

WINTER UPDATE

BILBOROUGH MEDICAL CENTRE &
ASSARTS FARM MEDICAL CENTRE



Bilborough
Medical Centre

Opening hours:

Monday – Friday: **8am – 6.30pm**

Saturday – Sunday: **CLOSED**



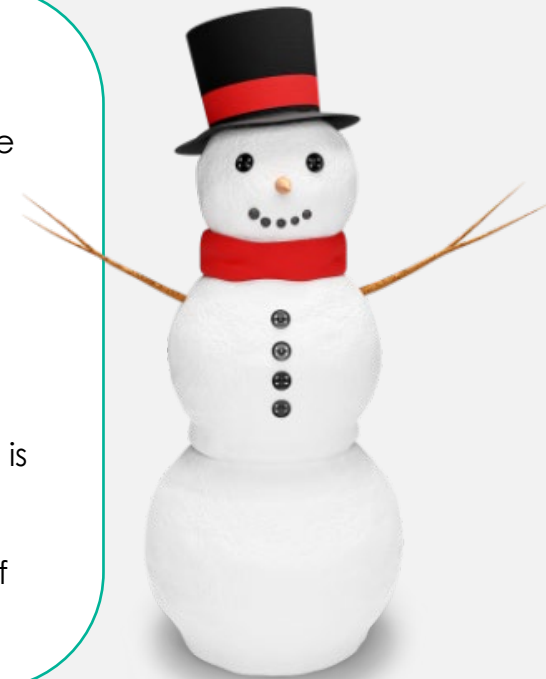
Holiday closures:

We will be closed for the following bank holidays over the Christmas period:

- Christmas Day (Wednesday 25th December)
- Boxing Day (Thursday 26th December)
- New Year's Day (Wednesday 1st January)

If you require medical attention or advice while the practice is closed, you can call NHS111. If your condition is urgent and life-threatening, call 999.

Make sure you have ordered your prescriptions ahead of time to avoid going without medication.



Did you know you can register for the practice online?

Simply head to gp-registration.nhs.uk/Y06356/gpregistration and enter your details.

It only takes 15 mins to register! All you need is the details of previous GP surgery, and your basic health and medical information.

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Covid and Flu vaccinations

Certain groups of people are now able to book their winter Covid-19 and flu vaccinations. You're eligible for a Covid vaccination if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain health conditions
- are pregnant
- are a frontline health or social care worker
- live in a care home for older adults

You can book your vaccinations by via the NHS App, or by calling 119. Covid jabs are only available until 20 December.

Looking out for others

During the colder winter months, it's important to look out for vulnerable people in your community.

Older people, young children, and people with certain health conditions are more at risk from serious illness during the cold weather.

Remember to check in on family, friends, neighbours during cold snaps and ensure they have everything they need to stay warm and healthy.



Are you a carer or do you have a carer?

Let the practice know so we can provide the best support for your needs.

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We're here for you, for longer...



Enhanced Access appointments are available at your practice, or a nearby NHS service, outside of usual practice hours.



Pension Credit and Winter Fuel Payments

If you are over the state pension age and on low income, you may be able to apply for Pension Credit.

Pension Credit can help with housing costs such as ground rent or service charges and allow you to apply for Winter Fuel Payments. All together these can provide up to £3,900 to help you stay warm this winter.

If you want to find out more, you can call **0800 99 1234**, contact a local advice agency, or visit <https://www.gov.uk/pension-credit>. To qualify for the Winter Fuel Payments, Pension Credit applications must be made by the **21 December**.

COULD YOU BE ENTITLED TO PENSION CREDIT?



OVER STATE PENSION AGE

SEE IF YOU ARE ELIGIBLE NOW!

ADVICE AGENCIES IN YOUR AREA WHO CAN HELP

Bestwood Advice Centre

Tel No: 0115 962 6519

<https://www.bestwoodadvice.org.uk>

Nottingham Law Centre

Tel No: 0115 978 7813

<https://www.nottinghamlawcentre.org.uk>

Nottingham CA

Tel No: 0808 278 7974

<https://citizensadvicenottingham.org.uk>

Meadows Advice Group

Tel No: 0115 986 0197

<https://www.meadowsadvicegroup.co.uk>

St Anns Advice Centre

Tel No: 0115 950 6867

<https://stannsadvice.org.uk>

Clifton Advice Centre

Tel No: 0115 940 5551

If you are over State Pension age you may be entitled to Pension Credit, even if you own your own home or have savings. Check your eligibility [gov.uk/pension-credit](https://www.gov.uk/pension-credit) or by calling **0800 99 1234**



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Patient Participation Group (PPG)

We are looking forward to holding our first PPG this month. This is a chance for patients to discuss the state of the practice with staff members and managers to create a better service. If you would like to take part in future PPGs, please speak to the reception team.

Hummingbird Memory Group

JOIN US IN A CULTURALLY SENSITIVE,
SAFE, AND SUPPORTIVE SPACE FOR THE
BLACK AFRO-CARIBBEAN COMMUNITY

WHEN?

First Monday of every month
Starting: 28th October 2024
Time: 10:00 am – 12:00 pm

WHERE?

The Pauleen Davies Centre
Radford Care Group
NG7 5QE

WITH?

Jassent
07310 655991



ASPIRE
PRIMARY CARE NETWORK
NHS



Hummingbird Memory Group

On the first Monday of every month, the team from Aspire hold their Hummingbird Memory Group.

This is an opportunity for people from the Black Afro-Caribbean community experiencing dementia to reignite their social lives by meeting new people and connecting with others.

Sessions are held from 10am – 12pm at:

*The Pauleen Davies Centre
Radford Care Group
NG7 5QE*

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.

Fill out the form on our website homepage or ask at reception for a paper form.



Of patients would
recommend the
practice to their
friends or family

***as of September 2024**