[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiPsZCh343WAhWEJMAKHXZFCd0QjRwIBw&url=https://www.livescience.com/24476-autumn.html&psig=AFQjCNG_3gKn9LieEPjxUpwexTR6t_k49Q&ust=1504690461656023)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwja_JaB343WAhVJIMAKHSsjDq4QjRwIBw&url=http://www.bbc.co.uk/cbbc/quizzes/autumn-animals-quiz&psig=AFQjCNG_3gKn9LieEPjxUpwexTR6t_k49Q&ust=1504690461656023)**Station Road Medical Practice**

**Autumn Newsletter**

Welcome to our Autumn edition of the practice newsletter.

**Staff News**

Update on our junior doctors. We welcome the return of Dr Gbenga who is our ST3 GP and will remain with us for the next year. We also welcome our new ST1 GP, Dr Bain, along with two FY2 GPs, Dr Knight and Dr Menown.

It is crucial to protect the future of general practice by allowing junior doctors to gain more experience within the general practice setting. Our junior doctors are fully qualified doctors, who have spent time working in hospital and are now spending time in general practice.

We welcome a new Receptionist, Charmaine, to our team, who is currently undergoing a programme of training.

**Consultation Statistics**

During the month of August 2025, the clinicians in the practice carried out 2,573 face to face consultations and 1,615 telephone consultations.

In addition, there are multiple patient contacts throughout the day, both acute and routine, which our clinicians are dealing with.

Our telephone lines continue to be extremely busy. During August, our reception team answered 10,538 calls to the practice. Please bear with us when the phone lines are busy, particularly on a Monday morning, our team work exceptionally hard to answer as many calls as possible each day.

**Vaccination Programmes**

The Health Board will be delivering the flu, COVID and shingles vaccination programmes locally via mass vaccination centres, as per previous years. All eligible patients will be notified directly via the Health Board when their cohort is due to be vaccinated. The practice is not involved in vaccination programmes, therefore any queries should be directed to the vaccination centre.

**Website**

Remember we have a wealth of information and resources on our website. Visit our front page and click on ‘Patient Resources’.

**Blood Pressure Monitors**

If you are issued with a practice BP machine in order to monitor your blood pressure at home, can we kindly request that you remember to hand these back to the practice at the end of their monitoring period. This allows other patients to make use of this service.

**Cardiovascular Disease Prevention Programme**

The practice are offering a new health check for the prevention of cardiovascular disease. Patients who fall into the eligible criteria for this will be invited via text message. There are limited spaces available, so we would encourage you to take this opportunity if offered. Patients will receive a cardiac and diabetes risk assessment along with blood tests, blood pressure and other health checks.

**Weight Management**

Holly Health are able to offer patients free personalised habit coaching to help with sleep, exercise, eating and mental wellbeing. The app may serve as an extra tool to help feel physically or mentally better. You can sign up at: <http://hly.app/stationrd-gp> or click the link direct from our website.

**Scottish Children’s Health Week 2025**

Children’s Health Scotland are running a Health Week from 1st-7th September 2025, celebrating the health and wellbeing of children and young people across Scotland. Check out their website for further information and a wealth of resources: [www.childrenshealthscotland.org/events/scottish-childrens-health-week](http://www.childrenshealthscotland.org/events/scottish-childrens-health-week)

**Facebook**

Please remember to follow the practice on Facebook in order to keep up to date with practice issues. Please note this platform is for information sharing purposes only.

**Days We Are Closed**

The practice will be closed on **Friday 19th & Monday 22nd September 2025**. If you have an urgent matter which cannot wait during this time, please call the out-of-hours service on 111.

The practice will also be closed for essential training on the afternoon of **Thursday 27th November 2025**.

Between the hours of 1pm-5.30pm on this day, if you require urgent medical attention which cannot wait until the following day to be seen by your GP, please telephone the Ayrshire Urgent Care Service on 01563 826930 and a member of staff will be able to assist you with your enquiry.

The Ayrshire Urgent Care Service will provide a clinical assessment where required and if you require to be seen by a GP within these hours, your GP Practice will contact you directly.