

AUTUMN UPDATE

BILBOROUGH MEDICAL CENTRE &
ASSARTS FARM MEDICAL CENTRE



Bilborough
Medical Centre

Opening hours:

Monday – Friday: **8am – 6.30pm**

Saturday – Sunday: **CLOSED**



Closed from 12PM for staff training on:

18 November 2025



Flu Season – Get Protected!

Flu can make you feel really unwell, but the flu jab helps protect you, your family, and our community.

If you're eligible, please book your flu vaccine today.

Find out more about who is eligible for the vaccine at: [Flu - NHS](https://www.nhs.uk/flu)

Surgery Assist



Surgery Assist is on our website to make life easier for you to find what you are looking for and get the help you need. It should help free up time for the practice teams so they can focus on you.

Thanks to Surgery Assist, we're getting things done faster and more efficiently!

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Weight-loss Jabs

You may have seen weight loss jabs like Mounjaro in the news recently. These medicines are not routinely available from GP practices. However, in Nottingham, there is a **local weight management service** for people who have a BMI over 40 and meet specific criteria.

Find out more at: [Weight-loss injections - NHS Nottingham and Nottinghamshire](#)



NHS

Contact us online

If you need help with a non-urgent medical or admin request, you can now contact us online.



Online access to test results and letters

A quick reminder about our online system which allows you to contact the practice for non-medical or admin enquiries without the need to call reception. Using Accurx, you can request:

- Doctor letters
- Referral follow-up
- Fit notes
- Test results

Simply head to this link and submit your enquiry (between 10am and 4pm):

<https://florey.accurx.com/p/Y06356>.

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We're here for you, for longer...



Enhanced Access appointments are available at your practice, or a nearby NHS service, outside of usual practice hours.



Get the NHS App

The NHS App makes it easy to manage your health anytime, anywhere.

You can:

- Order repeat prescriptions
- Check test results
- View your medical record
- Book appointments

Download it free today from the **App Store** or **Google Play**, and make managing your healthcare simple and secure.



Let's quit smoking together this Stoptober!

Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good.

There's no need to go it alone. With free tools, advice and support, quitting is easier than you think. We've got your back as you take on the challenge. [Go to the NHS Better Health website to find out more.](#)

You can get support to stop smoking locally with Thriving Nottingham. Visit: [Stop smoking – Thriving Nottingham](#) to find out more.



Are you a carer? Do you have a carer?

Make sure you let the practice know so we can provide the best service for your specific needs.

Patient Participation Group

We want to know what is going well and what we could do better at our surgery. This is why we have Patient Participation Groups (PPGs).

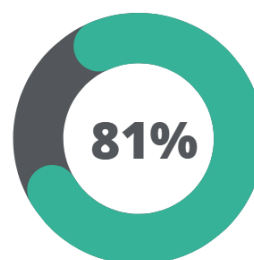
PPGs bring together patients and staff to discuss the range and quality of services provided by the practice.

If you would like to be involved in our PPG, please speak to a member of the team.

We Want to Hear from You

Your feedback is incredibly important to us. We want to hear your thoughts on what we are doing well, what we could improve, and how likely you would be to recommend the practice to friends and family.

If you have feedback you would like to leave, you can fill out the form on our website homepage or ask at reception for other ways to provide feedback.



Of patients would recommend the practice to their friends or family

***as of Aug 2025**



SELF CARE

Treat aches and pains, coughs and colds at home – stock up on medicines.



PHARMACY

Visit your local pharmacy for minor injuries, allergies, constipation, headaches, cold and flu symptoms and earache.



YOUR GP PRACTICE

GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face appointments depending on what your health concern is.



NHS 111

Think NHS 111, if you need help fast but it's not an emergency think NHS 111. Open 24/7. Call 111 or visit 111.nhs.uk.



URGENT TREATMENT CENTRE

You can visit your local Urgent Treatment Centre for sprains, fractures, minor burns and skin infections.



DENTAL TREATMENT

For urgent dental care please call your local NHS dental practice. For urgent care, advice out-of-hours, call NHS 111.



MENTAL HEALTH CRISIS LINE

If you're worried about your mental health, or experiencing a mental health crisis, call the 24/7 crisis line on 0808 196 3779.

Find out more here: www.nhs.uk

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.