



ASHVILLE



SURGERY

NHS

Newsletter

Issue 6 MARCH 2025

Spotlight on the Ashville team...

Alline has worked for Ashville for 2 years now. She is an inspiration to the whole team: hard-working, caring and always seeing the best in her colleagues and our patients.

She brings a lot of happiness and joy to the surgery (as you can see).



One of our patients, [Greta Chaffer](#), has very kindly given us a painting to hang in our waiting room.

Cocoa Pods (mixed media, acrylic, inks collage).

Other works by Greta, and members of the Society of Fulham Artists and Potters can be seen at

<http://www.sofap.co.uk>



Caribbean tofu and sweet potato curry with rice and peas recipe

A tasty vegetarian curry combining classic Caribbean flavours with traditional rice and peas – the peas are actually beans!

Prep: 20 mins

Cook: 90 mins

Serves 4

Sitting exercises

These gentle sitting exercises can be done at home and will help improve your mobility and prevent falls. If you have not done much exercise for a while, these seated exercises are gentle and easy to follow. If you're not sure if they're suitable for you, check with a GP or a health professional involved with your care.

www.nhs.uk/live-well/exercise/sitting-exercises

Upper-body twist



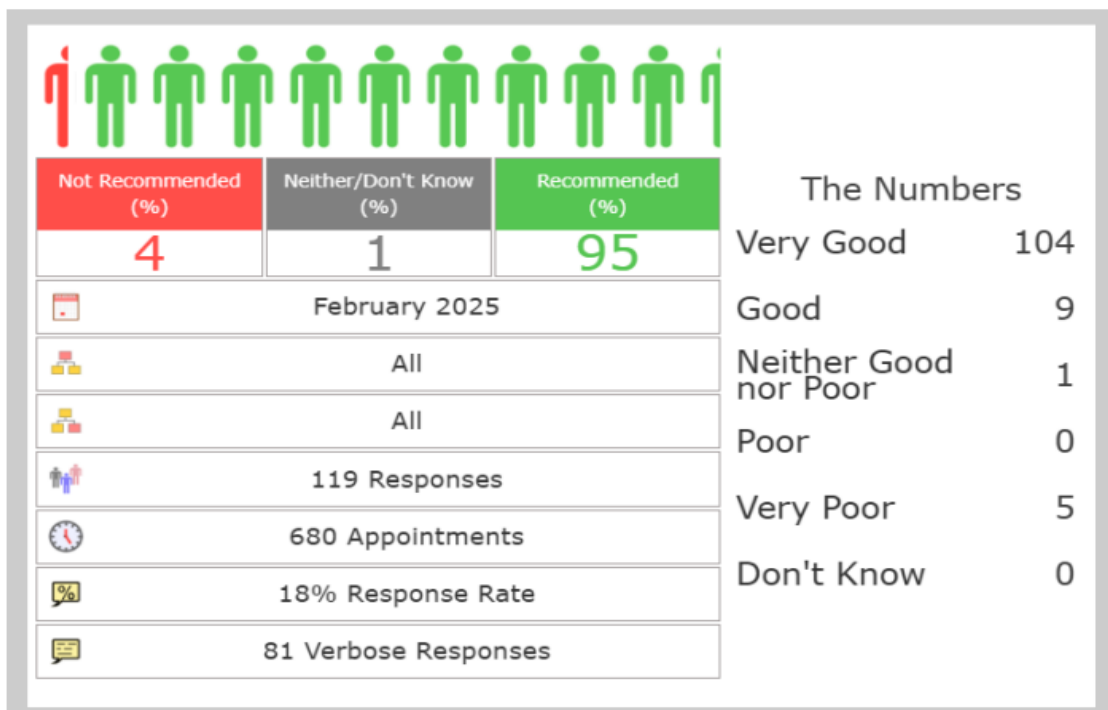
This stretch will develop and maintain flexibility in the upper back.

- A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
 - B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
 - C. Repeat on the right side.
- Do 5 times on each side.

Snapshot of recent *Friends & Family Feedback, FEB 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 FEBRUARY 2025



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