



2026 Newsletter

World Autism Acceptance Month

April is World Autism Month, a time to raise awareness, promote understanding, and celebrate the achievements of autistic individuals. Autism is a neurodevelopmental condition that affects how people perceive the world and interact with others.

Key facts about Autism:

- It is a spectrum condition, meaning it affects individuals in different ways.
- Common characteristics can include difficulties with social communication and interaction, repetitive behaviors, and sensory sensitivities.
- Early diagnosis and intervention can significantly improve outcomes.

How you can get involved:

- Learn more: Visit the National Autistic Society website (www.autism.org.uk) for reliable information and resources.
- Show your support: Participate in local events and fundraising activities.
- Be inclusive: Create a welcoming and understanding environment for autistic individuals in your community.

March 2026 Statistics

Practice Performance Overview

 DID NOT ATTEND
228


 NEW PATIENTS
68
▲ 8 vs last month

 CALLS ANSWERED
6,290

 TRIAGE FORMS
5,785

 PRESCRIPTIONS
5,850

 REFERRALS
428

 APPOINTMENTS
8,468



We are delighted to welcome a new member of the reception team: Please welcome Emma. We are excited to have her on board and believe she will be a valuable asset to our practice. Please join us in welcoming her!

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk



Stress Management Society
from distress to de-stress

Stress Awareness Month in April 2026 focuses on the theme #BeTheChange, urging individuals and organisations across the UK to move from awareness to action in managing stress. Organised by The Stress Management Society, the campaign promotes 30-day challenges, small, consistent actions, and improved mental health support.

Key Aspects of Stress Awareness Month 2026:

- **Theme - #BeTheChange:** Encourages taking proactive, actionable steps rather than just building awareness.
- **30-Day Challenge:** Encourages adopting one small, positive habit daily for physical, mental, or emotional health.
- **Key Focus Areas:** Reducing the stigma, increasing understanding of stress causes (e.g., modern lifestyle pressures), and finding cures.
- **Recognise Symptoms:** Stress can lead to burnout, feeling overwhelmed, or experiencing a "freeze" response rather than just fighting or fleeing.
- **Actionable Tips:** Regular breaks, physical activity, and social connections are highlighted to combat stress.

For more information, visit The Stress Management Society.



Primary Care Awards – Let's Hear from You!

The Primary Care Awards are just around the corner, and this year we want to do something a little different... we want you, our patients to be part of it!

Over the next few weeks, we'll be sharing different award categories and inviting you to get involved by telling us who you think deserves to be recognised.

This week's category: GP of the Year

We might have someone in mind... but we'd love to know—who would you nominate and why?

Has a GP gone above and beyond for you or your family? Made a difference when you needed it most? Shown exceptional care, kindness, or support?

Share your nomination on the Facebook post comments including why you feel they should be nominated

Your feedback will help us celebrate the incredible work happening in our practice and could even support our official nominations.

Let's celebrate the people who make a difference every day