



HIGHGATE MEDICAL CENTRE



DECEMBER 2025 NEWSLETTER



Self Care

Visit www.nhs.uk

Minor cuts and grazes, bruises and minor sprains.
Coughs and colds.
Sore throat.



Pharmacy

Minor ailments
Bits and stings
Upset Stomach
Medication advice



NHS 111

Feeling unwell?
Need medical advice?
Don't have a GP to call?



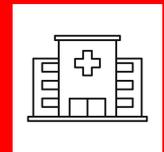
GP Advice

Out of hours
Call 111
Persistent symptoms
Chronic pain
Long term conditions



Urgent Care Centres

Breaks and sprains
X-Ray and Ultrasound
Cuts and grazes
Fever and rashes



A&E or 999 Emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

Take a look at our autumn and winter survival guide.

It brings together all the key information to help you and your family get in the know about staying well and getting the right care during the colder seasons.

<https://bit.ly/LLR-autumn-winter>

NHS

Your autumn and winter survival guide

Stay well. Get the right care

Get in the know this autumn and winter

Autumn and winter survival guide

GET IN THE KNOW

bit.ly/LLR-autumn-winter

Need to see a dentist urgently?

Visit NHS111 or phone 111 if you need urgent dental care. You do not need to be registered with an NHS dentist. For more information <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/urgent-dental-care/>

NHS

Need urgent dental treatment?

Contact NHS111 to arrange an urgent appointment

111

Visit our website on www.highgatemedicalcentre.nhs.uk

Registering With A GP Surgery Now Made Easier

Register with Dr MK Lakhani's Practice Online

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

You will be registered within 48hours.

This service is part of the NHS, so your personal information will be kept safe.

Register with Dr Mk Lakhani's Practice



Scan the QR Code Above



Order your repeat prescriptions now

It will save you time, minimise delays and ensure you can pick up your medicine from your nearest pharmacy.

Don't get caught out this Christmas.

Order before 10 December 2025.



Order your repeat prescriptions now, to make sure you don't get caught short over the Christmas period.

Please order before 10 December.

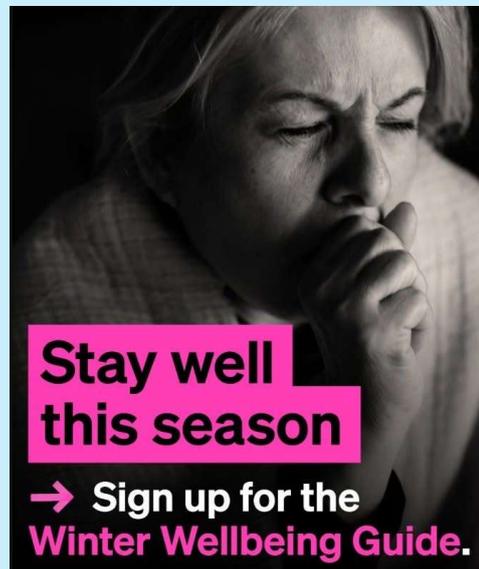
You can order your repeat prescriptions in the NHS App. Find out more: www.nhs.uk/nhs-app

Friends and Family Test Feedback (FFT)

Each week we send links to randomly selected patients to complete a survey following contact with the surgery the previous week. If you receive this survey, we would be very grateful for your response so we can understand what we are doing well and where we can improve.

For November 95% rated the Surgery very good or Good

[Friends and Family Test – Highgate Medical Centre](#)



If you have a lung condition, like asthma or COPD, winter can be a really difficult time.

That's where Asthma and Lung UK's Winter Wellbeing Guide comes in. By answering a few short questions about your lung condition and symptoms over winter, you will get a free, personalised wellbeing guide sent to your inbox.

Please visit:

www.AsthmaAndLung.org.uk/withyouthiswinter

Festive Opening Hours

Please note that between 4:00pm to 6:30pm on Wednesday 24th December and Wednesday 31st December you will need to call 0300 323 0671 for medical assistance.

If you have a life threatening illness, PLEASE CALL 999

For other medical assistance, PLEASE CALL NHS 111

Monday 22 nd December 25	Open at 8am	Close at 6pm
Tuesday 23 rd December	Open at 8am	Close at 6pm
Wednesday 24 th December	Open at 8am	Close at 4pm
Thursday 25 th December	SURGERY CLOSED	
Friday 26 th December	SURGERY CLOSED	
Monday 29 th December	Open at 8am	Close at 6pm
Tuesday 30 th December	Open at 8am	Close at 6pm
Wednesday 31 st December	Open at 8am	Close at 4pm
Thursday 1 st January 26	SURGERY CLOSED	
Friday 2 nd January	Open at 8am	Close at 6pm

ALTERNATIVELY, YOU CAN VISIT THE FOLLOWING URGENT CARE CENTRES:

Loughborough Urgent Treatment Centre, [53 Glenfrith Close, Loughborough LE11 5JY](#)

Merlyn Vaz Health Centre, [1 Spinney Hill Rd, Leicester LE5 3GH](#)

Oadby Urgent Treatment Centre, [18 The Parade, Leicester LE2 5BJ](#)