

SEPTEMBER NEWSLETTER



GLASGOW MEDICAL
ROOMS

SEPTEMBER
2026



As we head into September, we're pleased to bring you the latest news and updates from Glasgow Medical Rooms.

This month, we're sharing helpful health advice, information about our services, and some practical guidance to support you and your family as we move into the autumn months.

Whether you're looking to prioritise your health, arrange a routine check-up, or simply stay informed, our team is here to provide expert, personalised care when you need it.

Thank you for continuing to trust Glasgow Medical Rooms with your healthcare. We hope you enjoy this month's newsletter.

THIS MONTHS TOPICS:

- Back to routine: looking after your health this September
- Couples health assessment - Success!
- Flu vaccination
- Prostate cancer awareness month
- Big thanks



BACK TO ROUTINE:

As summer comes to an end, September is a great opportunity to reset your routine, refocus on your health and establish healthy habits. Returning to work, school and a busier schedule can sometimes feel overwhelming, but small, sustainable changes can make a big difference to your physical and mental wellbeing.

Prioritise sleep

Good-quality sleep is an important part of looking after your overall health, yet it's often overlooked. Poor sleep can affect your energy, concentration, mood and ability to cope with everyday stress. Try to return to a consistent bedtime and wake-up routine, limit screen time before bed and create a calm, comfortable environment for sleep. Small changes can make a big difference. If you're regularly struggling with sleep or feeling tired despite getting enough rest, it may be worth speaking to a GP to explore possible causes and find the right support.

Get moving

Ease back into regular exercise with activities you enjoy. Walking, cycling, swimming or returning to your usual fitness routine can all help support your physical and mental health. You don't need to make drastic changes — finding activities you enjoy and building them into your routine can help you stay active consistently.

Eat well and stay hydrated

Aim for regular, balanced meals with plenty of fruit and vegetables, wholegrains and protein, and remember to stay hydrated. There's no need for drastic diets. Balance, variety and consistency are key to supporting your energy and overall wellbeing.

Manage stress and anxiety

Returning to a busy routine can sometimes increase feelings of stress or anxiety. Making time to relax, taking regular breaks, staying active and prioritising sleep can all help you manage stress and feel more balanced. If stress or anxiety starts to affect your sleep, work or daily life, speaking to a GP can provide support and guidance.

Make time for your wellbeing

As routines become busier, it's important to make time to switch off and look after yourself. September is a good opportunity to check in with yourself, establish healthy habits and address any health concerns you may have been putting off. If you have concerns about your physical or mental health, our experienced GP team at Glasgow Medical Rooms is here to help with support, guidance and personalised care.



COUPLES HEALTH ASSESSMENT:

Our Couples Health Assessment Package is back by popular demand!

Following the fantastic response and success of our Couples Health Assessment Package last month, we are delighted to be offering this special package again **throughout September**.

Designed to give both partners a comprehensive overview of their health, the assessment focuses on prevention, early detection and long-term wellbeing. It's the perfect opportunity to take a proactive approach to understanding your individual health needs while supporting each other on the journey towards better health.

Each assessment includes a thorough review of your medical history, current medications and lifestyle, alongside a comprehensive range of blood tests and health screenings. These assess key areas including heart health, diabetes risk, nutritional status, iron levels, kidney health, urinalysis and relevant tumour markers. Gender-specific screening is also included, with hormone health assessment for women and prostate health (PSA) screening for men.

Your assessment begins with a 30-minute consultation with an Advanced Nurse Practitioner, who will carry out your health assessment and arrange your blood tests. Once your results are available, usually within 7 - 10 days, you will each attend a 30-minute follow-up appointment with an experienced GP. During this appointment, your results will be reviewed in detail, with the opportunity to ask questions and receive personalised advice and recommendations where appropriate.

Special September Offer

Was £1,300 – Now £1,170

Offer valid until 30/09/2026

Following the success of last month's offer, we're pleased to give couples another opportunity to benefit from this comprehensive health assessment at a reduced price.

Book your Couples Health Assessment today and take the first step towards a healthier future together. 💙





FLU VACCINATION:

As we head into autumn and winter, it's a good time to start thinking about protecting yourself against seasonal flu. Flu vaccination can be particularly important for those at higher risk of complications, including older adults, pregnant women, young children and people with certain long-term health conditions.

At Glasgow Medical Rooms, our GP team can provide advice on flu vaccination and help you understand whether it is recommended for you.

Our flu vaccination stock is expected to arrive around mid-November, so we'll share more information about availability and bookings in our next newsletter.

In the meantime, if you have any questions about flu vaccination or your seasonal health, please get in touch with our GP team.

WORKPLACE FLU VACCINATION CLINICS:

Glasgow Medical Rooms offers workplace flu vaccination clinics for businesses and organisations.

If you are interested in arranging a flu vaccination clinic at your place of work, please get in touch with our team to discuss your requirements and find out how we can support your employees this flu season.

PROSTATE CANCER AWARENESS MONTH



September is Prostate Cancer Awareness Month — a good opportunity to be aware of your prostate health and recognise any changes that may need checking.

Symptoms can include difficulty passing urine, needing to urinate more frequently, or changes in your usual urinary pattern. However, prostate cancer does not always cause noticeable symptoms in its early stages.

If you have concerns about your prostate health, or would like to discuss your individual risk, our experienced GP team at Glasgow Medical Rooms can provide confidential advice and arrange appropriate assessment or further investigations where needed.

BIG THANKS:

A heartfelt thank you to everyone who has chosen Glasgow Medical Rooms for their healthcare. We truly appreciate your continued support and the trust you place in our team. We're also incredibly grateful to those who take the time to leave us a review. Every review means a great deal to our team and helps others feel confident when choosing their healthcare provider. Thank you for taking the time to share your experience with us. ❤️

