

# Jubilee Park Medical Partnership

## Patient Newsletter

### Winter 2020



## Important Information

### Flu Clinics

We are still offering Flu vaccinations for all those patients who are over 65 and also those who are under 65 and are in high risk groups.

***Please call the surgery to book your appointment.***

This year patients over 50 may also have a vaccination and these appointments can be ***booked online.***



## Covid-19 Information

**Covid vaccines:** First vaccines will be given via two central hubs and patients will be contacted to book in for theirs. When other vaccines become available, GP practices will be involved. **PLEASE DO NOT CONTACT THE SURGERY FOR COVID VACCINATIONS.**

If you feel you have symptoms or are worried about someone you live with you can contact 111 online for advice:

***<https://111.nhs.uk/covid-19/>***

For further information on coronavirus please visit: ***<https://www.gov.uk/coronavirus>***

### Vitamin D

The Government are inviting very vulnerable patients to have a vitamin D supplement. You will be sent a letter if this applies to you.

***It is not administered by the practice***

## Latest News

We have been very busy at Jubilee Park over the last few months and would like to say a big thank you to all our Patients for bearing with us when trying to call. The Care Coordination team are working hard to answer calls as quickly as possible.

WELCOME.....

We have had some new team members at the practice ***Karen, Helen*** and ***Laura*** have joined our Care Coordination team and are working at both our Carlton and Lowdham sites.

***Clare*** has joined our Lowdham dispensary as a dispenser.

We have also had a new doctor join us, ***Dr Gillatt*** who is also working across both of our sites.

Also joining us is ***Charlotte Woodcock*** our first contact physiotherapist. Charlotte is will be working with us on Mondays and Thursdays and also offering appointments to our patients on a Friday afternoon from Trentside Medical Practice

We would like to wish all of our patients a very safe ***Merry Christmas*** and a ***Happy New Year*** from all the team at Jubilee Park Medical Partnership.



### First Contact Physiotherapy

FPC can help with

- Soft tissue injuries, sprains or sports injuries
- Arthritis
- Possible problems with muscles, ligaments, tendon or bones
- Spinal related pain in arms and legs

**Visit our new Website for further practice information:**

***[www.jubileeparkmedicalpartnership.co.uk](http://www.jubileeparkmedicalpartnership.co.uk)***

**Or follow us on Facebook**

**@JubileeParkMedical**



## Staying Safe this winter

You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP via video call or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to [111.nhs.uk](https://111.nhs.uk) or call 111 if you have an urgent medical problem and you're not sure what to do
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The sooner you get advice, the sooner you are likely to get better.



## **Self-Care**

A well-stocked simple first aid / medicine cabinet can really help throughout the year.

- Plasters / dressings
- Antibiotic ointment
- Thermometer
- Anti-diarrhea medication
- Laxative
- Rehydration sachets
- Antacids
- Antihistamine,
- Pain relievers
- Cough and cold medications
- Antiseptic solution



## **Christmas Pharmacy Opening Hours**

These will be available on our website and displayed in our window nearer the time.

How about you download the NHS App today!  
<https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/>

## **Are you feeling Low? Stressed? Is the current pandemic making you anxious?**

These local talking therapy services are open and available:

### **Trent PTS**

<https://www.trentpts.co.uk/self-referral/>

### **Insight Healthcare**

0300 555 5582

### **Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters/>

## **Keep us Updated.**

It is important that we are able to contact you.

Please let reception know if you have changed either your address or your telephone number so that we can keep our records updated.



### **Text reminders for appointments**

Did you know that if we hold your mobile telephone number we can send you text reminders about your appointments? Please ensure we have your up to date information.

## **CHRISTMAS HOLIDAY PERIOD**

The practice will close on 24<sup>th</sup> December at 6:30 pm and re-open on Tuesday 29<sup>th</sup> December at 8am.

Please remember to order your medication in time.

*If we are closed please use **NHS 111 SERVICE** or the **URGENT CARE CENTRE**.*

