Monthly Patient **Newsletter**

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.

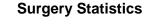
For free support and tips please go to https://www.nhs.uk/better-health/quit-smoking/

Grafton Road Surgery October 2024

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.



2213 Appointments Booked

Average Minute Wait

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.graftonrdsurger

y.co.uk/pages/Friends--

Family-Test

To view your submissions for October 2024 please follow the below link:

https://www.graftonrdsurger

y.co.uk/pages/Friends--

Family-Test

180 Did Not Attends

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/aboutthe-nhs-app/

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



Seasonal Advice

Be prepared for weather warnings to change quickly. Stay up to date via the Met Office <u>https://www.metoffice.gov.uk</u> /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.

Contact Details

Telephone: 0121 474 4686 Email: <u>M89024.graftonroad@nhs.net</u>

