

Do You Look After Someone?

A family member or friend who would struggle without your help?

Let your Medical Practice know and Register as a Carer.

You can 'Drop In' to any of the below monthly
Carer Clinics for Information and Support

Abbey Medical Centre, Beeston	1st Monday from 1pm to 2pm	Musters Medical Practice, West Bridgford	1st Friday from 9am– 10:30am
Bingham Health Centre, Bingham	1st Thursday from 9am to 10:30am	Newthorpe Medical Centre , Newthorpe	1st Monday from 10am to 11am
Bramcote Surgery, Bramcote	3rd Tuesday from 2pm to 4pm	Oakenhall Medical Centre, Hucknall	Last Monday 1pm to 2pm
Calverton Practice, Calverton	3rd Thursday from 2pm to	OM Surgery, Hucknall	3rd Thursday 9am to 10am
Castle Healthcare, West Bridgford	1st Friday from 9am to 10:30am	Orchard Surgeries ,Kegworth	2nd Wednesday 11:30am to 12:30pm
Chilwell Meadows Surgery,	2nd Wednesday from 2pm to	Orchard Surgeries, Gotham	2nd Wednesday 12:40pm to 1pm
Church St. Medical Centre/ Eastwood Primary Care Centre	Last Thursday from 10am to 12pm	Park House Medical Centre, Carlton	Last Wednesday from 12pm to 1pm
Cotgrave Surgery, Cotgrave	3rd Thursday from 9am to 10:30am	Peacock Healthcare, Carlton	3rd Wednesday from 11am to 12pm
Cropwell Bishop Surgery, Cropwell Bishop	2nd Thursday from 9am to 10:30am	Plains View Surgery, Mapperley	3rd Tuesday from 10am to 11am
Daybrook Medical Centre, Daybrook	Last Wednesday from 1pm to 2pm	Radcliffe on Trent Health Centre	2nd Wednesday from 9am to 10:30am
East Bridgford Medical Centre, East Bridgford	1st Thursday from 11am to 12:30pm	Ruddington Medical centre, Ruddington	Last Thursday from 9am to 10:30am
East Leake Medical Group, East Leake	2nd Wednesday from 9am to 10:30am	Saxon Cross Surgery, Stapleford	First Tuesday from 2pm to 4pm
Gamston Medical Centre, Gamston	3rd Wednesday from 9am to 10:30am	St Georges Medical Practice, West Bridgford	1st Friday from 11am to 12pm
Giltbrook Surgery, Giltbrook	1st Thursday from 1pm to 2pm	The Manor Surgery, Beeston	2nd Tuesday from 2pm to 4pm
Hama Medical Centre, Kimberley	Last Tuesday from 1pm to 3pm	The Oaks Medical Centre, Beeston	Tbc
Hickings Lane Medical Centre, Stapleford	2nd Monday Bi Monthly, 3pm— 4pm	The Valley Surgery, Chilwell	3rd Wednesday from 2pm to 4pm
Highcroft Surgery, Arnold	2nd Thursday 10am to 11:30am	Torkard Hill Medical Centre, Hucknall	1st Tuesday from 9am to 11am
Ivy Medical Group, Burton Joyce	2nd Friday from 9am to 10:30am	Trentside Medical Group, Netherfield	2nd Tuesday from 11am to 12:30pm
Ivy Medical Group , Lowdham	3rd Friday from 9am to 10:30am	Unity Surgery, Carlton	3rd Tuesday from 11:15am to 12:30pm
Jubilee Practice, Lowdham	3rd Friday from 9am to 10:30am	West Bridgford Medical Centre. West Bridgford	Last Thursday from 11am to 12pm
Keyworth Medical Practice, Keyworth	Last Wednesday from 9am to 10:30am	West Oak Surgery, Mapperley	Last Tuesday from 10am to 11:30am
Linden Medical Group, Stapleford	1st Wednesday from 2pm to 4pm	Westdale Lane Surgery, Carlton	1st Wednesday from 11:30am to 1pm
Stenhouse Medical Centre,	Last Wednesday from 9am to	Whyburn Medical Centre,	3rd Monday from 2pm to 4pm

For more information call **0115 9629360**