

Join the Patient Participation Group!



The PPG is an informal group that meets 4 times a year to discuss the practice and to hear YOUR feedback! It is a great way to give suggestions so that we can improve.

Tea and coffee is provided, and the meetings are open to ALL patients, from any demographic!

Good or bad, we'd like to hear it all, so please come along!

For more information, please email elizabeth.pain@nhs.net, go to our website www.familymedicalcentre.co.uk/ppg.aspx or ask at reception!



Your health care, your priorities, your say!



The Family Medical Centre



0115 9504068



0115 9509844



when it's less urgent than 999

Opening Times:

Mon	08:00-18:30
Tues	08:00-18:30
Weds	08:00-18:30
Thurs	08:00-18:30
Fri	08:00-18:30
Sat	08:30-12:30

Please note that Saturday morning surgeries are for routine appointments only.

www.familymedicalcentre.co.uk

 Follow @fmcnotts



The Family Medical Centre
GP Practice

171 Carlton Road
Nottingham
Nottinghamshire
NG3 2FW

Newsletter

Autumn



Seasonal Flu

Flu is a common infectious viral illness which is spread by coughs and sneezes. It can be a very unpleasant illness but you usually begin to feel better within a week. You can catch flu (short for influenza) all year round, but it is more common in winter.



Symptoms of flu include:

- sudden fever – a temperature of 38C or above
- aching body
- feeling tired or exhausted
- dry, chesty cough
- sore throat
- headache
- loss of appetite
- diarrhoea or tummy pain
- nausea and being sick

Going on holiday?

Fill out Travel Health

Questionnaires at least 6 weeks before you travel so we can sort out your personalised advice and vaccinations!



How you can treat flu yourself:

- rest and sleep
- keep warm
- drink plenty of water to avoid dehydration
- Take paracetamol or ibuprofen to lower your temperature and treat aches and pain

GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.

To reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible



There is also a lot of resources available online, e.g. NHS Choices provides information on common illnesses and is a useful resource!

Flu Vaccinations

Flu season is starting to approach and here at the practice we're starting to get ready! Weekend flu clinics will be running on the 6th and 27th October and 17th November for anyone who is eligible for the NHS injection. For more information of to book, ask at reception!



Who should have the flu jab?

You are eligible to receive a free flu jab if you:

- Are 65 years of age or over
- Are pregnant
- Have certain medical conditions
- Are very overweight
- Are living in a long-stay residential care home or other long-stay care facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person
- Are a healthcare worker with direct patient contact, or a social care worker

Children in Reception up to Yr 4 will receive their flu nasal spray at school. If they miss it you will need to contact the school.

