



# The Tudor Times

ISSUE 15

OCTOBER 2024

Welcome to our  
Autumn/Winter Edition!



## Christmas Opening Hours

Mon 23rd Dec 07.30 - 19.00

Tues 24th Dec 07.30 - 19.00

Wed 25th Dec CLOSED

Thurs 26th Dec CLOSED

Fri 27th Dec 08.00 - 18.30

Mon 30th Dec 07.30 - 19.00

Tues 31st Dec 07.30 - 19.00

Wed 1st Jan CLOSED

Thurs 2nd Jan 08.00—18.30

**\*\*Out of Hours\*\***

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

## Welcome to our autumn/winter newsletter.

It seems a while ago now but back in July we were delighted to be officially ranked as the number 1 practice not only for Nottingham City but for the whole of Nottinghamshire. We are so proud of the team and everything they do and would like to thank those patients who completed and returned their surveys.

We held our main flu clinic on Sat 5th Oct and vaccinated over 650 patients. There are still many more eligible for the flu jab so do give us a call to book an appointment. There are a number of other vaccinations that you may be eligible for as well, please take a look at the table overleaf.

As we head in to the winter months demand for our services will increase so please ensure you take care, make use of the local pharmacies and help our reception team by allowing them to identify the best person/service to help you. Please understand that if we are at our safe capacity for the day we will advise of alternative services that may be able to help you, these will include the local Urgent Care Centre, 111 or even A&E.

*Dr Henry, Dr Lloyd & Tricia (Practice Manager)*

## \*Save the Date\*

The practice will close at Midday for  
staff training on

**Tuesday 22nd October &**

**Tuesday 26th November**

## Data this Quarter

(1st July 2024—30th  
September 2024)

- **6957** Appointments completed by our team
- **311** appointments booked but patients did not attend
- **15811** Calls answered by our reception team
- **95%** of our patients would recommend the practice to their friends and family

## Pharmacy First

As we enter these colder months, we often see a surge in demand for appointments. We would like to take this opportunity to remind patients that their local pharmacy can help with many minor ailments and through the **Pharmacy First** service, community pharmacists are now able to supply prescription-only medicines, including antibiotics and antivirals, where clinically appropriate, for the following seven common conditions:

- Sinusitis (Age 12+)
- Sore throat (Age 5+)
- Earache (Ages 1 - 17)
- Infected insect bite (Age 1+)
- Impetigo (Age 1+)
- Shingles (Age 18+)
- Uncomplicated urinary tract infections in women (Ages 16 - 64)



## Available Vaccinations Winter 2024

Type of vaccination	Who is eligible
<b>Flu</b>	Over 65 years old, 6 months to 64 in at risk group, carers, close contact of immunocompromised individuals, healthcare workers and children aged 2-3 years old  4-16 year olds will be offered the vaccine at school. If you have missed this you can contact <a href="mailto:immunisations.nottinghamshire@intrahealth.co.uk">immunisations.nottinghamshire@intrahealth.co.uk</a> Tel: 03333583397 Option 4
<b>RSV (respiratory syncytial virus)</b>	Aged 75-79 years old and pregnant women who are at least 28 weeks pregnant
<b>Shingles</b>	People who turn 65 on or after 1 September 2023  People aged 70-79  People aged 50 and over with a severely weakened immune system
<b>Pneumococcal</b>	People aged 65 and over  Children and adults at higher risk of getting seriously ill (usually a hospital consultant will recommend this)
<b>COVID-19</b>	Adults aged 65 years and over, 6 months to 64 in at risk group, frontline NHS and social care workers and those working in care homes for older people  <a href="https://www.nhs.uk">Book, change, or cancel a COVID-19 vaccination appointment online - NHS (www.nhs.uk)</a>  <b>We will not be giving COVID-19 vaccinations in practice, use the link above to book or call 119</b>

If you are missing any of the above vaccinations please call our reception team and they will be able to check your eligibility and book you an appointment.

### Staffing update

The wonderful Dr Natalia who has worked regular Wednesday's with us for the last 2 years is taking up a new post elsewhere. Hopefully she will still be coming for odd sessions with us.



Dr Kiran Singh has been a locum doctor on and off with us for many years and she will be taking on the regular Wednesday clinic. Dr Moss Langfield has again been with us for a few years on an-hoc basis but will now be with us on a regular basis on Monday's. Chloe will be joining our reception team so please bear with us as we train her in her

### Prescription Requests

Please use the NHS App or contact us online through our website for prescription requests. If you are unable to access the internet, requests can also be made via the box in reception, or by sending your requests through the post. This change will ensure our reception team are able to use their time more effectively and be able to answer urgent calls in a more timely manner.



### NHS App and Digital Health Hub

We have a 'Digital Health Hub' running on Friday 18th October, 9am – 1pm with specialist staff available to help with downloading, registering for, or using the NHS App. If you are unable to make this, feel free to come in to the practice when able and one of our team will assist you. We just ask that you bring some Photo ID and access to your emails.

### Do more with the NHS App!



- Order repeat prescriptions
  - Use NHS 111 online
  - Find NHS services
  - View your GP health record
  - Book appointments
  - Get reminders and messages
- And much more...

**Need help?**  
Get support in the app or visit [nhs.uk/helpmeapp](https://nhs.uk/helpmeapp)



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