

The Grange Practice Patient Newsletter

JULY 2026



WELCOME!

Welcome to July newsletter. This month we're pleased to be celebrating the NHS and a GP who has worked as a GP for 50 years!

We are also looking at nutrition nuggets, the NHS app and information if you need to reach out for support from the Samaritans

Meet Your GP: Celebrating Over 50 Years in General Practice

Dr Johnstone recently celebrated more than 50 years as a GP. We asked her to reflect on a remarkable career in medicine.

What made you choose medicine?

I decided I wanted to become a doctor while I was still at school. It always felt like a vocation rather than just a career, and I've never regretted that decision.

What was it like training to be a doctor?

I started at St Mary's Hospital Medical School in London in 1967. There were only 12 women in a year of 72 students, so things were very different then! I was fortunate to be taught by some outstanding consultants and qualified in 1971-72.

Where has your career taken you?

After pre-reg jobs and a vocational training scheme at Oxford. At 26, I became a GP in Sandwich as the practice's first female partner. Later, I worked in Canterbury before joining The Grange in Ramsgate in 2001, where I continue to work today. All long, I have had special interests in dermatology and family planning.

How has general practice changed?

Almost everything has changed. When I started there were no practice nurses, practice managers paramedics, clinical pharmacists or the internet. We relied much more on clinical examination, carried out our own night work, and knew several generations of the same families.

Today's medicine benefits from better technology, earlier diagnosis, stronger evidence-based treatments and much better management of long-term conditions. Both eras have had their strengths.

What has been the most rewarding part of your career?

Without doubt, it's been the relationships with patients. Looking after individuals and families over many years has been a real privilege and one of the greatest joys of general practice.

What keeps you going after all these years?

I still enjoy coming to work and being part of such a supportive team. I've also been very fortunate to have wonderful support from my family throughout my career.

Any plans to retire?

Not just yet! My aim is to continue working for another five years and, hopefully, complete 60 years in medicine. I still find general practice as rewarding today as when I first started.

In June, we recorded 208 DNA (Did Not Attend) appointments.

NHS Day – 5th July

On 5th July, we celebrate NHS Day, marking the anniversary of the National Health Service, which was founded in 1948. For more than 75 years, the NHS has provided care that is free at the point of need, supporting millions of people throughout every stage of life.

NHS Day is an opportunity to recognise the dedication of everyone who works in the health service—from GPs, nurses, pharmacists and reception teams to ambulance crews, hospital staff, therapists, carers, cleaners, porters and the many volunteers who help keep services running every day.

It is also a chance to thank our patients for the kindness, patience and understanding they show, particularly during times when services are under considerable pressure.

The NHS has seen enormous advances since 1948, with improvements in diagnosis, treatments, prevention and technology leading to better health and longer lives. While healthcare continues to evolve, the NHS remains founded on the same core values of compassion, respect and care for all.

On this NHS Day, we thank everyone who contributes to our NHS and celebrate a service that continues to make a difference to our communities every day.

Happy NHS Day!



Nutrition Nuggets

-  Eat the rainbow – different coloured fruit and vegetables provide different nutrients.
 -  Stay hydrated – even mild dehydration can leave you feeling tired.
 -  Beans count towards your 5 A Day and are a great source of protein and fibre.
 -  A handful of unsalted nuts makes a heart-healthy snack.
 -  Healthy eating is about balance, not perfection – enjoy treats in moderation!
- Small changes today can make a big difference to your health tomorrow.

Need to request your repeat medication?

The NHS App makes it quick, easy and secure.

Available 24/7, you can order your repeat prescriptions without emailing the practice or visiting the surgery.

You can also track your prescription and check your nominated pharmacy

all from your phone!

You're Not Alone – Support from the Samaritans

Everyone has times when life feels difficult. If you're feeling overwhelmed, anxious, lonely, or simply need someone to listen, the Samaritans are here for you.

Their trained volunteers provide free, confidential, non-judgemental support 24 hours a day, 365 days a year. You don't have to be in crisis to get in touch – whatever you're facing, someone will be there to listen without judgement.

You can call **116 123** free from any phone, at any time, day or night. You can also find out more about the support they offer by visiting the Samaritans website.

Taking the first step to talk can often make a real difference. Whether you're seeking support for yourself or encouraging someone else to reach out, help is always available.

Remember, no one has to face life's challenges alone.