



Support with Gambling

Recognising you may have a problem with gambling is the first and most important step. At Westongrove, we want you to know that you are not alone, and that free, confidential, and effective help is available.

If you need to talk to someone right now, the National Gambling Helpline is available 24 hours a day, 7 days a week. It is a free and confidential service that can provide immediate support and advice.

Website: www.gamcare.org.uk
Phone: 0808 8020 133 (Freephone)

For more information on different charities, organisations and resources to help, [click here.](#)

Patient Newsletter

Our monthly newsletter keeps you up to date with what is happening here at Westongrove and raises awareness of current health and wellbeing issues.

Opening hours

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

 westongrove.co.uk
 @westongrovepartnership

Welcome to our new team members



Ella Barnes joined our Pharmacy team as a Pharmacy coordinator, having worked in healthcare for over 10 years.

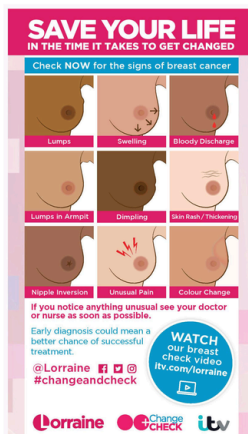


Sarah Hopkins has joined as a Medical Receptionist at Aston Clinton.

Breast Cancer Awareness Month

Breast Cancer Awareness Month, observed every October, is an annual international campaign to raise awareness of breast cancer, encourage early detection through screening, promote understanding of risk factors and prevention, and fund research for better treatments and cures.


Learn how to check your breasts [monthly here.](#)



What are the signs and symptoms of breast cancer?



- | | | | |
|---|--|---|--|
|  | A change in the size, outline or shape of your breast |  | A discharge of fluid from either of your nipples |
|  | Changes in your skin such as puckering, dimpling, colour or a rash |  | Any change in nipple position (pulled in or pointing differently) |
|  | A new lump, thickening or bumpy area in one breast or armpit |  | An eczema like rash, crusting, scaly, itching or redness on or around the nipple |
|  | Swelling in your armpit, collarbone or breasts |  | Breast pain is not usually a symptom of breast cancer |

 See a GP if you notice any changes

Taking paracetamol during pregnancy remains safe:



The Medicines and Healthcare products Regulatory Agency (MHRA) confirmed current evidence supports the safe use of paracetamol during pregnancy when used as directed; and this advice has been consistent for many years. It follows recent news stories about a link between paracetamol use in pregnancy and autism - [more details here](#).

The MHRA regularly reviews the safety of paracetamol during pregnancy to ensure that the benefits to the patient and unborn baby outweigh any risks.

Paracetamol is recommended by [NHS guidance](#) as the first-choice painkiller for pregnant women, to be used at the lowest dose and for the shortest duration. If pain does not resolve then patients are advised to seek advice from their healthcare professional.

Patients should not swap to alternatives such as ibuprofen, as non-steroidal anti-inflammatory drugs (NSAIDs) are generally not recommended during pregnancy.

Summary of Survey Results – Patient Access Survey October 2024 – August 2025

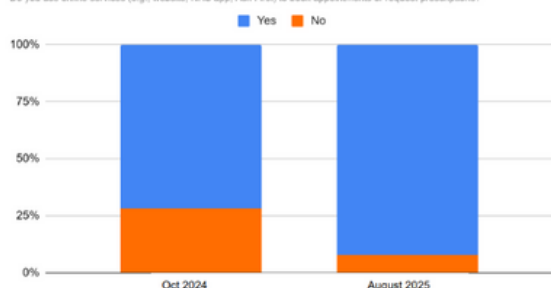
Two surveys were carried out asking Westongrove Partnership's patients various questions about accessing GP services, communication, and satisfaction. The first in October 2024 was conducted before implementing new systems for patient access and triage. A follow up survey was carried out in August 2025.

Patient Access

Most patients now prefer to use online services to contact their GP practice than by telephone or in person. In August 2025, 16.5% of respondents said they never ring the GP Practice, 39% said they would not continue to contact the GP Practice by telephone. The percentage of respondents who use online services also rose, from 71.6% to 92.3%. There has also been a 147% increase in satisfaction with online services; 21.8% reporting they were 'Satisfied' or 'Very satisfied' in October 2024 to 53.9% in August 2025.

Do you use online services?

Do you use online services (e.g., website, NHS app, Ask First) to book appointments or request prescriptions?



Practice training dates



BOB Integrated Care Board provides cover for all practices to close between 1-6.30pm once a month (except August and December) for team training.

Should you need urgent medical assistance between 1pm and 8am the following morning call 111 or 999 if it is an emergency.

The dates that we will be closed in 2025 are:

- Thursday 18th September
- Wednesday 15th October
- Tuesday 18th November

Seatbelt Exemption Certificates

At Westongrove, we do not issue medical certificates for exemption from wearing a seatbelt.

➔ Our primary duty is to protect our patients and promote measures that keep them safe and well.

➔ The law is very clear: all drivers and passengers must wear a seatbelt. The government's own guidance for doctors, published by the DVLA, highlights the "overwhelming evidence to show that seatbelts prevent death and serious injury in road traffic accidents."

➔ Because of this clear evidence, there are no medical conditions (including pregnancy) that automatically grant an exemption. Each case must be carefully assessed, and as GPs, we do not have the specialist training to make this complex judgement.

➔ [Evidence can be found here](#)