

# SUMMER UPDATE

BILBOROUGH MEDICAL CENTRE &  
ASSARTS FARM MEDICAL CENTRE



## Opening hours:

Monday – Friday: **8am – 6.30pm**

Saturday – Sunday: **CLOSED**

CLOSED for staff training

**Tuesday 15 August from 12pm**



## Recent Closure

As many of you will be aware, we had to close Bilborough Medical Centre from 12 – 18 July due to a suspected fire on the site.

As a burning smell was detected on the site, we needed to have a full inspection from the fire service and by electricians before we could re-open. The issue has now been fully investigated and resolved.

We apologise for anyone who was inconvenienced by the closure. Our priority is always the safety of our staff and patients. Thank you for your patience during this time.

## Repeat Prescriptions

Did you know you can order repeat prescriptions through the NHS app?

This free app is a quick and easy way to view your previous orders, access your medical records, and request new medication.

To download, search for the 'NHS' in your phone's app store. It's available on Apple and Android phones.

## Order repeat prescriptions on the NHS App



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## Insect bites and stings

The number of people seeking advice on bites and stings from the NHS website is three times higher than last summer.

Most bites and stings can be treated at home without a GP. The NHS have a handy guide online for you to use: <https://www.nhs.uk/conditions/insect-bites-and-stings/>

If you have a history of allergic reactions, your symptoms are not improving, or are experiencing sickness, please contact your GP or call 111 for advice.

## Walk & Talk

Looking for the chance to exercise and socialise in a friendly and supportive environment?

Patients at our practice can take part in the Walk & Talk sessions every Tuesday at Vernon Park.

For more details call **07599 474 120**.

Starting 06 JUNE 2023

### WALK & TALK

Join us to get your steps in and some **STRETCHING** every Tuesday at 1p.m. to 2p.m. at Vernon Park  
Get in touch for more details 07599474120  
[nnccg.bachshwbc@nhs.net](mailto:nnccg.bachshwbc@nhs.net)

An illustration of two women walking on a path. One woman is wearing a yellow top and dark pants, the other is wearing a blue top and light-colored pants. They are walking towards the right. The background shows green bushes and a blue sky.

NHS

## Stub it!

Did you know Nottingham city residents can access the FREE Stub it! stop smoking service?

If you are aged 12+ and want to kick the habit, contact Stub it! team on **0115 824 0583**, or by emailing the team at [ncgpa.stubit@nhs.net](mailto:ncgpa.stubit@nhs.net).

### Stub it!

### STOP SMOKING SERVICE

[www.ncgpa.org.uk/stubit](http://www.ncgpa.org.uk/stubit)

☎ 0115 824 0583 (option 2)

✉ [ncgpa.stubit@nhs.net](mailto:ncgpa.stubit@nhs.net)

🚶 Next to Tesco on Angel Row

📱 [egplusnottingham](https://www.facebook.com/egplusnottingham) 📱 [eNCGPANottm](https://www.facebook.com/eNCGPANottm)

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## Rise in measles cases

This year there has been a big rise in cases of measles in certain parts of the country.

To ensure the best protection for our local population, we are asking parents and guardians to make sure their children are up to date with their two MMR doses. Please call the practice or speak to reception to book in your child for their jabs.

**UK Health Security Agency**  
**Beat the heat**

**Plan ahead**

- Check the weather forecast and the news
- Plan ahead to avoid the heat
- Schedule activities to cooler times of the day

**Keep yourself cool**

- Drink plenty of fluids and avoid excess alcohol
- Wear sunscreen, a hat, and sunglasses
- Cool your skin with water and slow down

**Find somewhere cool**

- Close blinds and curtains during the day
- Go indoors or outdoors, whichever feels cooler
- Avoid closed spaces like stationary cars

**Be safe**

- Be on the lookout for signs of heat related illness
- Look after yourself and check in with others
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](http://gov.uk/ukhsa/beat-the-heat)

## Beat the Heat

With the summer holidays upon us, many people will be taking holidays abroad or in UK.

Popular destinations in Europe such as France, Spain, and Italy are currently experiencing extreme heatwaves.

When you are in hot weather, it's important to take care in the sun to avoid heat exhaustion and heatstroke.

## Who will I see?

General practice is made up of more than just GPs. There are range of healthcare professionals employed to help provide you with the best service possible.

Speak to reception to find out more about the different roles at the practice.

## Who will I see when visiting my GP practice?

When you book an appointment at your practice, you may be offered an appointment with someone other than a GP. This helps the practice to make sure you get seen by the right person to meet your needs, at the right time.

Some of the new roles you may see in practice are:



Speak to your practice team to find out which additional healthcare professionals are available in your practice.



## 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](http://111.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](http://www.nhs.uk)

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