

# Newsletter

 **Bilborough**  
Medical Centre  
September 2022

## COVID and Flu Vaccinations Autumn 2022

This year we will be offering the COVID booster at the same time as the annual Flu Vaccine here at the surgery. Patients who are eligible to receive their flu vaccination and who are also due a COVID booster will be invited to make an appointment. The sessions will be held on Saturday mornings, starting in October and will be by appointment only.

Patients in the highest risk groups will be prioritised. This will include patients who are immunosuppressed or have a long-term chronic condition. Please note that healthy over 50 year olds will not be eligible for vaccination until 15th October 2022.

Whilst we would encourage all those who are eligible to take up the COVID booster offer, we understand there may be some who prefer not to. We will therefore be offering some appointments for Flu vaccination only.

## Staff Shortages

Please be aware that we are currently working with fewer staff than usual.

Our staff are working as hard as possible to make sure everyone receives the right care, so please be patient.

## Zero Tolerance

We would like to remind all patients that our staff come to work to care for others. We aim to treat our patients courteously at all times and expect our patients to treat our staff, and each other, in a similarly respectful way. 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.



  
**A BOOSTER  
IS THE BEST  
WAY TO STAY  
PROTECTED**

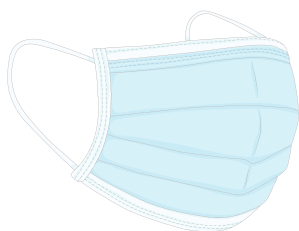
Even if you've  
already had  
Covid-19,  
a booster is the  
best way to stay  
fully protected.



## Face Coverings

Please remember to continue to wear face coverings to protect other vulnerable people, as well as our practice team.

Thank you!



## 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!



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

Speak to reception about evening and weekend appointments

👨‍⚕️ GPs 👩‍⚕️ Nurses 🧪 Clinical pharmacists 🧘 Physiotherapists 🩺 Health Care Assistants (HCA)

NHS  
Nottingham and Nottinghamshire

GP  
Nottingham City



**STOP  
SMOKING  
SERVICE**

Get help to stop  
smoking in a way  
that suits you

[www.ncgpa.org.uk/stubit](http://www.ncgpa.org.uk/stubit)  
☎ 0115 824 0583 (option 2)  
✉ [ncgpa.stubit@nhs.net](mailto:ncgpa.stubit@nhs.net)  
🚶 Next to Tesco on Angel Row

A service for Nottingham city residents

GP  
Nottingham City

f [egplusnottingham](#)

🐦 [eNCGPANottm](#)

Nottingham City  
General Practice  
Alliance

## Follow us on Facebook

You can follow the practice on Facebook to get updates, general information and healthcare advice!

@Bilboroughmedical - [www.facebook.com/Bilboroughmedical](https://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 - **Opening times varying due to staffing levels**

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**