

The Gamston Medical Centre Newsletter

Summer 2025 issue

Welcome from the Practice Manager

Welcome to the first edition of our new practice newsletter, where we'll keep you informed about important updates, news, and developments here at the surgery. Our goal is to ensure you feel supported, informed, and confident in the care we provide.

We're excited to share that we are getting closer to the start of our long-awaited building extension, which will add six new clinical rooms to the practice. This is a significant step forward in improving access and expanding the range of services we can offer to you, our growing patient community.

Whether you've been with us for many years or have recently joined the practice, thank you for your continued support and trust. We remain committed to delivering high-quality, patient-centred care and will keep you updated as the extension progresses.

Staff Updates

- **Dr Elaine Chin** has left the practice to pursue new adventures. We are incredibly grateful for her dedication, compassion, and the high standard of care she has provided to our patients. She will be greatly missed, and we wish her all the very best for the future.
- We're pleased to announce that **Dr Bethan Hay** will be joining our team. Dr Hay brings a wealth of experience and a strong commitment to patient-centred care. We look forward to welcoming her to the practice.
- **Dr Rachael Lockyer** will be increasing her availability which will improve access and appointment availability for our patients.

Have your say!

Our Patient Forum is a patient led group which represents the views of our patients. It is open to all patients registered with us and seeking new members.

The forum works closely with the practice and holds regular meetings which are attended by the practice management team. It acts as the patients' voice to provide us with feedback to help us improve our services. It also enables us to communicate important updates and changes to services to patients.

If you are interested in joining the Patient Forum, please email your details to: nnicb-nn.gamstonadmin@nhs.net or speak to reception.

Community Hub and Social Prescribing Service

The Community Hub is a focal point and is based at West Bridgford Young people's Centre (next to West Bridgford Library) and operates every Monday with varied events.

Details of the Rushcliffe Social Prescribing Service can be found at:

<https://www.rushcliffehealth.org/rushcliffe-social-prescribing>



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Online Consultations

Via our practice website you can submit online consultations. This could be an admin query (e.g. Fit note request, wanting test results or a letter), or a NON URGENT medical query.

Please note this is NOT a form of medical triage and the purpose of these medical online forms are to help facilitate simple clinical requests that would not normally require an appointment (e.g. requesting a blood test). You may then be asked for more information via text e.g. photos.

However, if on review of the query an appointment is recommended you will be directed to the usual pathways for this.

The online forms are reviewed by a staff member within 3 working days.

If you have any more queries, please speak to reception.

Pharmacy First

Local pharmacies now offer the Pharmacy First service, giving advice and if needed, NHS medications to treat seven common health conditions – without needing a GP appointment. You can walk into any of your local pharmacies for advice.

Acute otitis media	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

Family Planning

The following pharmacies also initiate contraception; Morrisons, Edwalton pharmacy, My local Chemist (Wilford Lane and Melton Road), Asda Pharmacy and Boots. **Please ring before attending.**

June 2025 Data

- 2,823 appointments completed
- 59 appointments booked but not attended
- 3,642 calls answered

