

# Monthly Patient Newsletter

Grafton Road Surgery  
October 2024

## Stoptober 2024

When you quit smoking, good things start to happen. You will begin to see almost immediate improvements to your health. It is never too late to quit and it is easier to stop smoking with the right support.

For free support and tips please go to  
<https://www.nhs.uk/better-health/quit-smoking/>

## Upcoming Clinics

The NHS Health Check is a free check-up of your overall health. It is for anyone aged 40 to 74 who do not have pre-existing conditions.

Please contact the surgery on 0121 474 4686 in order to book your appointment.

## Surgery Statistics

**2213**  
Appointments Booked

**180**  
Did Not Attend

**5**  
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 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.

## 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 October 2024 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/>

## Seasonal Advice

Be prepared for weather warnings to change quickly. Stay up to date via the Met Office

<https://www.metoffice.gov.uk/weather/forecast/uk>

Be sure to stay safe if you are driving, walking or travelling in icy conditions.

Be sure to check on your elderly relatives or neighbours to ensure they have enough supplies in case they cannot get out.

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

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