

The Grange Practice Patient Newsletter

JUNE 2026



WELCOME!

Welcome to June's newsletter. This month we're pleased to share information regarding cystic fibrosis, a "Day in the Life" feature from our HR Lead Lindsay, a feature on loneliness and progress on our new premises.

CYSTIC FIBROSIS WEEK

8–14 June is Cystic Fibrosis Week, a time to raise awareness of cystic fibrosis (CF) and show support for the thousands of people and families affected by the condition across the UK

What is cystic fibrosis?

Cystic fibrosis is a genetic condition that mainly affects the lungs and digestive system. It causes thick, sticky mucus to build up in the body, which can make breathing difficult and increase the risk of chest infections.

CF is usually diagnosed in childhood, and although there is currently no cure, treatments have improved enormously over recent years, helping people with CF live longer, healthier lives.

Wear Yellow day - 12th June

On 12 June, people across the country will be taking part in Wear Yellow Day to raise awareness of cystic fibrosis and support those living with the condition.

If you're visiting the practice that day, you may notice some of our staff wearing yellow. We are proud to join in and help spread awareness of cystic fibrosis within our community.

How you can get involved

Getting involved can be as simple as:

- Wearing something yellow on 12 June
- Learning more about cystic fibrosis
- Talking to friends and family about CF
- Supporting fundraising and awareness activities

Every conversation helps increase understanding and support for those affected

Looking after your lungs

Whether you have a lung condition or not, there are simple steps everyone can take to keep their lungs healthy:

- Don't smoke and avoid second-hand smoke where possible
- Stay active
- Keep up to date with recommended vaccinations
- Seek advice if you have a persistent cough or breathing problems

Find out more

For more information about cystic fibrosis and the work being done to support people living with the condition, visit the [Cystic Fibrosis Trust](#). Thank you for helping us raise awareness during Cystic Fibrosis Week.

In May, we recorded 182 DNA (Did Not Attend) appointments.

A Day in the Life of The Grange Practice HR Lead

Being a practice of approximately 50 staff, my role is often very varied, with no one day being the same. I am lucky enough to be involved with all staff, those you see when you attend the practice and those you do not. Having held various positions here myself, including Medical Secretary and Social Prescribing, I do have understanding and appreciation for the different roles required for the functioning of GP surgery.

My role involves being part of the complete employee lifecycle, from workforce planning, recruitment, interviewing, appraisals, policies, retirement and everything that comes inbetween.

I was able to further my knowledge and experience of HR by undertaking the Chartered Institute of Personnel and Development CIPD Level 5 qualification back in 2023. I am actively pursuing a coaching qualification to be able to provide even more value to the surgery and the current/future workforce.

Staff wellbeing is also an important part of HR and I feel passionately about the part my role can play in creating a collaborative culture which is in line with The Grange Practice values of compassion, respect, integrity and good humour. My belief is that if the workforce are well supported, ultimately, you as the patients will receive the best level of care they are able to provide you with.

The role can often provide daily challenges and that is where I am grateful for the support of my compassionate colleagues, senior leadership team and partners.

WESTWOOD CROSS UPDATE

Will, our property developer for the build at the Westwood Cross site updated the partnership last month. He advised that a section 73 (which allows developers to change or remove conditions) has been submitted. This is to relocate the surgery premises on the planned site. We are awaiting the outcome of this.

Ground is unlikely to be broken until Summer 2028

DID YOU KNOW ...

Laughing for just a few minutes can boost your immune system and lift your mood.

Staying hydrated helps your brain think more clearly and keeps your energy steady all day..

A short daily walk can help your heart, your mind, and your sleep.

LONELINESS AND YOUR HEALTH

Feeling lonely is something many people experience at different times in life. Changes such as retirement, illness, bereavement, or moving home can make people feel more isolated.

Loneliness can affect both mental and physical health, increasing the risk of stress, anxiety, low mood, poor sleep, and other health problems.

Staying connected with others can make a real difference. Simple steps such as calling a friend, joining a local group, attending community activities, or volunteering can help improve wellbeing.

If feelings of loneliness are affecting you, please speak to a member of our practice team. We may be able to signpost you to local support services and community groups.

Remember: staying connected is an important part of staying healthy.