

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



0115 9504068



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	08:30-12:45

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

Spring

2018



Hay Fever



The height of hay fever season is coming up so we thought we'd share some tips on how to get through it!

80% of asthma sufferers have hay fever. High levels of pollen occur on warm, dry and sunny days.

Grass pollen is the most common cause of hay fever, but trees and weeds also produce pollen!

Most local television weather forecast will show pollen counts, or check out the Met Office's pollen forecast!

Smoking and alcohol makes allergies worse.

To avoid getting pollen in your eyes wear sunglasses!

OTC anti-histamines & allergy relief should be tried before speaking to a GP.



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!



Survey

The NHS Family and Friends Test was created to help understand if patients are happy with the services provided or where improvements are needed! It's a quick and anonymous way to improve your healthcare system!

Ask reception for a copy and help make our services better for you.

Online Services

Register today to be able to access your GP records and order repeat prescriptions from any internet enabled device at your convenience!

Save time by not having to pop in, just do from the privacy and convenience of your own home!

Fill out a form at surgery and bring one form of photo ID (UK passport or driving licence) and something with your address on it (council tax bill, utility bill etc.).



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

Bowel Screening Tests

Bowel Screening kits are sent to men and women aged 60 to 74 every 2 years. If you are over 74 you can phone and request a screening kit on 0800 707 60 60.



For more information ask at reception. We have DVDs available at the practice for you to borrow in both Urdu and Punjabi in order to help you complete your bowel cancer screening. If detected early your chance of survival is more than 90%.

Are you a carer?

If you are its important that your records are up-to-date and reflect this so that we continue to provide the best care to you! There are lots of resources we can provide to make you feel more supported and in control, as well as groups and services you can be referred to!



Contact the Nottinghamshire Carers Hub on (0115) 824 8824, email hub@carerstustem.org or go to www.carerstrustem.org/hub to find out more!