

AUTUMN UPDATE

BILBOROUGH MEDICAL CENTRE &
ASSARTS FARM MEDICAL CENTRE



Opening hours:

Monday – Friday: **8am – 6.30pm**

Saturday – Sunday: **CLOSED**

CLOSED for staff training:

Tuesday 26 September from 12pm

Tuesday 10 October from 12pm



Assarts Farm Medical Centre

As many of you will be aware, we've had to close our sister-site Assarts Farm Medical Centre for a number of days in September due to staff sickness. This meant appointments were moved to Bilborough Medical Centre as a temporary measure.

We apologise for any inconvenience and thank you for your patience during this period.



Part of Bilborough Medical Centre

Flu and Covid Vaccinations

As we head into the winter months, certain groups of people will soon be offered their yearly flu and Covid-19 vaccinations to help protect them from illness.

If you are eligible for either vaccine you will be contacted by the practice. Those being offered a Covid-19 jab include:

- Residents, carers, or staff working in a care home for older adults
- All adults aged 65 years and over
- Frontline health and social care workers
- People with weakened immune systems (or living with them)

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Bilborough
Medical Centre

We Want to Hear from You

Your feedback is incredibly important to us. We want to hear your thoughts on what we are doing well, what we could improve, and how likely you would be to recommend the practice to friends and family.

Currently, 87% of our patients would recommend the practice to friends or family.

If you have feedback you would like to leave, you can fill out the form on our website homepage. Ask at reception for other ways of providing feedback of your experience.

Prescriptions

Did you know that as well as in person, you can request prescriptions through email and the NHS app?

This means you do not have to contact the practice directly to make prescription requests.

Please allow 48 hours for your prescription request to come through.

Order repeat prescriptions on the NHS App



Working together to improve your care



GP PRACTICES COMMUNITY HEALTHCARE SERVICES NHS HOSPITALS SOCIAL CARE SERVICES MENTAL HEALTH SERVICES HOSPICES

Notts Care Record

The practice uses Notts Care Record.

By sharing patient data across services, clinical and care staff involved in your care can access relevant medical information to improve your care.

To opt-out, please speak to reception.

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Nottingham Central Women's Aid

A range of FREE programmes from Nottingham Central Women's Aid are now available:

- **The Freedom Programme** (12-week domestic abuse programme)
- **Own My Life** (12-week empowerment programme)
- **Power of Change** (12-week recovery programme)

Sessions are held weekly in Sherwood with childcare and refreshments provided. To book your place, text or call the team on **07856 638 26**.

East Midlands Gambling Harms Service

Has your gambling become more of a problem than a pleasure? A new NHS service is offering free support across the East Midlands.

Tel: 0300 013 2330

Email: dhcft.emgamblingawareharm@nhs.net

Web: www.eastmidlandsgambling.nhs.uk



Talking Therapy

NHS Nottingham Talking Therapies provide a FREE and confidential service for adults registered to a GP in Nottingham.

All therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.

Tel: 0333 188 1060 **Email:** notts.iapt.admin@notts-talk.co.uk **Web:** www.notts-talk.co.uk



SELF CARE

Treat aches and pains, coughs and colds at home – stock up on medicines.



PHARMACY

Visit your local pharmacy for minor injuries, allergies, constipation, headaches, cold and flu symptoms and earache.



YOUR GP PRACTICE

GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face appointments depending on what your health concern is.



NHS 111

Think NHS 111, if you need help fast but it's not an emergency think NHS 111. Open 24/7. Call 111 or visit [111.nhs.uk](https://www.nhs.uk).



URGENT TREATMENT CENTRE

You can visit your local Urgent Treatment Centre for sprains, fractures, minor burns and skin infections.



DENTAL TREATMENT

For urgent dental care please call your local NHS dental practice. For urgent care, advice out-of-hours, call NHS 111.



MENTAL HEALTH CRISIS LINE

If you're worried about your mental health, or experiencing a mental health crisis, call the 24/7 crisis line on 0808 196 3779.

Find out more here: www.nhs.uk

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.