



## What's New This Month:

Welcome to our June newsletter from Glasgow Medical Rooms.

As we move into the summer months, this is an ideal time to focus on preventative health, wellbeing and preparing for a healthy season ahead. In this month's edition, we share advice on summer skin care, travel health, seasonal wellbeing and important health awareness campaigns taking place throughout June.

We are also pleased to highlight some of the services available at Glasgow Medical Rooms, including health assessments, sexual health screening, dermatology consultations and ongoing support from our experienced clinical team.

Thank you for continuing to trust us with your healthcare. We look forward to supporting you throughout the summer months ahead.



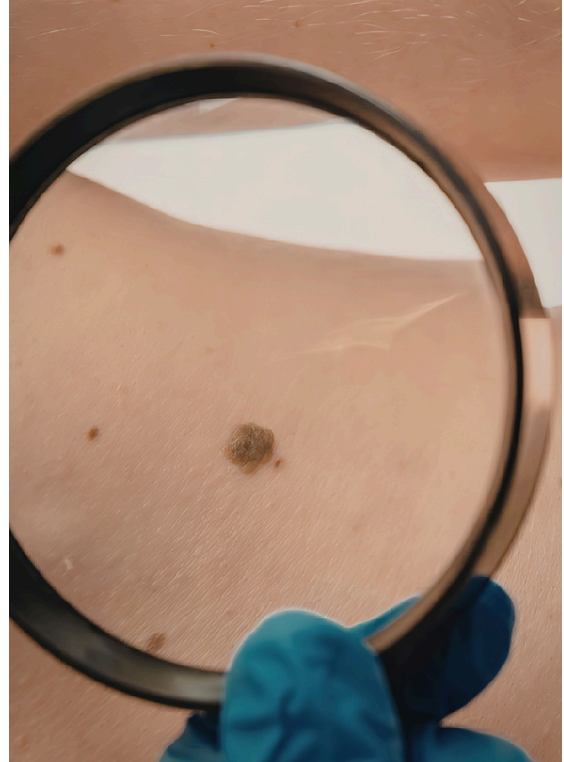
## This Months Topics:

- **Skin Checks:** Summer skin protection and mole checks.
- **Sufficient Medications:** Make sure you are travelling with sufficient medication.
- **Pride Month:** Celebrating inclusivity and reaffirm our commitment to providing compassionate, respectful healthcare for everyone in our community.
- **Mens' Health Month:** Men's health checks ahead of Men's Health Week.
- **World Blood Donor Day:** Recognising the lifesaving impact of blood donors and encourage more people to consider donating if they are able to.
- **Meet Our New Member:** Introducing Kelsie to the team.
- **Appreciation:** For all patients.



## ***Skin Checks:***

As we head into the summer months and spend more time outdoors, it is important to keep an eye on your skin and any changes to moles, freckles or lesions. At Glasgow Medical Rooms, Dr Bennett – a GP with a special interest in dermatology – offers professional skin assessments and expert advice to help keep you safe in the sun this summer. Whether you have noticed a new or changing mole, have concerns about your skin, or would simply like reassurance, Dr Bennett would be delighted to see you. Early assessment is always encouraged, and our team is here to support your skin health and overall wellbeing.



## ***Sufficient Medication:***

As we approach the busy summer travel season, we encourage patients to take a moment to review their regular medications and ensure they have sufficient supplies for upcoming holidays and time away. If you require prescription renewals or a medication review, please contact Glasgow Medical Rooms in advance so we can support you without last-minute stress. Our team is happy to arrange appointments to check your prescriptions, update any treatment plans if needed, and ensure you travel with confidence knowing your health needs are fully covered this summer.



# ***Pride Month:***



June is Pride Month, a time to celebrate diversity, inclusion, and the LGBTQ+ community, as well as to recognise the importance of equality in all aspects of life, including healthcare. At Glasgow Medical Rooms, we are proud to provide a welcoming, respectful and confidential environment where every patient is treated as an individual and can feel comfortable discussing their health without fear of judgement.

We understand that inclusive healthcare is essential for ensuring the best possible outcomes, and we are committed to ongoing learning and awareness so that our services meet the needs of everyone in our community. Whether you are attending for a routine consultation, a specific health concern, or ongoing care, our team is here to support you with compassion and professionalism.

As we mark Pride Month, we reaffirm our commitment to creating a safe and supportive space for all patients, and we celebrate the diversity that strengthens our community here in Glasgow and beyond.

# ***Men's Health Month:***

June is a key month for raising awareness of men's health and encouraging proactive, preventative care. Regular health checks can help identify potential issues early and support long-term wellbeing.

At Glasgow Medical Rooms, our Men's Health Assessment offers a comprehensive review of your overall health, including cardiovascular and metabolic risk.

This June, we are offering 10% off the assessment, reducing the price from £650 to £585 – a great opportunity to prioritise your health.

What's included?

A tailored assessment focusing on key areas of men's health. Designed to support early detection and long term wellbeing.

Blood Tests and Laboratory Screening:  
Medication and Lifestyle History Review,  
BMI including Height and Weight,  
Blood Pressure,  
Full Blood Count,  
Heart Health,  
Urinalysis,  
Diabetes Health,  
Nutritional Health,  
Iron Status,  
Tumour Markers,  
Prostate Assessment.



Your initial appointment is a 30 minute consultation with an Advanced Nurse Practitioner. Once your results are available, typically within 7 days, you will then have a 30 minute follow up appointment with an experienced GP to review your results in detail and discuss any next steps.



# ***World Blood Donor Day:***



World Blood Donor Day (14 June) is observed each year to highlight the vital role that voluntary blood donation plays in saving lives and supporting healthcare systems around the world. It is an opportunity to recognise and thank those who generously donate blood, as well as to encourage more people to consider becoming donors if they are able. Blood donations are essential for a wide range of medical treatments, including emergency care, surgery, cancer treatment and managing chronic conditions, and a single donation can make a significant difference to multiple patients.

At Glasgow Medical Rooms, we are proud to support awareness of this important day and encourage our patients to reflect on the impact that small acts of kindness can have in helping to save lives.

## ***Meet Kelsie:***

We're delighted to welcome Kelsie to the team at Glasgow Medical Rooms. With a strong background in customer support within the hospitality sector, Kelsie brings a warm, professional approach and a genuine passion for helping others. She is committed to ensuring every patient receives the highest standard of care and service, and her excellent attention to detail helps create a smooth and positive experience for everyone who visits us. We're thrilled to have her on board and know our patients will enjoy getting to know her.



# *Appreciation Message To All Patients:*

At Glasgow Medical Rooms, we would like to extend a heartfelt thank you to all of our patients who take the time to leave such kind and thoughtful reviews.

Your feedback means a great deal to our entire team. We truly appreciate your support, your trust, and the lovely words you share about your experiences with us. It is always rewarding to know that the care and service we strive to provide is making a positive difference.

Thank you for being part of our community and for continuing to support Glasgow Medical Rooms. Your kindness and encouragement are genuinely appreciated by us all.

★★★★★ 3 days ago **NEW**

Attended Glasgow Medical Rooms for an appointment with Dr Sheila O'Neil today  
The admin and reception staff are all very helpful and pleasant and I have nothing but praise for them.

Dr O'Neil is an excellent GP who is very knowledgeable and non judgemental. There are never any problems attending Glasgow Medical Rooms for an appointment and I have no problem paying the fee to see her privately.

Highly recommended.

★★★★★ 4 days ago **NEW**

Fantastic, friendly and efficient service

★★★★★ 3 weeks ago **NEW**

I've been coming to the Glasgow medical rooms for quite a while now required by DVLA my last couple visits have been with Dr Browning and everything has been great very professional and well organised from the reception staff to the doctors. Everything is explained with clear instructions and very helpful, the waiting area is very clean and homely and the doctors rooms are also spotless.

