

# Newsletter

Issue 7 APRIL 2025

## **COVID Spring Booster: 2025**

The [National Booking System](#) opens on 25 March to book appointments from 1 April.

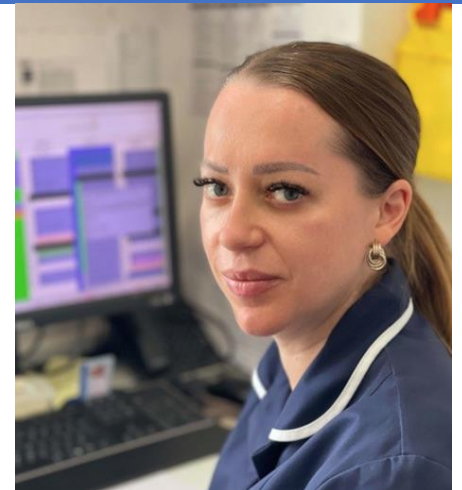
If you or someone you know can't get online, book by calling 119 free of charge, where a translator is available if needed.

## **You can get a COVID-19 vaccine if you:**

- are aged 75 or over (including those who will be 75 by 17 June 2025)
- are aged 6 months to 74 years and have a weakened immune system due to a health condition or treatment
- live in a care home for older adults

## **Spotlight on the Ashville team...**

Ashley has worked at the surgery since 2019. She started as a receptionist, and has now recently completed her phlebotomy training, so as well as working on the front desk, Ashley also now sees patients for blood tests. She has great rapport with our patients and is always keen to learn new skills to develop her role.



## **Bajan cou cou with spicy fish recipe**

A low-fat adaptation of the delicious national dish of Barbados – cornmeal and okra, served with marinated fish in a tasty spicy sauce.

Prep: 35 mins

Cook: 30 mins

Serves 4

Click [here](#) for the recipe and nutritional information.

## **Care and support you can get for free For more info: Click [here](#)**

There's some help and support you can get for free that's available to everyone. It's not means-tested and it does not matter what your income is. This free care includes:

- some equipment and home adaptations
- benefits
- help after coming home from hospital
- NHS continuing healthcare
- nursing in a care home (NHS-funded nursing care)

Breastfeeding drop-in sessions

Breastfeeding drop-in sessions are for mother and baby. The sessions provide advice and support from trained professionals and peer supporters, with the opportunity to meet other breastfeeding mothers.

When: Tuesdays, 10am to 12.30pm  
Where: Joe & The Juice, 809 Fulham Road, London SW6 5HE

Please bring your Red Book. Baby-wearing carriers are encouraged, if possible, due to limited space for prams.

If you have an enquiry in advance of the session contact Christina at christina.ifil@lbhf.gov.uk.

If you have an enquiry on the day contact Yvonne at 07939 048 212



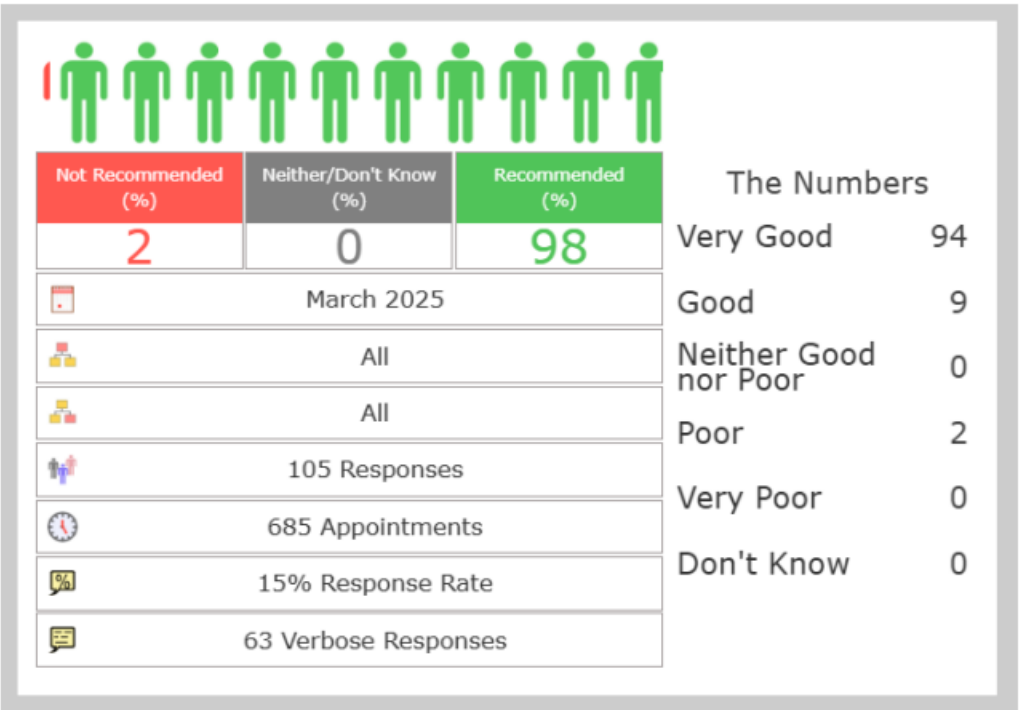
From Left to Right

- Melinda Cotton - Osteopath
- Cathy Sage - Lactation Consultant
- Yvonne Inch - Midwife, Lactation Consultant and Tongue Tie

Snapshot of recent Friends & Family Feedback, MARCH 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 MARCH 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](mailto:ashville.surgery@nhs.net)