

Newsletter

 **Bilborough**
Medical Centre
September 2021

Stub it! – Stoptober

Are you are thinking of trying 'Stoptober' next month, but don't know if you will be able to do it on your own?

The Stub it! service supports you to develop a personalised 12-week quit plan based on your personal habits and needs. Our specially trained pharmacists and smoking cessation advisors use a combination of nicotine replacement therapy and behavioral support to help you achieve your goals. For more information visit www.ncgpa.org.uk/stub-it, or speak to a member of the practice team



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!

#GrabAJab

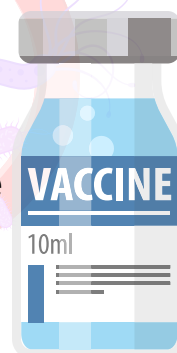
If you are aged 16-17 or haven't had for your first/second Covid jab yet you can visit one of the NHS walk in vaccination centers! Visit www.nhs.uk/grab-a-jab, or call NHS 119 for more information.

Face to Face appointments

It is important to us that you get the care you need in the way that is best for you. Therefore when booking your appointment you can choose to request a face to face appointment, or you may be more comfortable with a telephone appointment, it's up to you. Please be mindful that our team may encourage you to come into the practice for a face to face if they feel you would be receive better care.

Flu vaccinations

There have been some issues with the supply of Flu vaccinations this year. However, we will be contacting those who normally receive an invitation to invite you for your vaccination as soon as we can - this will be by text message. If you have any questions or would like any more information about your Flu vaccination please contact the practice.



Local Events



Zero Tolerance

We understand the Covid-19 pandemic is causing a lot of stress and anxiety in our local population. However, we would like to remind all patients that our staff come to work to care for others. Please treat other patients and staff with respect. Threatening, abusive or violent behaviour against any of our staff or patients is taken very seriously and may result in removal from our practice list.

Additional roles

Our practice benefits from the support of Social Prescribing Link Workers and Clinical Pharmacists who work alongside our core practice team to ensure you receive the most appropriate care for your needs. Our Social Prescribing team is: Tara Spackman, Gina Mollett, Helen Jones and Mayita Wylbeck-kelly. Our Clinical Pharmacists are: Robin Mullen and Caroline Merrweather. We will bring you more about the services they offer in future newsletters.

Follow 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