

Monthly Patient Newsletter

Grafton Road Surgery
January 2025

Heart Month

In the UK, someone dies from a heart or circulatory condition every 3 minutes.

Heart disease affects millions of people worldwide. February is a month to prioritise cardiovascular health and take small steps every day to protect your heart.

For more information on how you can get involved please visit www.bhf.org.uk/how-you-can-help/support-our-campaigns/heart-month

Eating Disorder Awareness

Eating disorders can affect anyone. You probably know someone living with an eating disorder but you may not realise it.

Right now, at least 1.25 million people in the UK are living with an eating disorder. That's more than 1 in 50 people.

For more information visit <https://edaw.beateatingdisorders.org.uk/>

Surgery Statistics

1518

Appointments Booked

80

Did Not Attend

6

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

Please be advised we have recently been posting lots of important information over on Facebook and Instagram. To keep up to date with the practice and its events please follow us using the links below.

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/>

Every Mind Matters

Every Mind Matters is a campaign designed to empower people to look after their mental wellbeing and support that of others.

We all have times when we feel low, anxious or overwhelmed. But little things, can help us feel much better.

Find what works for you and keep doing it, because even the smallest actions can make a big difference to how you feel.

For more information please visit www.nhs.uk/every-mind-matters/

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 December 2024 please follow the below link:

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

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.



Grafton Road Surgery
CQC Overall Rating

Good
7 July 2017

Social Media



Contact Details

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