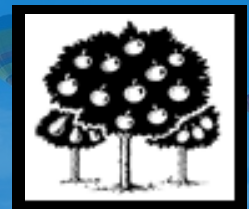


ISSUE (15) - SEPTEMBER - 2025

THE ORCHARD GRAPEVINE

The Official Patient Newsletter for The Orchard Medical Centre, Kingswood



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PATIENT INFORMATION AND
POSTERS

STOPTOBER 2025 BEGINS 1 OCTOBER

Around 5.3 million people in England still identify as smokers and our ambition is to support people in BNSSG to give up smoking for good.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.



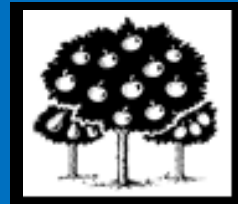
**Download the free
NHS Quit Smoking
app**

Want to stay in the loop about important news / updates?

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www.facebook.com/
theorchardmedicalcentre/](https://www.facebook.com/theorchardmedicalcentre/)



The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.

The NHS App allows patients using the NHS in England to:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them.
- Manage your GP and Hospital appointments.
- View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results).
- Register your organ donation decision.
- Choose how the NHS uses your data.
- View your NHS number (find out what your NHS number is)
- Use NHS 111 online to answer questions and get instant advice or medical help near you.





NHS APP FAQ'S

CAN I USE THE NHS APP ON BEHALF OF SOMEONE ELSE?

Yes, you can have 'proxy' access to someone's account you care for.

This can be setup by your GP practice. If you are registered with another GP surgery, this is a little more tricky due to system limitations, however speak with your GP surgery for help with this.

WHO CAN USE THE NHS APP?

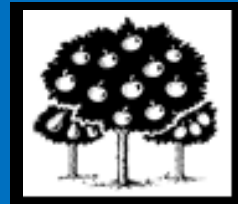
The app is available for anyone aged 13+ who is registered with an NHS GP surgery in England.

HOW DO I SETUP AN NHS APP ACCOUNT?

To set up your NHS App for the first time you will need: an email address, NHS number (optional), Photo ID or linkage key, a mobile phone number, your name, your date of birth and your postcode.

I CANT SEE MY GP SURGERY RECORDS ON THE NHS APP

Your GP surgery needs to activate this on your behalf. Simply ask them for your detailed coded record and this should appear on your NHS App. At The Orchard Medical Centre, we will either give you access to see your records from the 2023, or from the point of registration, if you have joined the practice since then.



FRIENDS & FAMILY

RESULTS SEPTEMBER 2025

VERY GOOD	412
GOOD	71
TOTAL	521
PERCENTAGE POSITIVE	92.71%

HIGHLIGHTS

“I made an appointment by using your call-back service, which is excellent and had no waiting for my appointment, altogether excellent. ”

“Unfortunately I have been to the practice several times this year and every time I go the staff are extremely helpful, kind and accommodating. The health navigators try their best to get you an appointment to suit and every Doctor and nurse I have seen have been brilliant. I can’t thank the staff enough for what they do and feel very lucky to be one of their patients.”

“Always a friendly welcome, the waiting area is always a welcoming area that I know I can feel safe in e.g. breastfeed the over hungry baby or allow my children to sit down and shuffle as kids do. The waiting area is always clean and inviting too. I particularly valued the nurse giving my other child a pen and paper to help ease the distraction and make it an easier time for us all.”



Patient Notice



Thank you to all our kind and respectful patients!

Most people who come to Orchard Medical Centre are lovely to our team, and we're really thankful for that.

But sometimes, we see people being unkind to our staff because of how they look, speak, or where they come from. This is never okay.

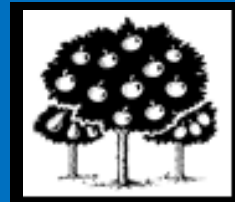
At Orchard Medical Centre, **everyone is welcome**. We believe in treating all people with **kindness and respect**.

We do not allow any rude or racist behaviour towards our staff, patients, or visitors. If this happens, we will take strong action. This could include asking you to leave our practice.

Let's all work together to keep our medical centre a **safe, friendly, and fair** place for everyone.

Thank you.

Partners and Staff



ADHD AWARENESS MONTH

Why do so many people with ADHD struggle with self-esteem, and how can they begin to rebuild it?

People with ADHD grow up hearing criticism; repeated messages often take root as shame, creating a belief that they are broken



Rebuilding self-esteem starts with self-compassion: speaking to yourself with the same kindness you'd offer a loved one



ADHD is not about effort or morality — it is a neurological difference



Celebrating strengths, therapy, coaching, and peer support can allow you to practice new ways of seeing yourself

Self-esteem doesn't come from perfection, but from separating your worth from symptoms and recognizing your inherent value



Information adapted from
Dr. Adwoa Akhu

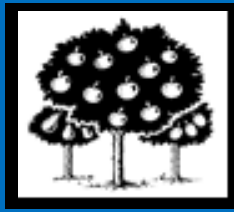
Learn more at
ADHDAwarenessMonth.org



**VACCINES
CAN HELP
PROTECT
YOU AND
YOUR BABY**

Pregnant women are eligible for the flu, RSV & whooping cough vaccines. Speak to your midwife, GP practice or pharmacist about vaccinations. Visit nhs.uk/pregnancyvaccinations

**STAY STRONG.
GET VACCINATED.**



THE ORCHARD MEDICAL CENTRE

The Orchard Grapevine — Issue 15 — September 2025
The Orchard Medical Centre, Kingswood.

How Have We Done?

We would love to hear your thoughts about your recent experience to help us improve our services. To provide feedback, you can:

Visit the 'Care Organisation' Website here: <https://www.careopinion.org.uk>

Leave feedback using the Friends and Family Test: <https://orchardmedicalcentre.co.uk/services/managing-your-health-online/online-forms/nhs-friends-and-family-test/friends-and-family-test-results/>

Or, speak to staff on 0117 980 5100.