, general information and healthcare advice!

@Bilboroughmedical - www.facebook.com/Bilboroughmedical

Bilborough Medical Centre

Opening Hours: Mon to Fri 8am-6:30pm

Assarts Farm Medical Centre

Opening Hours: Mon-Fri 8am-6:30pm

PLEASE REMEMBER TO CONTINUE WEARING A FACE COVERING WHEN IN THE SURGERY.

Appointments are offered with GPs, Clinical Pharmacists, Practice Nurses & HCAs

All patients can access evening & weekend appointments at **GP+** in Nottingham city centre.

For medical advice outside of these times please call 111, for emergencies ONLY call 999