



ASHVILLE



SURGERY

NHS

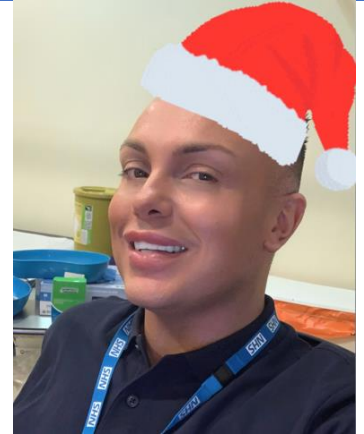
Newsletter

Issue 3 DEC 2024

Spotlight on the Ashville team...

Scott (Health Care Assistant) has been with Ashville since 2015. He's our busiest clinician, seeing 100s of patients every week (for blood tests, ECGs, wound care, NHS Health Checks, blood pressure checks etc).

Season's Greetings to all our patients, from Scott and the whole team here at Ashville Surgery



New ways your pharmacist can help you



Your pharmacist can now treat you or give you medicines for some illnesses without you having to see a doctor first.

Pharmacists can now help if you have:



- an earache and you may have a high temperature



- a dry, scratchy or sore throat



- a urinary tract infection (UTI) which can feel like a burning or a pain when you pee



- sinusitis which can be a blocked or bunged up nose



- shingles which can give you a rash and make you feel unwell



- impetigo which can give you an itchy rash



- infected insect bites which can be red and sore

Find out more at [nhs.uk/thinkpharmacyfirst](https://www.nhs.uk/thinkpharmacyfirst)



London Pharmacy opening hours for Christmas and New Year Holidays 2024/2025. For info, visit:

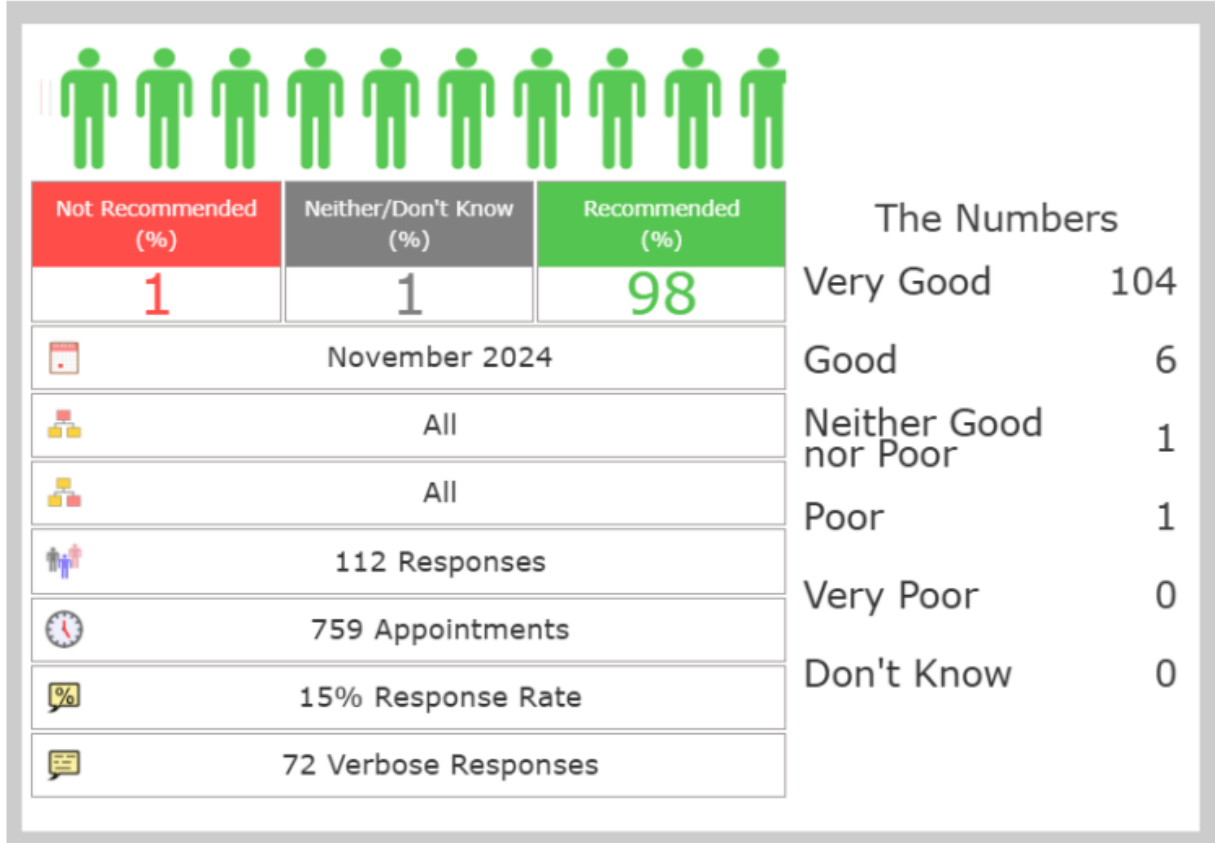
www.nwlondonicb.nhs.uk/news/news/pharmacy-opening-hours-during-festive-season

Ashville Surgery will be closed on WED 25 and THURS 26 DEC 2024, and on WED 1 JAN 2025.

Snapshot of recent *Friends & Family* Feedback, NOV 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 NOVEMBER 2024



Full report: <https://ashvillesurgery.co.uk/wp-content/uploads/2024/11/Feedback-from-patients-from-NOV-2024.pdf>



RECIPE: Chocolate Olive Oil Mousse

Extra virgin olive oil and dark chocolate make for a deliciously rich and bitter combination, creating a polyphenol-packed mousse. Using aquafaba (the liquid from a tin of chickpeas) instead of egg whites adds an airy texture while keeping it plant-based. For an elevated experience, try using a fruity, high-quality olive oil.

<https://zoe.com/learn/recipe-chocolate-olive-oil-mousse>



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