

Would You Like To Be Able To Save Someone's Life?

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood.

In England, we need over 6,000 blood donations every day to treat patients in need. This is why there's always a **need for people to give blood**. Each year we need approximately 200,000 new donors, as some donors can no longer give blood.

Most people between the ages of 17-65 are able to give blood. Around half of our current donors are over 45 years of age. We need more young people (over the age of 17) to start giving blood, so we can make sure we have enough blood in the future.

You can find out more at the website (see below) or ask at your local Kegworth or Gotham surgery.

There are 18 blood donor centres in the local area, all with different dates available, and two of them are in Kegworth.

Contact details for the NHS blood donation service are as follows:-

<https://my.blood.co.uk> Telephone 0300 123 23 23

How about rolling your sleeves up and becoming a lifesaver?

SURGERY OPENING TIMES

Kegworth - Reception 01509 674919

Monday Tuesday Thursday Friday
8.00am to 6.30pm

Wednesday 8.00am to 5.00pm

No GP Surgery on Wednesday afternoon

Gotham - Reception 01509 674919

Monday to Friday 8.30am to 1.00pm
Surgery lunchtime closed 1pm to 3.30pm
Afternoon opening:

Monday, Tuesday, Wednesday, Friday
3.30pm to 6.00pm

Thursday afternoon closed

If you wish to access the extended GP evening and weekend surgeries, they can be booked by ringing the Kegworth or Gotham surgery telephone number during our normal opening hours. These extended hours are from 6.30pm to 8pm in the evening on weekdays and between 8.30am and 12.30pm at weekends. If you request one of these appointments, which are outside of usual working hours, you will be offered a slot with a Rushcliffe GP, Nurse or Healthcare Assistant at one of three locations across the borough. The location will depend on the day of your appointment. The additional evening and weekend appointments will be available at:

Castle Healthcare Practice in West Bridgford, East Bridgford Medical Centre, Keyworth Medical Practice

FLU VACCINATIONS

BOOK YOUR FLU JAB WITH THE SURGERY

This year there is a new special flu vaccine, FLUAD, for people aged 65 years and over this gives better protection from flu in older people.

There is also a vaccine against

4 types of flu for patients under the age of 65 years.

We **will** have flu vaccines in stock but accurate delivery dates are still to be confirmed.

We have experienced staff and we are ready for you! Please help us - make sure we have your up to date mobile or home phone number and look out for our flu clinic dates.