



The Family Medical Centre
GP Practice

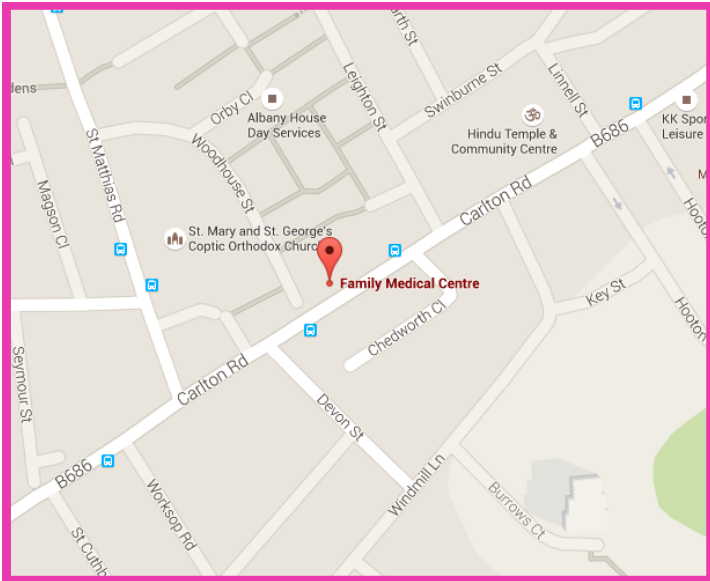


The Family Medical Centre
GP Practice

Where are we?

171 Carlton Road
Nottingham
NG3 2FW

Tel 0115 9504068



Getting Here

We have a small car park at the rear of the building. We are also on the NCT purple bus line 25 and 27, and bus line 100.

The surgery has disabled access and toilet facilities, disabled parking spaces and an induction loop system in the waiting area.

If you require assistance, please ask.

Need to see someone outside practice hours?
GP+ Nottingham City Service on Upper Parliament Street is open on weekdays 4pm-8pm, and weekends 9am-1pm.

Young Persons Services

We provide a confidential service to young people, including under 16's.



You can choose to tell others but we won't. The only reason we might have to consider passing on confidential information without your say would be to protect you or someone else from serious harm.

We'd always try and discuss this with you first.

www.familymedicalcentre.co.uk



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Updated Aug 2019

The Family Medical Centre
171 Carlton Road
Nottingham
NG3 2FW

Tel 0115 9504068

Monday to Friday 8.00 am - 6.30 pm
Saturdays 8.30 am - 11.30 am

Useful Information

Here's a list of services in Nottingham that you may find useful.

If you can't find what you're looking for, or if you need any help, please ask at reception.

At the Surgery:

To make an appointment please contact the surgery on **0115 950 4068**. The receptionist will ask you for a brief description of your problem which would help the doctor to decide who is the best person to see you and when. You will either be booked an appointment that day or put on the doctors "call back" list.



Drop-in Family Planning and Sexual Health Clinic

Every Wednesday 4.30pm-6pm.

A doctor or nurse can give advice about contraception and sexual health issues. For emergency contraception please make an urgent appointment with a doctor or see your pharmacist.

People aged 13-24 can also receive free condoms with the NHS C-Card scheme (www.ccardnottingham.com/)



We also offer free pregnancy testing and chlamydia screening for under 25s.

If you're pregnant and need to see a midwife, leave your details with a receptionist and one of the midwives team will get in touch with you.



Drop-in Baby Clinic

Every Thursday 1.30pm-3pm, GP available from 2pm.

6 week checks with the GPs and immunisations with the practice nurse, as well as advice and support.

Relationships and Abuse

- **Sexual Health Drop-in clinics across Nottingham**
www.nuh.nhs.uk/under-25s for more details

- **Disrespect Nobody**

Information on relationships, consent, and abuse
www.disrespectnobody.co.uk

Finance, Benefits, and Housing

- **16-19 Bursary Fund**

(For 16-19's in education/training courses)

www.gov.uk/1619-bursary-fund

- **Welfare Rights Service**

Advice about debt, benefits, housing, employment etc
0115 9151355 welfarerights@nottinghamcity.gov.uk

- **Housing Aid**

135 Lower Parliament Street, Nottingham
0115 876 3300

Young Carers

- **Action for Young Carers**

Free and confidential support and community
Call 0115 9629351 or text 07841 678 460

www.aycnottingham.co.uk/

Childcare

- **Families Information Service**

0800 458 4114 or email fis@nottinghamcity.gov.uk

- **Find childcare in your area**

www.nottinghamshire.gov.uk/care/early-years-and-childcare/find-childcare

Mental Health and Wellbeing

- **Base 51 Counselling** for 12-25 year olds

NGYMyPlace, Castle Gate, NG1 7AR

0115 952 5040

counselling@base51.org.uk

- **Kooth** (www.kooth.com)

Free online anonymous counselling and support for young people

LGBT+ Support

- **Notts LGBT+ Network** (www.nottslgbt.com)

Call 0115 934 8485 or text 07481 344040

- **Outburst!** Group for 11-19 year olds

Meets Wednesdays at NGYMyPlace (29-33 Castle Gate). Phone 0115 952 5040 for details

Childline

Free and confidential help for anyone under 19 with any issue they are going through— from abuse and bullying to exam stress and relationships

0800 1111 www.childline.org.uk

For any other services not listed here, go to

www.nottshelpyourself.org.uk to find other services for young people in the Nottingham area.