



PARKSIDE SURGERY NEWSLETTER

MARCH 2026

Training closure date: Wednesday 18th March 2026

We have recently said goodbye to Dr Talha Syed, he is now a fully qualified GP and we wish him well in his future career.

On the 22nd March, our practice nurse Melanie will be doing a high peak trail walk to raise funds and awareness for Ashgate Hospice. We wish her the best of luck!

Reminders:

The clocks go forward by 1 hour on the 29th March.

Easter Bank Holiday closure: The surgery will be closed on the following dates for Easter: Friday the 3rd April & Monday the 6th April. If you need medical assistance during this time, please call 111.

Parkside Patient Survey 2025

Thank you to everyone who took the time to complete our patient survey. We really appreciate your feedback and we would like to share the results with you.

Generally how easy is it to get through to someone at your GP practice on the phone?

15.2% said it was very easy.

9.5% said not at all easy

43.8% said it was fairly easy.

How easy is it to use your GP practice's website to look for information or access services?

41.9% said it is very easy

3.8% said not very easy.

Were you satisfied with the appointment (or appointments) you were offered?

93.3% of patients were happy and accepted the appointment offered.

3.8% of patients were not happy with the appointment but still took it.

Overall, how would you describe your experience of making an appointment?

57.1% said very good

13.3% said very poor

Overall, how would you describe your experience of your GP practice?

72.3% said very good

9.5% said very poor.

NHS Health Check

The NHS Health Check is a free check up of the health of your heart and blood vessels. It can tell you whether you are at higher risk of getting certain health problems, such as: Heart disease, Diabetes, Kidney disease or stroke.

The check is for people who are aged 40 to 74 who do not have any pre existing conditions. The surgery will get in touch with you if you are eligible.

Before your health check appointment with our health care assistance you will need to have a blood test.

The health check normally takes around 30 minutes and will also include:

- Measuring your height and weight
- Taking your blood pressure

Your health check results will include your body mass index (BMI) score, your cholesterol levels, alcohol use score, diabetes risk assessment.

During your health check you will be able to discuss how to improve your scores, including where you can get support.

Ovarian cancer

March is ovarian cancer awareness month in the UK. Around 7,400 women are diagnosed with cancer of the ovary (ovarian cancer) each year in the UK.

To raise awareness of ovarian cancer supporters are walking 100km across the month of March to raise vital funds for ovarian cancer research.

What are the symptoms of ovarian cancer?

Understanding the symptoms of ovarian cancer is pivotal for early detection. Common symptoms include:

- Persistent bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Changes in urinary habits
- Fatigue
- Unexplained weight loss or gain

Please make an appointment with a doctor if you have any symptoms.