



## Opening hours:

Monday: 8am – 6.30pm

Tuesday: 7.30am – 6.30pm

Wednesday: 7.30am – 7.00pm

Thursday: 7.30am – 6.30pm

Friday: 7.30am – 6.30pm

Saturday – Sunday: **CLOSED**

## Stay safe in the sun

The summer months are finally here!

We are expecting hot weather in the next few weeks, so make sure you are staying healthy in the heat.

If you are going out in the sun, make sure you stay hydrated and avoid the midday sun when the sun is at its hottest.



**HOT WEATHER**

## Going out in the sun?



### Stay well in hot weather

by drinking plenty of fluids, staying in the shade when the sun is strongest (11am-3pm) and limiting strenuous physical activity during the hottest part of the day.

## 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.



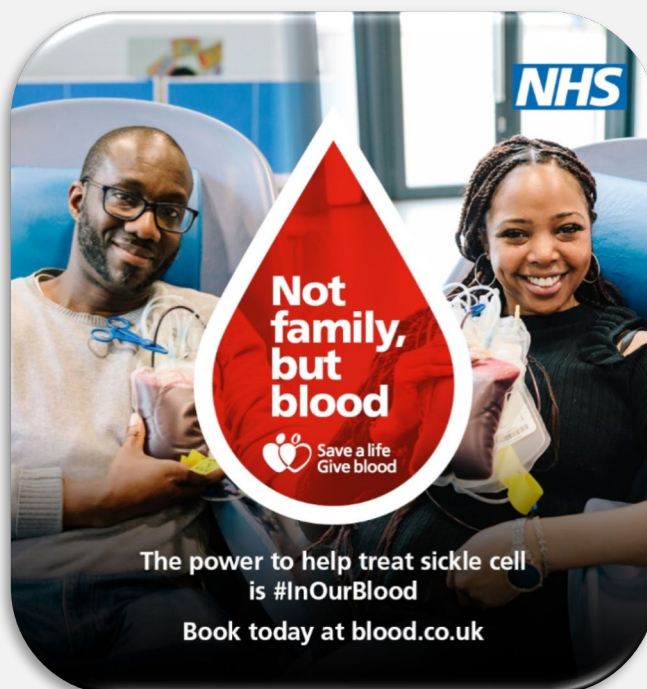
## Give blood

Giving blood saves lives.

The NHS is in urgent need for more people to donate blood. It's vital for treating emergency and long-term conditions, such as sickle cell disease

If you are fit and able, please consider giving blood by calling **0300 123 23 23** and making an appointment.

The nearest donation spot to the practice is in the Nottingham Donor Centre on North Church Street.



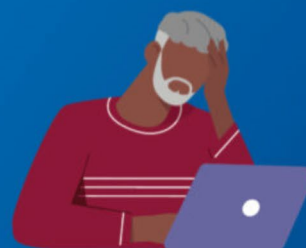
## Mental health resources

If you are struggling with your mental health, help is there for you. The NHS can support you with a variety of mental health services and resources:

- [Every Mind Matters](#) provide expert advice on small steps you can take to improve your mental wellbeing.
- [NHS Talking Therapies](#) provide a safe space for you to talk to someone about feelings of stress, anxiety, or depression you may be facing.
- [NHS111](#) provides a 24/7 service to support you in moments of mental crisis. Simply call 111 and select the mental health option.



# Support for your mental health



**NHS**

## 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 May 2025**

## Emergency dentistry

Need to see a dentist urgently? Extra urgent dental appointments are now available through NHS111 for conditions including:

- Severe toothache
- Dental abscess
- Broken or knocked-out tooth
- Uncontrolled bleeding
- Swelling
- Fractured, loose, or displaced fillings
- Bleeding gums requiring urgent treatment

Visit <https://111.nhs.uk/> or phone 111 to book. You don't need to be registered with an NHS dentist.



**OPEN**

**If you need urgent dental care or do not have a dentist, get in touch with NHS 111 online or by phone for advice.**





## 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](https://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](https://www.nhs.uk)

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