

# Monthly Patient Newsletter

Grafton Road Surgery  
March 2025

## Stress Awareness

Stress Awareness Month is an annual event dedicated to increasing public awareness about the causes and cures of stress.

Stress affects everyone, but together we can make a difference.

This year the theme is #LeadWithLove

For more information visit [www.stress.org/uk](http://www.stress.org/uk)

## Bowel Cancer Awareness

April is Bowel Cancer Awareness Month.

Bowel cancer is the fourth most common cancer in the UK. 9 in 10 people survive bowel cancer if diagnosed at the earliest stage.

If you have symptoms at any age see your GP.

For more information visit [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

## Surgery Statistics

**1599**

Appointments Booked

**78**

Did Not Attend

**4.9**

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 Friday 18<sup>th</sup> April 2025 and Monday 21<sup>st</sup> April 2025. Please ensure you order your medication in good time.

## 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.

## Parkinson's Awareness

World Parkinson's Day is on Friday 11<sup>th</sup> April 2025.

Parkinson's is a progressive neurological condition. Around 153,000 people live with Parkinson's in the UK and it is the fastest growing neurological condition in the world.

World Parkinson's Day is your change to raise awareness and create a greater understanding of the challenges faced by those living with Parkinson's.

For more information visit [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## 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 March 2025 please follow the below link:

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



Grafton Road Surgery  
CQC Overall Rating

**Good**  
7 July 2017

## Social Media



## Contact Details

Telephone: 0121 474 4686  
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