

# Newsletter

 Grange Farm  
Medical Centre  
September 2022

## Flu and COVID Vaccinations Autumn 2022

This year we will be offering the Flu Vaccine here at the surgery. Patients who are eligible to receive their flu vaccination and who are also due a COVID booster will be invited to make an appointment. Please look out for details about further clinics in the coming weeks. Patients in the highest risk groups will be prioritised. This will include patients who are immunosuppressed or have a long-term chronic condition.

If you are **over 75**, or a **frontline healthcare worker** you can now book your COVID booster by calling 119, or visiting [nhs.uk](https://www.nhs.uk) online and searching COVID vaccination. For others that don't fall in these categories, you will be contacted when you are able to book.



## Staff Shortages

Please be aware that we are currently working with fewer staff than usual. We are working as hard as possible to make sure everyone receives the right care, so please be patient with us.

*Kindness*  
**MATTERS**

## Zero Tolerance

We would like to remind all patients that our staff come to work to care for others. We aim to treat our patients courteously at all times and expect our patients to treat our staff, and each other, in a similarly respectful way.


Threatening, abusive or violent behaviour against any of our staff or patients is taken very seriously and may result in removal from our practice list.



  
**A BOOSTER  
IS THE BEST  
WAY TO STAY  
PROTECTED**

Even if you've already had Covid-19, a booster is the best way to stay fully protected.






## CARERS COFFEE CIRCLE

**EVERY OTHER FRIDAY 10-12:00**

APRIL 15TH & 29TH  
MAY 13TH & 27TH  
JUNE 10TH & 24TH  
JULY 8TH & 22ND

AUGUST 5TH & 19TH  
SEPTEMBER 2ND, 16TH & 30TH  
OCTOBER 14TH & 28TH  
NOVEMBER 11TH & 25TH

Wollaton Vale Community Centre NG8 2JA  
Contact- 07311 216004



PEOPLE WITH DEMENTIA, CARERS AND FAMILY WELCOME  
Dementia Nurse and Link Workers will be at the venue.

## Patient Participation Group

### We are recruiting for Patient Participation Group members...

Would you like to be a friend of the practice, advising the us on the patient point of view? Speak to our reception team for more information on how you can join the group and begin sharing your thoughts on how we can make changes. Joining is completely free and anyone is welcome!



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

Speak to reception about evening and weekend appointments

 GPs
  Nurses
  Clinical pharmacists
  Physiotherapists
  Health Care Assistants (HCA)

NHS  
Nottingham and Nottinghamshire

GP+  
Nottingham City



**STOP SMOKING SERVICE**

Get help to stop smoking in a way that suits you

[www.ncgpa.org.uk/stubit](http://www.ncgpa.org.uk/stubit)  
 0115 824 0583 (option 2)  
[ncgpa.stubit@nhs.net](mailto:ncgpa.stubit@nhs.net)  
 Next to Tesco on Angel Row

A service for Nottingham city residents

GP+  
Nottingham City

 [gpplusnottingham](https://www.facebook.com/gpplusnottingham)

 [eNCGPANotm](https://twitter.com/eNCGPANotm)

 Nottingham City General Practice Alliance

## Follow us on Facebook

You can follow the practice on Facebook to get updates, general information and healthcare advice!

@grangefarmmc - [www.facebook.com/grangefarmmc](https://www.facebook.com/grangefarmmc)

## Grange Farm Medical Centre

Opening Hours: Mon to Fri 8am-6:30pm

PLEASE CONTINUE TO WEAR A FACE COVERING WHEN IN THE SURGERY.

Appointments are offered with GPs, Clinical Pharmacists, Practice Nurses, HCAs and a range of additional roles such as Social Prescribing Link Workers and Health & Wellbeing coaches

All patients can access evening & weekend appointments at **GP+** in Nottingham city centre.  
**For medical advice outside of these times please call 111. For emergencies ONLY call 999**