

AUTUMN UPDATE

GRANGE FARM MEDICAL CENTRE



Grange Farm
Medical Centre

Opening hours:

Monday – Friday: **8am – 6.30pm**

Saturday – Sunday: **CLOSED**

CLOSED for staff training:

Tuesday 19 September from 12pm

Tuesday 10 October from 12pm



Flu and Covid Vaccinations

As we head into the winter months, certain groups of people will soon be offered their yearly flu and Covid-19 vaccinations to help protect them from illness.

If you are eligible for either vaccine you will be contacted by the practice. Those being offered a Covid-19 jab include:

- Residents, carers, or staff working in a care home for older adults
- All adults aged 65 years or over
- Frontline health and social care workers
- People with weakened immune systems (or living with them)

East Midlands Gambling Harms Service

Has your gambling become more of a problem than a pleasure? A new NHS service is offering free support across the East Midlands.

Their team of psychologists, therapists, mental health practitioners and psychiatrists can help you manage your gambling issues through face-to-face or virtual sessions.

Free NHS support to stop the harm caused by gambling

NHS
East Midlands
Gambling Harms Service

East Midlands Gambling Harms Service

Tel: 0300 013 2330
Email: dhcft.emgamblingharms@nhs.net
Web: www.eastmidlandsgambling.nhs.uk

East Midlands Alliance
Managed by Derbyshire Healthcare NHS Foundation Trust. Proud to be part of

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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.

Currently, 87% of our patients would recommend the practice to friends or family.

If you have feedback you would like to leave, you can fill out the form on our website homepage. Alternatively, you can ask at reception for a printed copy of the form.

Prescriptions

Did you know that as well as in person, you can request prescriptions through email and the NHS app?

This means you do not have to contact the practice directly to make prescription requests.

Please allow 48 hours for your prescription request to come through.

Order repeat prescriptions on the NHS App



Working together to improve your care



GP PRACTICES COMMUNITY HEALTHCARE SERVICES NHS HOSPITALS SOCIAL CARE SERVICES MENTAL HEALTH SERVICES HOSPICES

Notts Care Record

The practice uses Notts Care Record.

By sharing patient data across services, clinical and care staff involved in your care can access relevant medical information to improve your care.

To opt-out, please speak to reception.



Nottingham Central Women's Aid

A range of FREE programmes from Nottingham Central Women's Aid are now available:

- **The Freedom Programme** (12-week domestic abuse programme)
- **Own My Life** (12-week empowerment programme)
- **Power of Change** (12-week recovery programme)

Sessions will explore the tactics of an abuser, beliefs of abusive people and how women can recover and regain ownership of their lives, including owning their mind, body, choices, relationships, world, and feelings.

Sessions are held weekly in Sherwood with childcare and refreshments provided. To book your place, text or call the team on **07856 638 26**.

Talking Therapy

NHS Nottingham Talking Therapies provide a FREE and confidential service for adults registered to a GP in Nottingham.

They provide a range of evidence-based talking therapies and new ways of coping, tools, and resources to help you manage your mood.

All therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.

Tel: 0333 188 1060

Email: notts.iapt.admin@notts-talk.co.uk

Web: www.notts-talk.co.uk

NHS
Nottinghamshire
Talking Therapies

Feeling low, worried, or stressed?
We are here for you

At NHS Nottinghamshire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage. If you are aged 17 ½ years or over and registered with a GP in Nottingham, Bassetlaw, or Nottinghamshire we can help you find the tools you need to get life back on track.

Contact us now, it is **FREE** and confidential.

www.notts-talk.co.uk 0333 188 1060 notts.iapt.admin@notts-talk.co.uk

Scan to self refer

Services provided by
vita healthgroup Mental Health



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.