



Welcome to our
Christmas Edition!



Christmas Opening Hours



Fri 23rd Dec 08.00 - 18.30

Mon 26th Dec CLOSED

Tues 27th Dec CLOSED

Wed 29th Dec 08.00 - 19.30*

Thu 30th Dec 08.00 - 18.30

Fri 31st Dec 08.00 - 18.30

Mon 2nd Jan CLOSED

****Out of Hours****

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

**late night for booked
appointments only*

The Tudor Times

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Welcome to our Winter 2022 update. As expected 2022 has been a challenging year and we hope that you have been able to access the right care when you have needed it. The demand for appointments is higher than ever and despite us actively trying to recruit a new GP this year we haven't yet managed to find anyone suitable but we will continue our search in to 2023. We did apply to close our list to new patients however, our application was declined and we continue to receive large numbers of new patient registrations each month which creates further pressure on our services. Unfortunately this does mean that as we enter the new year we will be looking to critically review our patient list and if you no longer reside within our practice boundary you may be asked to register with a more local practice. You can check on our website or by using the link below if you are still in our catchment area.

<https://www.primarycare.nhs.uk/publicfn/catchment.aspx?oc=C84619&h=400&w=600&if=0>

Please help our reception team ensure we manage our appointments effectively by giving a brief reason for any appointment and please be assured you will always be offered appointments with someone that will be able to help. This will not always be Dr Henry, Lloyd or Simm as they look after our more complex patients and deal with our emergencies each day. Our other clinicians (Nichola, Simon and David) can deal with the majority of other illnesses and injuries.

We would like to thank all our patients for your support this year and wish you a Happy Christmas. Stay safe and keep well

Seasonal (Autumn) COVID Booster

Can be booked online for anyone who is:

- aged 50 or over
- pregnant
- aged 5 and over and at high risk due to a health condition
- aged 5 and over and at high risk because of a weakened immune system
- aged 16 and over and lives with someone who has a weakened immune system
- aged 16 and over and is a carer, either paid or unpaid
- a frontline health and social care worker

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/>

How are we doing?

In the last 3 months:

- The reception team have answered a staggering **15,913** calls!
- We have been rated as "would recommend" by **95.9%** of our patients in the Friends & Family Test
- Have had **278** appointments where patients failed to attend — this equates to 70 hrs and 43 mins worth of appointment time. Please help us by ensuring that you cancel any appointments in good time if you cannot make it.

NHS App

- View your COVID passport
- Check your symptoms
- Book or cancel GP appointments
- Order repeat prescriptions
- View your medical record
- Register to be an organ donor
- Choose how the NHS uses your data

[Download now via App Store or Google Play](#)

New Staff

Dr Lum (male) Junior (FY2) Doctor

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

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

Self Care & Urgent Care

Community Pharmacies

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

Insight IAPT 0300 555 5582 (Counselling)

Trent PTS 0115 896 3160 (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

Moving On

At the end of December we will be saying goodbye to Nurse Jo who has been with us just over 2 years.

She is taking up an exciting new job with another practice and whilst we will miss her we wish her every success in her new role.



Flu Season

It's not too late to get the flu jab. if you've not had chance to book in yet give us a call to book an appointment.

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!

Evenings and Weekend Appointments

We know that many of our patients struggle to attend appointments during our normal working hours so we are pleased to be able to offer a range of appointments in the evenings and at the weekends. These appointments will not always be at Tudor House but could be at another local practice or in Nottingham City Centre. These are a mix of telephone or face to face appointments. If you wish to know more about this service then please ask one of our reception team.

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.