

Academy Medical Centre

Newsletter—Autumn 2025



Public Holidays 2025

We will be closed all day on the following Public Holidays –

- Monday 6th October 2025

We will be closed in the afternoon from 1pm to 6pm for staff training on:

- Wednesday 26th November 2025



If you take regular medications, please ensure you check you have enough left to cover whilst the practice is closed. It's also **important not to over order**, so only request what you need, and make sure you don't run out of anything during that time.

If you are ill during the days the practice is closed, and you can't wait until it reopens, help will be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111.

Staff updates:

Congratulations to **Morag Grant** for completing and passing her SMGP (NES Supervisory and Management in General Practice) course.



Shout out to **all admin staff** who have completed the 6 Admin and Reception master class.

Nazaneen Mohammed (Operations Manager) has chosen to pause her career to focus on being a devoted mum to her little boy who was born in November 2024. We wish her all the very best as she embarks on this exciting new chapter of her life.

For services and the latest practice news let us know your email address and we will add you to our mailing list or visit

www.academymedicalcentre.co.uk

You can also follow us on Facebook, X (Twitter), Instagram and YouTube

@ForAcademyMed



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Your feed back means a lot to us..

*Thank
You*



Google review *****

I have recently joined the surgery and I have found that the service provided has been first class. I have had to make a couple of appointments recently and this has been the easiest GP surgery to get an appointment I have ever used. (Same day appointments given each time) The reception staff are super and helped me register my two children who have also had annual check ups and these were carried out professionally yet friendly. The building itself is immaculate and has a lovely area for the children to play while we wait. Jill a nurse at the surgery called me at home after my appointment to see how I was doing and if medication etc was going well. I have never been treated with such respect and care and this really blew me away. Really really great staff and facilities all round.

Google Review *****

My family are all registered at the surgery. And everyone of us give all the staff here a rating of 110 %. Receptionists are always polite and go out of there way to help. Doctors are Brilliant nothing is to much trouble and their help and advice is excellent. As are the nurses and backroom staff.

Get Out, Get Active (GOGA)

Chair based movement class to build strength, balance, flexibility, a wee bit of cardio and most of all, FUN!

Every **Thursday 11am—12pm.**
Commencing **28th August.**



Did you know..

Our website has lots of FAQs, self-help guides, forms, leaflets, information point and health resources, including mental health and LGBTQ+ support. We'd love to hear from you too—share feedback, join a patient group, or suggest ideas to help improve our services.

[https://
www.academymedicalcentre.co
.uk/](https://www.academymedicalcentre.co.uk/)

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Meet the team: Ren Lawlor

What is your role?

I'm a Nursing Consultant — a grade higher than an Advanced Nurse Practitioner (ANP), which is a role that often doesn't get the recognition it deserves. As a Nursing Consultant, my responsibilities are more closely aligned with those of a GP. This means I can see a wide range of patients without restrictions and I don't have prescribing limitations.

What does a typical day in the practice look like for you?

My day usually starts with face-to-face consultations, followed by any scheduled telephone appointments. Once I've seen my patients, I move on to my admin tasks. I finish off the day with more in-person appointments. I also manage more complex cases, which sometimes means making an unscheduled call to a patient if I have any concerns that need following up.

What days do you work?

I'm at Academy Medical Centre all day Monday and Tuesday, and Wednesday mornings. Thursdays and Fridays are dedicated to teaching medical students at the University of Dundee. I also lecture in London and run remote teaching sessions.

Is there anything else you would like to share?

Yes! Alongside my clinical work, I'm also a Clinical Supervisor, which means I support and oversee trainees in their day-to-day practice. I provide feedback, monitor progress, and ensure both patient and trainee safety.

I also sit on two boards: **The International Primary Care Respiratory Group (IPCRG)**: a global, clinically led charitable organization working to improve respiratory health in primary care.

The British Society for Lifestyle Medicine (BSLM): an independent charity that champions the role of lifestyle medicine in improving health and wellbeing.

We are having a coffee morning on **Tuesday 23rd September** for our annual **MacMillan coffee morning**. All donations are welcome.

Let's do Coffee Morning!

Join me to share a cuppa and create lasting memories while helping people living with cancer in the UK.



MACMILLAN
CANCER SUPPORT
A registered charity



PREVENT COLDS & FLU

Because of the increased risk of flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds with soap and warm water.

2

COVER

Cover your mouth and nose when cough or sneeze with your elbow or tissue.

3

DON'T TOUCH

Don't touch your eyes, nose or mouth.

4

AVOID

Avoid close contact with those who are sick. Wash your hands with sanitizer.

Autumn Nutrition

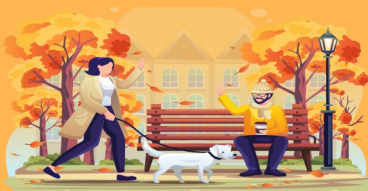
Seasonal Produce – Autumn brings nutrient-rich foods like carrots, parsnips, pumpkin, sweet potato, beetroot, apples, and pears. These are high in vitamins A and C, which support your immune system.



Soups & Stews – Warming dishes are a good way to pack in vegetables, beans, and pulses. Try adding lentils or chickpeas for extra protein and fibre.

Vitamin D – As days get shorter, sunlight exposure reduces. Consider a daily vitamin D supplement (10 micrograms) – especially for older adults, children, and those spending little time outdoors.

Hydration – It's easy to forget water when it's colder. Herbal teas, diluted juice, and soups all count towards fluid intake.



Exercise in Cooler Weather

Walking Groups – Join a local walking group or organise short walks with friends/family. Even 20 minutes helps circulation, mood, and fitness.

Indoor Options – Try swimming, yoga, tai chi, or local community centre exercise classes. Many are low-cost or free.

At Home – Simple stretches, seated exercises, or following NHS exercise videos online are great for keeping moving indoors.

Safety Tips – Wear reflective clothing if walking in darker evenings. Choose well-lit routes and comfortable shoes with good grip for wet leaves.

For Older Adults – Chair-based exercises can strengthen muscles and reduce falls risk – some groups run online classes too.

Mental Health Focus

Seasonal Affective Disorder (SAD) – Shorter days can affect mood and energy. Tips that help: Get outside during daylight hours, even for a short walk. Keep curtains open and sit near windows in the daytime. Light therapy lamps may help some people.

Routine Matters – Keep a regular sleep pattern and balance rest with activity.

Where to Get Help –

NHS Every Mind Matters (online tips and self-care)
<https://www.nhs.uk/every-mind-matters/> .

Mental health and wellbeing hub.

Crisis support: NHS 111 or Samaritans (116 123)

MENTAL HEALTH
is just as
important as
PHYSICAL HEALTH