



Welcome to our
Christmas Edition!

 **Christmas
Opening
Hours** 

Fri 24th Dec 08.00 - 18.30
Mon 27th Dec CLOSED
Tues 28th Dec CLOSED
Wed 29th Dec 08.00 - 18.30
Thu 30th Dec 08.00 - 18.30
Fri 31st Dec 08.00 - 18.30
Mon 3rd Jan CLOSED

Out of Hours

**When the Practice is closed,
please call 0115 9661233 and
follow the instructions on
the answerphone message**

Flu Season

**It's not too late to get the flu
jab—if you've not had
chance to book in yet call
our booking hotline 0115
8837351 to book an
appointment in practice.**

The Tudor Times

ISSUE 5

DECEMBER 2021

Welcome to our Winter update. Dr Henry, Dr Lloyd and I (Tricia, Practice Manager) hope that you are all keeping well and would ask that you take a few minutes to read through our Winter update which contains lots of useful information. I'm sure it will come as no surprise that like the rest of the NHS our practice is under huge pressure at this time and we expect that this Winter will be a very challenging one. This update includes lots of information about how you can help us by taking care of yourself and accessing the appropriate services as they are needed; these include the local pharmacies who can help with minor ailments, the Urgent Care Centre who assess and treat minor injuries and a range of services that you can self refer to for specialist help e.g. physio, mental health. This will ensure that appointments are available in practice for those who need them most. Our reception team will always ask for a brief reason for your appointment and this will enable them to book you in with the most appropriate team member. We have a variety of clinicians in practice now which means that you may not always need to see Dr Henry, Dr Lloyd or Dr Simm. Please be assured that our reception team treat all information in confidence and we only need a brief reason to offer you the right appointment.

At the start of the pandemic we introduced telephone consultations and these have been welcomed by many patients and allow us to continue to reduce the footfall in to the practice; the virus is still circulating so we will continue to take steps to prevent its spread in our practice and to keep our patients and staff safe. If you need a face to face appointment then this will be arranged, many of our clinical team are now 100% face to face appointments including pre-bookable ones up to 4-6 weeks in advance.

We are delighted to be working with our partner practices in Bestwood & Sherwood to deliver COVID Vaccines locally so if you haven't already booked or had your booster and your 2nd dose was more than 6 months ago then don't forget to book an appointment to give you the best protection this winter.

We would like to thank all our patients for your support this year and wish you a Happy Christmas. Stay safe, keep well and remember the COVID virus is still circulating so use the Lateral Flow tests twice weekly, take a PCR test if you have symptoms, make sure to get your vaccination and wear a mask when it is recommended – including when you come in to the practice.

COVID Boosters

**You are eligible for your COVID booster 6 months after your
2nd vaccination. Clinics are being held every Saturday at
Hucknall Road Medical Centre (HMRC) and are by
appointment only.**

**Please call our booking hotline on 0115 8837351 for an
appointment. If HMRC isn't convenient for you, you can
book into an alternative location by ringing 119 or online at
NHS.uk**

Keeping Safe in Practice

**To maintain patient and staff safety we
continue to have COVID style infection
control measures we in place. This
includes wearing face coverings and/or
visors when visiting us. If you believe
you are medically exempt our reception
team will confirm this before we can
admit you.**

NHS App

View your COVID pass-
port
Check your symptoms
Book or cancel GP ap-
pointments
Order repeat prescrip-
tions
View your medical rec-
ord
Register to be an organ
donor
Choose how the NHS
uses your data
Download now via App
Store or Google Play

Registrations

The demand for registration at Tudor House is extremely high at present and strictly within catchment area. Please be aware that new registrations are taking the practice at least 2 weeks to complete. If you do change address or telephone number please let us know as soon as possible so that we can update your medical record.

New Staff

Physician Associate David Kataria

Physicians associates are medically trained, generalist healthcare professionals, who provide medical care as an integral part of the multidisciplinary team

Junior (FY2) Doctor—Dr Osman (male)

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

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

Vacancy

We are currently looking for an experienced GP practice administrator to join us at Tudor House.

Working 30 hours per week as part of an extremely dedicated and supportive small team, taking on all administrative duties.

To view the full job description or apply visit NHS Jobs Ref A2778-21-9484 or you can email your CV to Kelly.gillingham@nhs.net

We look forward to meeting you.

Self Care & Urgent Care

Community Pharmacies

Coughs, colds, sore throat, ear pain, cold sores, mild cystitis, headaches, upset stomachs, thrush.

Let's Talk Wellbeing	0115 9560888 (Counselling)
Trent PTS	0115 8963160 (Counselling)
Physiotherapy	0115 8838320
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

Appointments at Tudor

We are a signposting practice, which means at first point of contact with one of our reception team, you will be asked for a brief reason for your appointment. This is solely for the purpose of ensuring you are booked in to see the most appropriate clinician and so we can utilise our appointments effectively

We have a team of highly skilled clinicians who can consult, treat and prescribe, whether it's an acute illness or injury or long term condition. Your consultation may be via telephone or face to face, depending on the condition being treated.

Dr Henry, Dr Lloyd and all of the Practice staff would like to wish you all a very Merry Christmas and a Happy, Healthy New Year.