

# Monthly Patient Newsletter

Grafton Road Surgery  
April 2025

## Maternal Mental Health Awareness

Maternal Mental Health Month focuses on raising awareness about the mental health issues mothers may experience before, during and after pregnancy.

1 in 5 women worldwide experience a perinatal mood and anxiety disorder.

We are encouraging professionals, friends and relatives of new mothers to ask her how she is really feeling and encourage her to seek help.

## World Hypertension Day

May 17<sup>th</sup> is World Hypertension Day.

World Hypertension Day promotes increased awareness of high blood pressure and accuracy in blood pressure measurement.

This year the theme is 'Measure Your Blood Pressure Accurately, Control It, Live Longer!'

For more information visit  
<https://www.whleague.org/>

## Surgery Statistics

**1606**

Appointments Booked

**91**

Did Not Attend

**5.4**

Average Minute Wait

## Important Information

Please be aware repeat prescription and sick note requests must be submitted via writing, unless agreed otherwise. These requests take up to three working days to be processed.

You can email us requests on [M89024.graftonroad@nhs.net](mailto:M89024.graftonroad@nhs.net)

Please be advised we will be closed on Monday 5<sup>th</sup> May 2025 & Monday 26<sup>th</sup> May 2025. Please ensure you order your medication in good time.

## Friends and Family

Your feedback matters!

If you have any suggestions or comments on how the practice can improve its services and offerings, please complete a Friends and Family test either via our website or in paper form from reception.

<https://www.graftonrdsurgery.co.uk/pages/Friends--Family-Test>

To view your submissions for April 2025 please follow the below link:

<https://www.graftonrdsurgery.co.uk/pages/Friends--Family-Test>

## NHS App

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet. You can also access the same services via the NHS website.

<https://www.nhs.uk/nhs-app/about-the-nhs-app/>

Please be advised, GP appointments are for one medical issue only. If you need to discuss more than one issue please let our reception team know who will be able to allocate you enough time.

## Dementia Action Week

Dementia Action Week is May 19<sup>th</sup> – May 25<sup>th</sup>.

1 in 3 people living with dementia do not have a diagnosis.

A dementia diagnosis is vital to give people access to the care, treatment and support they desperately need.

If you are worried about yourself or someone close to you, then please book an appointment with your GP.

For more information please visit  
<https://www.alzheimers.org.uk/>



Grafton Road Surgery  
CQC Overall Rating

**Good**  
7 July 2017

## Social Media



## Contact Details

Telephone: 0121 474 4686  
Email: [M89024.graftonroad@nhs.net](mailto:M89024.graftonroad@nhs.net)