



Newsletter

Issue 8 MAY 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...

Dr Mohammad Rashidy joined Ashville in 2018 as a GP Partner. He works at the practice full time. Many of you will know how thorough and caring he is with his patients. We're very lucky to have him.



Mean and green mac and cheese recipe

This healthier take on a family favourite is creamy, colourful and packed full of veg.

Prep: 10 mins

Cook: 50 mins

Serves 6

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



10 stress busters

If you're stressed, whether by your job or something more personal, the first step to feeling better is to identify the cause.

For more info, and to watch the video (left), click [here](#).

Protect your teen: book in for their DTP and Meningitis ACWY vaccinations (13-18 years old)

These vaccines protect children against serious diseases:

- **Diphtheria** – Throat/nose infection which can lead to breathing difficulties and heart failure and, if left untreated, death
- **Tetanus** – Bacterial infection that can lead to muscle spasms, lockjaw and death
- **Polio** – Virus that can lead to paralysis
- **Meningitis** – Inflammation of the brain/spinal cord which can lead to the loss of limbs/death

These vaccines are **routinely offered in Year 9** to complete the immunisation schedule, but if they missed them, **they are still eligible up to 18 years old**. Please scan this QR code to book into a clinic:

- ✓ Free NHS Vaccines
- ✓ Prevent serious illness



- ✓ Safe and effective
- ✓ Quick and easy appointment

Vaccine information:

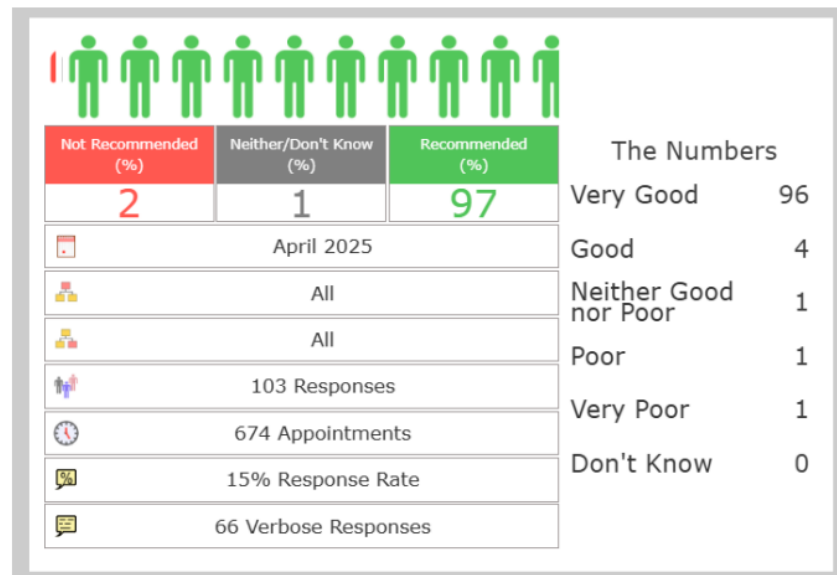
<https://www.nhs.uk/vaccinations/td-ipv-vaccine-3-in-1-teenage-booster/>
<https://www.nhs.uk/vaccinations/menacwy-vaccine/>

hammersmith.fulham@v-uk.co.uk 0203 640 7501

Snapshot of recent *Friends & Family* Feedback, APRIL 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 APRIL 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