



Welcome to our September 2025 newsletter, a lot of new & exciting things have happened since our last newsletter, so we hope you find this helpful. As we end September the days are getting shorter and the mornings colder. If you want our newsletter straight to your inbox go to our website and sign up at the bottom of the home page.

★ Our CQC Inspection ★

Following our recent CQC inspection, we are very happy to be able to share with you that we are a **Good Practice**. This means we are complying with our commitments as a GP practice, so you can trust us to deliver safe, high quality care for you & your family.

Scan the QR code to find our full report.



FLU VACCINE

COMING SOON

It's hard to believe, but preparations are already underway for the 2025/26 flu vaccine season. Keep your eyes peeled for updates - including who is eligible and when vaccine clinics will start.

Do you follow us on Facebook?

Did you know we're on Facebook, you can follow us to keep up to date when with the latest news from us as well as regular health content to make a healthier you.



**Gravesend Medical Centre
Incorporating Chalk Surgery**

It's Your Appointment. Don't Waste It.

In the past 3 months **768 appointments weren't attended, that's 16 hours of clinician time wasted each week**. If you no longer need your appointment, or can no longer attend it, please get in touch so that this can be offered to another patient.

Please Be Kind To Our Team

We want to take a moment to thank the majority of our patients for treating our staff with respect. Sadly, it is a familiar story in practices nationwide of the daily abuse practice members receive from patients, our team work their very hardest to ensure you are looked after, so please be calm and patient.

Patient Participation Group (PPG)

Would you like to help us be the best we can as a practice? By joining the PPG you can bring new ideas to the table to help us treat patients better or to improve what we do in some way. Fill out the form on our website or ask in reception for more information.

Key Dates

10/10 - World Mental Health Day
15/10 - Staff Training (Practice Closure @ 1PM)
18/10 - World Menopause Day
04/11 - Staff Training (Practice Closure @ 1PM)
11/11 - Armistice Day

Closure of Parrock Street Surgery

On Friday 30th May we had to relocate from Parrock Street Surgery, despite our best efforts, as circumstances beyond our control meant it was untenable to continue operating from the practice's building.

Despite this dynamic situation, we have been able continue delivering the same high quality patient care you deserve, and if you have any further questions on Parrock Street, please do get in touch and we will be more than happy to help.

Improving Your Experience With Us

We've been working hard to ensure Gravesend Medical Centre is its best for you & your family. This includes:

- Refreshed chairs in the waiting room
- A new practice leaflet informing you about we offer you, available in reception and on our website
- Regular updates on our Facebook page keeping you up to date on the latest practice news

If you have any suggestions on making your experience better, make sure to let us know.



UK Health Security Agency

All adults with a severely weakened immune system are eligible for the shingles vaccine

Book at your GP practice



Don't take antibiotics for colds and flu

Don't save leftover antibiotics for later, they don't work

Take them as directed by your GP, nurse or pharmacist



Kindest Regards,

The Gravesend Medical Centre Team