

GROVELANDS MEDICAL CENTRE

AUTUMN NEWSLETTER



September 2025

Issue: 15

Info



Hello
autumn

We extend our heartfelt congratulations to Dr. Mathur on completing 20 years of dedicated service at Grovelands Medical Centre.

Your loyalty, commitment, and unwavering care over the years have made a lasting impact on both colleagues and patients alike. Thank you for your outstanding contribution!

Rapid Health

In the last 3 months, we have had:

- 2,492 Admin requests
- 2,791 Medical requests

25% of medical requests were automated. Patients received automatic appointment booking links and booked their appointment online.

New Staff

We would like to welcome new members of the team:

Megan—Reception

Chloe—Reception

Rachael—Reception

Katie—Care Coordinator

Emma — Paramedic

Covid/Flu Autumn Boosters



Our Autumn Booster Vaccination Programme:

Covid ONLY clinics:

Wednesdays: 8th, 15th and 22nd October 2025

between 16:30—19:30

Flu ONLY clinics:

Saturdays: 11th and 25th October 2025

between 09:00—16:00

Self-booking links have been sent via SMS to all eligible patients. Please use the link provided within 7 days, to book your appointment at one of the available clinic dates and times.

Upcoming Events

- Speak Up Month—freedom to speak up. To find out more, please visit: [The National Guardian's Office - Freedom to Speak Up](#)
- Stoptober—encouraging people who wish to stop smoking in October and onwards. For more info, please visit: [Stoptober 2025 | Campaigns | Campaign Resource Centre](#)
- Breast Cancer awareness month is October 2025. To find out more, please visit: [Breast Cancer Now's flagship fundraising campaign, Wear It Pink | Breast Cancer Now](#)

Statistics

Over the last 3 months we have had 592 missed appointments. Average of 35 DNA (Did not Attend) / week. As a result, this equates to 99 hours which could have been allocated to patients who needed them.

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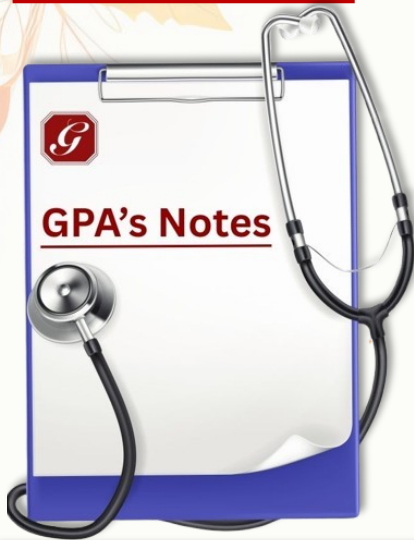


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Patient Education



General Practice Assistant (GPA) supports the smooth running of a GP surgery by helping both clinical and administrative teams.

Their duties often include assisting with basic clinical tasks (such as taking blood pressure or preparing patients for examination), managing patient records, supporting appointment bookings, and helping with paperwork.

They play a key role in improving efficiency and patient care within the practice.

Diabetes Group Consultations

Our Nursing team have started Group Consultation clinics for all our diabetic patients who need a first review.

This is a great opportunity for our patients to engage with one another and ask questions regarding lifestyle changes/adaptions in order to ensure their diabetes is kept in control.

Smoking Cessation clinics

Thinking about quitting smoking? We're here to help.

A reminder to all eligible patients: our dedicated Smoking Cessation Clinics run every Monday with support from an experienced Smoking Cessation Advisor.

Whether you're just considering quitting or ready to take the first step, our clinic provides tailored advice and practical tools to help you quit smoking for good.

Benefits of attending a Smoking Cessation Clinic include:

- Personalised support from a trained advisor
- Access to proven strategies and resources
- Reduced cravings with nicotine replacement therapies (if appropriate)
 - Improved long-term health outcomes
 - Increased chances of quitting successfully

To book your appointment, please call the Surgery and ask for a smoking cessation slot.

