



Charlton Medical Practice Patient Participation Group

Newsletter
March 2026

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Welcome to all our patients from the PPG Patient and Practice Representatives

What a winter it's been, endless rain, a cold snap, and even some snowy days! Hopefully the worst is behind us now, and we can all look forward to a brighter Spring and Summer.

Once again, we're delighted to share our latest Newsletter with you. We hope you find it both interesting and informative. A big thank you to everyone who contributed their time and effort to help bring it together, it's truly appreciated.

We'd also love to hear your thoughts on how we can continue to improve the Newsletter. You can share your feedback by emailing the PPG Secretary at charltonmpcppg@gmail.com or by leaving a comment in the suggestion box in Reception.

Would you like to be involved in the PPG and become a Patient Member?

We're delighted to share that our membership base has grown over the past 12 months, a huge thank-you to all our new and existing members for your valuable comments and ongoing contributions. Your input really does make a difference.

We're always looking for new volunteers who would like to become committee members. To join, you need to be aged 16 or over, be a registered patient at Charlton Medical Centre, and be willing to complete and sign the confidentiality and application forms.

The PPG meets formally every two months with the Practice Representatives at the surgery. These representatives include one of the Partner Doctors, the Practice Manager, and two Team Managers. Each meeting lasts one hour, with three scheduled from 12:00–13:00 and three from 16:00–17:00 throughout the year, helping to give everyone the chance to attend.

If you're interested in becoming a PPG member, please email the PPG Secretary at charltonmpcppg@gmail.com. Alternatively, you can leave your contact details at the surgery reception desk, and we'll get back to you with more information.



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PPG Sad News

We have had some very sad news since our September 2025 Newsletter. Mike Bowley who was one of our longest serving PPG members, passed away in December 2025 after losing his battle with illness. Mike was Vice Chair of the PPG and was a very valuable and highly respected member of the group and is sadly missed by all of us.

Growing Practice List Size and Cancelling Unwanted Appointments?

This is a reminder to all patients that it is important that you let the practice know if you are unable to attend an appointment. With a practice list size of over **15,400** patients, appointments are valuable and if patients don't cancel unwanted appointments, these are wasted and someone else misses out. We are often asked by patients why we keep accepting new patients within our catchment area. It is a contractual requirement that we accept these registrations, and as a result, our practice list size continues to grow.



Please help us to maximise our appointment capacity by remembering to cancel your appointments with sufficient warning if you no longer need it or cannot attend.

If you need to cancel an appointment, please either ring us on 01952 620138, or better still, cancel it from your text message booking reminder or on the NHS App.

Patient Newsletter Notice: Annual Monitoring

Have you received multiple telephone calls, emails letters or text messages from our administrative team reminding you about your annual monitoring?

At Charlton, we take the monitoring of our patients' ongoing conditions and overall health very seriously. We will continue to contact and invite patients for reviews to ensure we are providing the highest standard of care.



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These tests and reviews are essential. They allow your GP to safely carry out medication reviews and ensure your treatment remains appropriate and effective.

This process requires a significant amount of administrative time and can impact our telephone lines, as our team often needs to make repeated attempts to reach patients who have not yet responded.

We kindly ask that you make every effort to respond promptly to invitations and requests for information.

Your healthcare is our top priority, and we want to work together with you in a way that is both effective and productive.

Spotlight - Meet Dr Gavin Wood MBChB DCH DRCOG MRCGP – registered 1998

Dr Wood was born and raised in Pretoria, South Africa, where he also completed his medical training. He moved to the UK in 1999 and spent 18 months working at the Princess Royal Hospital before undertaking a three-year GP training programme in North-East Lincolnshire. He continued to work locally as a GP for a further year before returning to South Africa for nine months to work in a casualty unit. He came back to the UK in April 2005.

Dr Wood is married and has two adult children. Outside of work, he is a keen gardener and particularly enjoys visiting garden centres. He is an enthusiastic Springbok rugby supporter and is known for his impressive BBQ skills.

Dr Wood has a special interest in Child Health and has been a GP Partner at Charlton Medical Practice for more than 20 years.

Good News – New Team Member – Jas Heera

Jas has recently joined the Charlton family as our new Clinical Pharmacist. She brings a wealth of knowledge and experience to the practice and will be supporting the administrative team with prescription queries, as well as working closely with the clinical team on medicines management.

We are delighted to welcome Jas to the team and are excited about the valuable contribution this new role will bring to the practice.



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Extended Access

We are pleased to remind patients that extended access appointments are available at the Practice, including one Saturday per month as well as additional evening sessions every Monday and Friday.

These extended hours are designed to make accessing healthcare more convenient for everyone. The benefits for patients include:

- Greater flexibility to book appointments outside of standard working hours
- Improved access for those who work or have daytime commitments
- More opportunities to attend important appointments such as health checks, smear tests, and mental health support
- Reduced pressure on weekday appointments, helping improve overall availability

Feedback from patients has been very positive, particularly from those who previously found it difficult to attend during normal opening times. These appointments are extremely popular and are booked subject to availability.



Joke Corner

Patient: Doctor, doctor! I think I'm invisible!

Doctor: Who said that?

Did you know?

A single pineapple plant takes nearly 2 years to grow

Quote of the week

"Perseverance is failing 19 times and succeeding the 20th" - Julie Andrews

Joke of the week

Why did the golfer bring two pairs of trousers?
In case he got a hole in one.