



ASHVILLE



SURGERY

NHS

Newsletter

Issue 2 NOV 2024

Spotlight on the Ashville team...



Bev's been with Ashville since 2011. Part of the wider admin team, she's the oil in the cogs of the Ashville wheel, performing crucial back-office functions to help keep the surgery running as efficiently as possible.

Thanks for everything, Bev!



Dietitian Service Criteria

The primary role of a PCN (Primary Care Network) dietitian is to support patients in both the prevention and management of various health conditions through personalised nutrition plans. By offering expert guidance, PCN dietitians help patients achieve better health and enhance their overall quality of life.

Our Referral Criteria:

- ✓ Patient must be 16+
- ✓ Verbal consent documented on SystemOne
- ✓ Patient must not be acutely unwell
- ✓ Patient may have complex needs i.e. LTCs
- ✓ Patient must be appropriate for lone working
- ✓ Patient must not be housebound



Areas we can support & exclusions:

Weight Management

- Overweight (BMI 25-30)
- Obese (BMI 30+)
- PCOS
- High waist circumference
- Newly diagnosed with fatty liver
- Starting 'weight loss medications' e.g. orlistat
- Not engaging with specialist weight management teams

Please ensure the patients wishes to lose weight!

Diabetes

- Pre-diabetes
- Type 2 diabetes
 - Newly diagnosed or long standing
- PCOS
- Post gestational diabetes
- Remission of type 2 diabetes
 - Weight management
 - Low carb diet
- Those who do not engage with secondary care diabetes team



PATIENT ACCESS SURVEY FEEDBACK

WE WANT YOUR FEEDBACK

Patient surveys were completed in October 2024. Now, we want to discuss the findings of the survey results with you!

FOCUS GROUPS



WED 20TH NOV [5.30-7.30PM]

Dawes Road Hub
20 Dawes Road, SW6 6EN

Refreshments provided!



THURS 21ST NOV [5.30-7.30PM]

Virtual meeting
Via MS Teams

WE CARE ABOUT YOUR VIEWS

To register your interest in attending a focus group, please email southfulham.pcn@nhs.net:

- Your Name
- Your GP Practice
- Date of session you wish to attend



www.southfulhampcn.org.uk



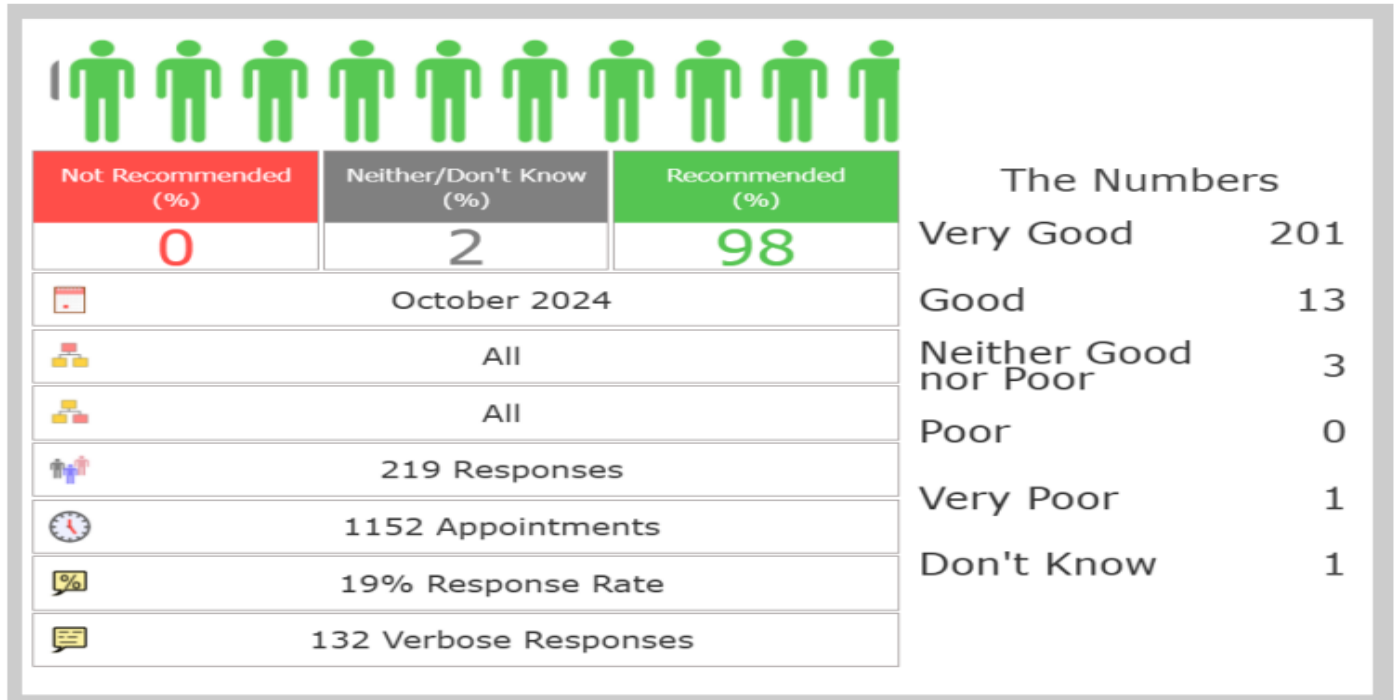
We are still offering flu and the new RSV vaccination to eligible patients. COVID vaccinations can be booked at local pharmacies. To find out more: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/ and [RSV vaccine - NHS](#)

FLU: last chance - If you want the jab, book now!

Snapshot of recent *Friends & Family* Feedback, OCT 2024)

After your appointment, we will send you a text asking for your views. You will be asked *Overall, how was your experience of our service?* (with an option to add further info: *Please tell us why you gave this answer – SEE PAGE 2*).

Here are the results from OCTOBER 2024



RECIPE: Creamy Kale Pasta

A good pasta can be so satisfying, and this recipe boosts the nutritional value by adding fibre-packed beans, which also make the sauce creamy and delicious. Extra seeds on top bring a delightful crunch, along with added fibre, healthy fats, and protein.

<https://zoe.com/learn/recipe-creamy-kale-pasta>



Are you aware that the practice has a **Patient Participation Group**? We are looking for people of any age, gender or background to discuss any changes or ideas you may have for the surgery.

If you would like to join the group, and become involved in the development and improvement of the practice and its services, then please email: ashville.surgery@nhs.net