



Welcome to our Spring Edition!



Jubilee Opening

Thu 2nd June CLOSED

Fri 3rd June CLOSED

When we are closed please call 111 or 999 if a medical emergency

Dates to remember

The practice will close at 12.00 pm for staff training on the following dates

Tuesday 28th June & Tuesday 26 July

Moving Out of Area

Due to the increasing demand for patient registration and the pressure that it places on our service, we are unfortunately unable to continue to provide GP services to those living outside of our catchment area.

When updating your address with our reception team, please understand that we are unable to action requests to stay registered with us.

Our catchment area is available to view on our website.

The Tudor Times

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Welcome to the Spring Update from Tudor House, we hope that you are enjoying the sunshine and looking forward to the spring/summer ahead.

As we emerge from the COVID pandemic we have learned a lot about managing viruses and the risks they present; this is why we will continue to follow some of the protocols established in the last 2 years to ensure your continued safety in practice. This will include all patients/visitors to the practice, except those confirmed as medically exempt, still needing to wear a face mask or visor. We can accommodate limited number of patients in the waiting area and would ask that you do not arrive too early for your appointment and that you avoid bringing other family members/friends with you to minimise the numbers waiting. If you need a carer and/or are bringing a child to an appointment this is of course absolutely fine.

We have welcomed a number of new staff to our reception/Admin team (Jas, Sharmillar & Lily) and we would ask that you bear with us as they are trained to help you. Kelly, who was the Deputy Manager, has now left and Ann Bradshaw is the new Operations Manager. She will be supporting me in all areas of the management of the practice.

NHS England have asked that we start collecting feedback again via the Friends & Family Test . This may involve you receiving a text message after you have had an appointment with us and it would be really helpful if you could take a couple of minutes to complete the response.

Finally, the number of patients booking appointments and failing to attend is increasing; if you are unable to attend an appointment we would ask that you contact us with as much notice as possible so that we can offer that time slot to someone else.

If you have any feedback regarding this newsletter or have suggestions for items for future editions then please feel free to email us on nnccg.tudorhousemedical@nhs.net *Tricia, Practice Manager*

Weight Management

Did you know there are a number of free services available to support our patients to have a healthier lifestyle?

Take a look at our website for further details or click [here](#)



Repeat Prescriptions

Please use the NHS app or our voicemail facility on option 2 to order your repeat prescriptions.

Our reception team can only take requests , after 10AM from those who are unable to use these options .

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. Our senior GP appointments (Dr Henry, Dr Lloyd & Dr Simm) need to be available to deal with the most complex of cases.

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.

Our receptionists are trained to ask questions so that you will be seen by the right person, first time.

All information is treated in the strictest confidence.

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 or minor eye injuries

Hay Fever Season



It's that time of year where hay fever can cause people to suffer from many unpleasant symptoms.

There are lots of remedies you can purchase to help ease symptoms and now fexofenadine is available to purchase over the counter instead of being prescribed. You will find the 120mg available in larger shops and the stronger 180mg at your local pharmacy counter.

Travel Vaccinations

Please complete the online questionnaire and submit it to us 6-8 weeks before you travel. This allows us to ensure the form is assessed, the vaccines ordered and an appointment made.



Please note, we only offer hepatitis A and typhoid vaccinations. Any other vaccines required will need to be sourced privately.

COVID Vaccines

Spring Booster Update

People aged 75 years and older, residents in care homes for older people, and those aged 12 years and over with a weakened immune system will be offered a spring booster of coronavirus (COVID-19) vaccine. Book or manage your vaccine [here](#)

The Forest Recreation Closing

The Forest Recreation ground is expected to close its doors at the start of June and move to its new permanent base at The Courtaulds Building in Haydn Road, Nottingham. More details about the Forest site closure will be shared in due course.

5—11 years olds now eligible for the vaccine

Further details and how to book are available on the NHS website

or click [here](#)