

Welcome to our



Spring Edition!



**Easter
Hours**



Fri 7th April — CLOSED

Mon 10th April — CLOSED

**May Bank
Holidays**

Mon 1st May — CLOSED

Mon 8th May — CLOSED

Mon 29th May — CLOSED

****Out of Hours****

**When the Practice is
closed, please call 111 for
non emergencies**

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Welcome to our Spring Newsletter. We have had a really busy start to the year and are looking forward to some better weather over the Easter break. This winter was particularly challenging for respiratory viruses which created huge demand on our services so it is good to see things improving in this area.

You may have seen information in the news about the new contract requirements that GP practices need to deliver and we are reviewing our service in line with this; this will include looking at how we offer our appointments and opening up online booking routes to reduce waiting times on the phone in the mornings. We will provide further information as this happens.

A COVID-19 Spring Booster vaccination will be available to our most at risk patients and eligible patients will be contacted during April. We will not be giving the vaccinations in practice.

We know that our wonderful Dr Simm is extremely popular with patients however, as she only works a limited number of sessions each week (Tues, Wed & Fri mornings) we have arranged for a number of other very experienced female locum GPs to come and help us out on various days. Dr Natalia, Dr Atwal and Dr Moss Langfield will all be in practice over the coming months.

HRT Prepayment certificate

If you pay for NHS prescribed HRT medicine 3 or more times in 12 months, an HRT PPC could save you money.

Click this [link](#) for more details

Long Term Condition Monitoring

The practice is in the process of simplifying the recall system for patients with Long Term Conditions that need to be reviewed, such as diabetes, COPD, asthma and hypertension as well as any blood tests that should be done annually. We will be trying to ensure that if you have multiple conditions, these will all be reviewed in the fewest number of appointments possible.

The new system will be based around birthday months, meaning patients will know when their review is due and our staff will be able to easily identify when a patient should be booked in for a review.

From this April, we will aim to complete your condition review during your birth month. You should receive correspondence from us a few weeks before your birthday with details on booking your appointment with our team. If you haven't received anything, please contact reception to ensure your details are up to date.

This does mean some people may have slightly longer or slightly less time between their last review and this year's review, however, you can be assured that from then on you should always have your review in your birthday month.

If this is inconvenient, please speak to a member of the reception team who can change your review to a different month if you prefer.

How are we doing?

In the last 3 months:

- The reception team have answered a staggering **16,657** calls!
- We have been rated as "would recommend" by **94%** of our patients in the Friends & Family Test
- Have had **292** appointments where patients failed to attend — this equates to 75 hrs and 10 mins worth of appointment time. Please help us by ensuring that you cancel any appointments in good time if you cannot attend.

Self Care & Urgent Care

Community Pharmacies

You local pharmacist can often help with over the counter medication for a range of minor illnesses such as coughs, colds, sore throats, bites, hay fever, ear pain, cold sores, mild cystitis, headaches, upset stomachs and thrush. Prescriptions are often not provided for medication that can be bought over the counter. Click [here](#) for more information

Please note, the Pharmacy First service ended on 31st March 2023

Self refer to the following services:

Nottingham Talking Therapies 0333 188 1060 or www.notts-talk.co.uk (Counselling)

Physiotherapy 0115 883 8320

Stop Smoking Services www.ncgpa.org.uk/stub-it-self-referral

Urgent Care Centre

Seaton House (London Road) Nottingham NG2 4LA

7AM—9PM 365 days a year. Call 0115 8838500 for waiting times

Minor burns/scalds, minor head injury (no loss of consciousness), animal bites, suspected broken bones, sprains & strains (X-ray service available), eye infections or minor eye injuries

Sick notes

Sick notes, also known as med3's, may be issued by a GP if you are not fit for work.

We are not able to issue a med3 certificate unless you have self certified with your employer for 7 days and you will need to have a consultation with one of our team before it can be issued. Extensions to med3's can be requested after 10am via reception.

New Staff

Dr Abuelgasim (male) Junior (FY2) Doctor

FY2 doctors are qualified doctors and are in their final placements before entering their chosen medical speciality.

Junior doctors work directly under the supervision of Dr Henry, Dr Lloyd and Dr Simm.

Nurse Hilary

Hilary is our new Practice Nurse who has joined us with a wealth of experience. She will see patients for minor illnesses, long term condition reviews and immunisations.

Hayfever season

As we enter hay fever season, please remember a pharmacist can give advice and suggest treatments to help relieve your symptoms.

How to treat hay fever yourself

There's currently no cure for hay fever and you cannot prevent it but you can do things to ease your symptoms when the pollen count is high.

Do

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

Don't

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

Social Media

Did you know that we now have a Facebook Page?

Follow our page for health updates and practice news via this [link](#) or scan the QR code



Car Parking Plea

Our staff really struggle with parking (as the car park is for patients only). If anyone has a driveway or permit they are willing to lend/rent, please contact reception with details. It would be greatly appreciated!