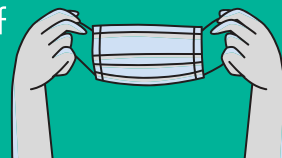


Newsletter

 **Bilborough**
Medical Centre
March 2022

Keeping everyone safe

Although all COVID restrictions have been lifted, for the safety of our staff and other patients, we ask that (unless exempt) you wear a face covering when visiting us at the practice. Thank you for your support.



Social Prescribing

Social prescribing is a service which is run by link workers – they take a holistic (complete) approach to your health by doing things like connecting you with a community project or service that can help manage your physical health.

They can help if you...

- Suffer with one or more long-term conditions
- Need support with your mental health
- Feel lonely or isolated
- Have complex social needs which affect your wellbeing

Keep an eye on our Facebook page for more information about what Social Prescribing is, and how a link worker could support you.

Time Wasted on 'Did Not Attend' Appointments

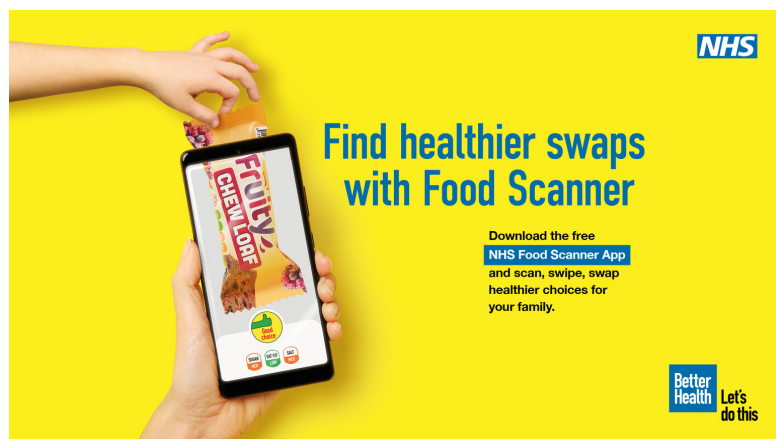
Recently we have seen a lot more missed or 'Did Not Attend' (DNA) appointments – this means that some patients are not turning up for their booked appointments. The table below shows a breakdown of the number of missed appointments throughout February, and how much time was lost because of this.

If you can't attend your appointment please let us know as soon as possible. This gives us a chance to offer the appointment to someone else.

Appointment Type	Number of Missed Appointments	Time Wasted in Minutes
COVID 19 Booster	14	70
GP	60	640
Health Care Assistant	31	623
Nurse Clinics	75	1218
Pharmacist	20	915

Built with ❤️ from NCGPA

The water fountain we have in our practice helps us provide clean healthy water to a community in Africa! We make a donation through The Africa Trust charity, and they build water pumps all around Africa!



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 our 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!

Follow us on Facebook

You can follow the practice on Facebook to get 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 - **Temporarily closed due to staff shortages**

PLEASE CONTINUE TO WEAR 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