

Opening hours:

Monday – Friday: **8am – 6.30pm**

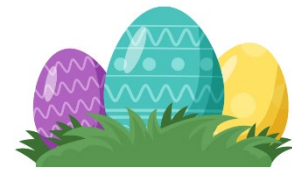
Saturday – Sunday: **CLOSED**



Easter Opening Times

Over the holiday season we will be open as usual with exception of the following days:

- **Friday 18 April (Good Friday)**
- **Monday 21 April (Easter Monday)**



If you need medical advice and support over the bank holidays, we recommend calling **NHS 111**, visiting **111 online**, or by calling **999** in the event of an emergency.

Accurx

Did you know you can contact the practice for non-medical or admin enquiries without the need to call reception using Accurx. Using this system you can request:

- Doctor letters (including private, insurance, educational letters etc.)
- Fit notes (also known as sick notes)
- Referral follow-up
- Test results

Head to our website to find out more. If you don't have access to the internet, you can still call the practice with these requests.

No Smoking Day – Get help quitting

12 March is No Smoking Day.

You're far more likely to quit smoking successfully with the right support. Discover what's available at NHS Better Health and prepare to quit for good.

If you live in Nottingham city, you can get help quitting with Thriving Nottingham. Call them on **01156 485724** to start your quit attempt.



Better Health Smoke free **NHS**

“Since quitting, I've got extra money to put towards a trip away.”

March 12 Take back your life this **No Smoking Day.**

A smiling woman with curly hair, wearing an orange jacket, holding a blue folder and a white card.

Patient Participation Group

We want to know what is going well and what we could do better at our surgery. This is why we have Patient Participation Groups (PPGs).

PPGs bring together patients and staff to discuss the range and quality of services provided by the practice.

If you would like to be involved in our PPG, speak to reception or email:
nnicb-nn.ppgmailbox@nhs.net.



Make your voice heard! 

Let us know how we can improve by joining our **Patient Participation Group (PPG)**.

PPGs bring together staff and patients to discuss how we can improve our services and better serve our community.



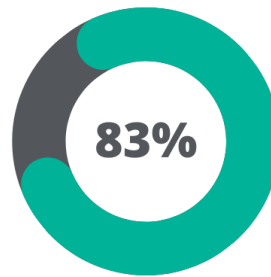
Email nnicb-nn.ppgmailbox@nhs.net or speak to reception to get involved!

 Bilborough Medical Centre  Grange Farm Medical Centre  Greendale Primary Care Centre  Parliament Street 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.

If you have feedback you would like to leave, you can fill out the form on our website homepage, or ask at reception for other ways to provide feedback.



Of patients would recommend the practice to their friends or family

***as of February 2025**

NHS

Everyone aged 50 to 74 will be sent an NHS bowel cancer screening kit every 2 years

The kit can detect signs of cancer before you notice anything is wrong.



Bowel Cancer screening

If you're 54 to 74, the NHS will send you a Bowel Cancer testing kit.

Catching bowel cancer early reduces your chances of getting seriously ill. So, don't just leave it in the back of a drawer - send it back today.

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.





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.



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.