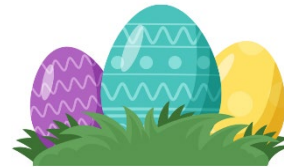




Easter Opening Times

Over the holiday season we will be open as usual with exception of the following days:

- **Friday 18 April (Good Friday)**
- **Monday 21 April (Easter Monday)**



If you need medical advice and support over the bank holidays, we recommend calling **NHS 111**, visiting **111 online**, or by calling **999** in the event of an emergency.

Booking appointments in person

We no longer allow people to book appointments by coming into the practice. We have made this change to avoid long queues at the practice and make the booking system fairer for all patients.

To book appointments you can:

- Call **0115 883 1900** from 8am
- Use the appointment request link on our 'Appointments' page

If neither of these options are possible for you, please speak to the reception team.

No Smoking Day – Get help quitting

12 March is No Smoking Day.

You're far more likely to quit smoking successfully with the right support. Discover what's available at NHS Better Health and prepare to quit for good.

If you live in Nottingham city, you can get help quitting with Thriving Nottingham. Call them on **01156 485724** to start your quit attempt.



Better Health Smoke free **NHS**

“Since quitting, I’ve got extra money to put towards a trip away.”

March 12 Take back your life this **No Smoking Day.**

A smiling woman with curly hair, wearing an orange jacket, holding a blue folder and a white card.

Patient Participation Group

We want to know what is going well and what we could do better at our surgery. This is why we have Patient Participation Groups (PPGs).

PPGs bring together patients and staff to discuss the range and quality of services provided by the practice.

If you would like to be involved in our PPG, speak to reception or email:

nnicb-nn.ppgmailbox@nhs.net.



Make your voice heard! 

Let us know how we can improve by joining our **Patient Participation Group (PPG)**.

PPGs bring together staff and patients to discuss how we can improve our services and better serve our community.



Email nnicb-nn.ppgmailbox@nhs.net or speak to reception to get involved!



Get involved in health and wellbeing events near you!

Looking for the opportunity to meet new people, have fun, and get health advice from experts? Our colleagues from the Nottingham East PCN are running a number of free events from Community Hub Sneinton.

- **Coffee Social Morning** – every Tuesday at Community Hub Sneinton from 10am
- **Community Health Hub** – Monday 10 March at Cherry Lodge, NG3 2AS from 11am
- **Community Health Hub** – Monday 17 March at The Chase Neighbourhood Centre, NG3 4EZ from 11:30am

For more information you can contact Lisa White by emailing lisa.white65@nhs.net.



NOTTINGHAM CITY EAST
COFFEE SOCIAL MORNING

Coffee, games, social & quiz

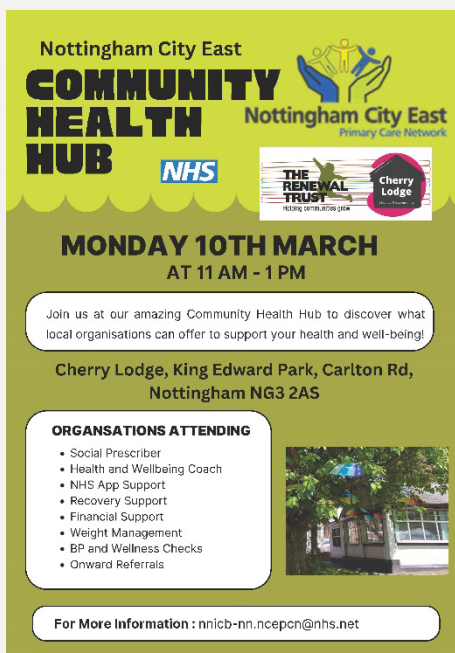
Hand CRAFTED
Coffee Espresso

FREE EVENT
EVERYONE WELCOME

EVERY TUESDAY DROP IN FROM 10AM - 12PM

Community Hub Sneinton
51, Sneinton Boulevard
Nottingham
NG2 4FD

If you need more information please email:
nnicb-nn.ncepncn@nhs.net



Nottingham City East
COMMUNITY HEALTH HUB
Nottingham City East
Primary Care Network

MONDAY 10TH MARCH
AT 11 AM - 1 PM

Join us at our amazing Community Health Hub to discover what local organisations can offer to support your health and well-being!

Cherry Lodge, King Edward Park, Carlton Rd,
Nottingham NG3 2AS

ORGANISATIONS ATTENDING

- Social Prescriber
- Health and Wellbeing Coach
- NHS App Support
- Recovery Support
- Financial Support
- Weight Management
- BP and Wellness Checks
- Onward Referrals

For More Information : nnicb-nn.ncepncn@nhs.net



Nottingham City East
COMMUNITY HEALTH HUB
Nottingham City East
Primary Care Network

MONDAY 17TH MARCH
AT 11.30 AM - 1.30 PM

Join us at our amazing Community Health Hub to discover what local organisations can offer to support your health and well-being!

The Chase Neighbourhood Centre,
Robin Hood Chase, Nottingham NG3 4EZ

ORGANISATIONS ATTENDING

- Social Prescriber
- Health and Wellbeing Coach
- NHS App Support
- Recovery Support
- Financial Support
- Weight Management
- BP and Wellness Checks
- Onward Referrals

For More Information : nnicb-nn.ncepncn@nhs.net

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



Enhanced Access appointments are available at your practice, or a nearby NHS service, outside of usual practice hours.





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.