

GROVELANDS MEDICAL CENTRE WINTER NEWSLETTER



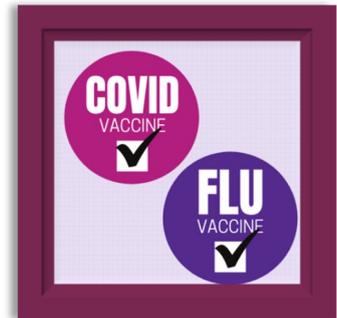
December 2025

Issue: 16

Info



Covid and Flu clinics



We extend our heartfelt congratulations to Dr. Dias and our Deputy Practice Manager, Pam, 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!

In October, we held our Autumn COVID and flu clinics for eligible patients. All patients who attended gave positive feedback, such as: the clinics were very well organised, they were in and out within minutes, and all staff involved, made the process seamless from start to finish. We still have flu vaccines available for any eligible patients, who have not yet had their vaccine. Please call the surgery and book an appointment to receive your flu vaccine.

Statistics

Over the last 3 months we have had 613 missed appointments. Average of 51 DNA (Did not Attend) / week. As a result, this equates to 99 hours which could have been allocated to patients who needed them.

Upcoming Events

- Dry January—Alcohol free 31 day challenge. To find out more, please visit: [The Dry January® challenge in your workplace | Alcohol Change UK](#)
- Heart Month February—Raised cholesterol, heart disease —For more info, please visit: [HEART UK - The Cholesterol Charity](#)
- Time to talk day—February—For more info, please visit: [Time to Talk Day](#)

Reminders

A reminder that we offer Smoking Cessation Clinics every Monday for eligible patients. If you're thinking about quitting, or if it's part of your New Year's resolution, please contact the surgery, and we'll be happy to book you an appointment.



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Grovelands Christmas Events



For Christmas this year, a few members of our PPG group kindly offered to do something communal on the surgery's behalf. Each year, St Marks Church holds a Christmas Tree Festival featuring trees provided and decorated by local schools, community groups, charities and businesses, with all visitor donations going towards church fundraising. The event also includes a raffle, stalls and festive music and food.

This year, our PPG kindly agreed to provide and decorate a tree dedicated to our surgery, joining in the community spirit and supporting the charitable cause. We would like to thank our PPG members for this kind gesture.



**We would like to wish all our patients a Merry Christmas
and a Happy New Year!**

