



ASHVILLE



SURGERY

NHS

Newsletter

Issue 5 FEB 2025

Spotlight on the Ashville team...

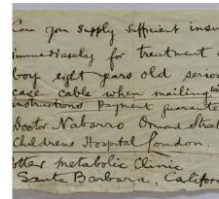
Jenny Shah has been here since 2016. Many of you will know her already. Jenny goes out of her way to help our patients, remaining calm when it's busy, and she's always friendly - even when dealing with difficult or tricky situations. Jenny keeps the team motivated, and is always ready to go that extra mile. She's an all-rounder – taking on whatever she's asked to. We're lucky to have such a star.



Staff sickness...please bear with us.

This year, we (like many workplaces) have had high numbers of staff who are unwell (flu, norovirus etc).

We don't like to cancel any appointments, but if we have to, we will always try and reschedule it as soon as possible.



Letter & notes from patients

When patients bring in letters or notes for the GP, we will deal with them as quickly as we can – but please bear in mind

that we are already dealing with many patient requests for help. The best way to contact the practice is via [PATCHs](#) or by phone.

The NHS Jewish BRCA Testing Programme

NHS England is now offering free BRCA gene testing for anyone living in England, aged 18 or over with one or more Jewish grandparent, of any type of Jewish origin (Ashkenazi, Sephardi, Mizrahi etc). jewishbrca.org

What is BRCA?

BRCA refers to two genes, BRCA1 and BRCA2, that every one of us has. These genes play an important role in the prevention of cancer.

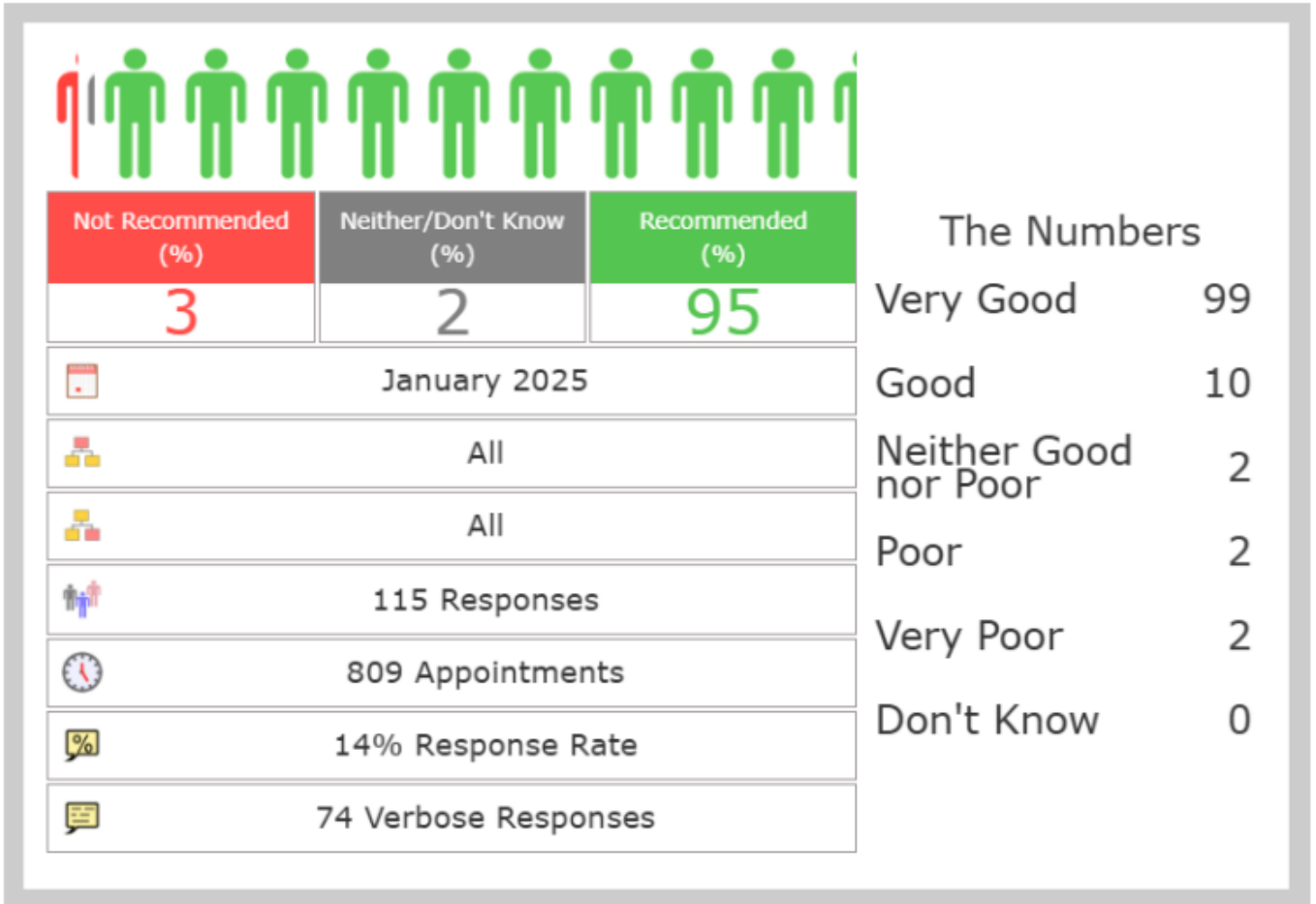
Some people may have a spelling mistake or fault in one of their BRCA genes.

Having a BRCA gene fault puts you at increased risk of developing certain types of cancer- specifically breast, ovarian, prostate and pancreatic cancer.

Snapshot of recent *Friends & Family* Feedback, JAN 2025). Click [here](#) for all results.

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 JANUARY 2025



[Creamy banana porridge with mish-mash raspberries recipe](#)

Add fruity goodness to your breakfast with mashed banana and raspberries.

Prep: 10 mins
Cook: 10 mins
Serves 6



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