

Newsletter



October 2019



Southglade
Medical Practice

0115 977 0224

Southglademedicalpractice.nhs.uk



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Welcome

Please join us in extending a warm welcome to Carol Burrell, our new Practice Manager. Carol has a strong background in health and well-being and is passionate about inequalities in access to health services. She managed the Nottingham City Exercise on prescription services for many years and has supported over 10,000 citizens to become active and live a healthier lifestyle, sometimes whilst living with long term medical conditions.

Carol looks forward to meeting the Southglade Medical Centre communities and welcoming you into our centre. Carol has a vision for the future and would like to see the centre become a holistic community hub, that can be used as a signposting centre as well as somewhere to receive medical advice.

As a group exercise instructor, you may see Carol at one of her classes leading Reggaerobics.

Flu Vaccine

We are holding regular flu clinics, and appointments at a day/time to suit you. Some Saturday appointments will be available too, please contact reception for more information or to book your vaccination.

We strongly urge patients who are eligible, to contact the practice and book an appointment for the flu vaccine. Flu vaccines are available for all over 65's and patients with long term conditions such as Diabetes and COPD.

Training

We will be **closed** from 12.00pm on Tuesday 8th October for practice training. We will re-open at 8.00am on Wednesday 9th October.

Should you need medical attention whilst we are closed, please ring NHS **111**. This is a free call and they will advise you on what care you need.

Call 999 in an emergency. Chest pains and / or shortness of breath constitute an emergency.

Make the right choice. Only attend Accident & Emergency department in an emergency.

Your local pharmacy can help provide advice on many minor health conditions.

I've had my flu jab.
If you're 65 or over, flu can be serious.
Don't put it off.
Speak to your GP or pharmacist today.

HELP US HELP YOU
STAY WELL THIS WINTER

NHS

Credit: NHS North West London
Collaboration of Clinical Commissioning Groups

Dr Trevor McDonald OBE,
Newcastle and Jesu

Early Appointments

We are now offering early appointments from 7:30 am one day a week. The day will alternate between Wednesday and Thursday. Appointments available will be with a GP, Practice Nurse and HCA. Please contact the practice for more details.

Carers morning

Are you a Carer?

If you help look after a relative or friend, then you are a Carer and support is available in the community for you. Please let reception know if you are a Carer and we can add you to our Carers Register.

We work with Carers UK to help provide support and direct you to help that is available. Our Carers champion is Kim who can speak to you about help available for Carers in the local area. Our next Carers Coffee morning will be 15th November. More details will follow.

Keeping in touch with us

Are you interested in being part of a Patient WhatsApp Group? We thought that such a group would be a great opportunity for you, our patients, to share ideas as to how we continue to develop our services and to be kept up to date with any planned changes. If you'd like to sign up to the group, please leave your contact details at reception.

Why not leave us an online review?

Are you satisfied with the services that we offer you? If so, we'd love you to leave us an online review of the surgery on Facebook or Google. Simply visit our pages (detailed below) and leave us a review! Thanks!



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Search for "southglade medical"

Southglade Medical Practice

Opening Hours: Mon to Fri 8.00am – 6.30pm

Appointments are offered with GPs, ANPs, 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.