



ASHVILLE



SURGERY

NHS

Newsletter

Issue 9 JUNE 2025



Spotlight on the Ashville team...

Lia has just started at reception. She's a quick learner, calm and diligent and is already helping patients with their queries.

What you can do with the NHS App

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- view your GP health record to see information like your allergies, medicines and test results
- book and manage COVID-19 vaccinations
- register your organ donation decision

We're encouraging patients to sign up. For more information, click [here](#).



Bulgur wheat salad with broccoli

This salad can be made without going soggy and limp, so is the perfect salad for a picnic. You can also add cooked chicken, salmon or reduced-fat feta if you want to make it the centrepiece of your picnic.

Get the recipe for [bulgur wheat salad with broccoli](#)

Summer and the sun....

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight. Click [here](#) for more advice.



Summer and hay fever....

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Click [here](#) for more advice.



Anxiety, fear and panic

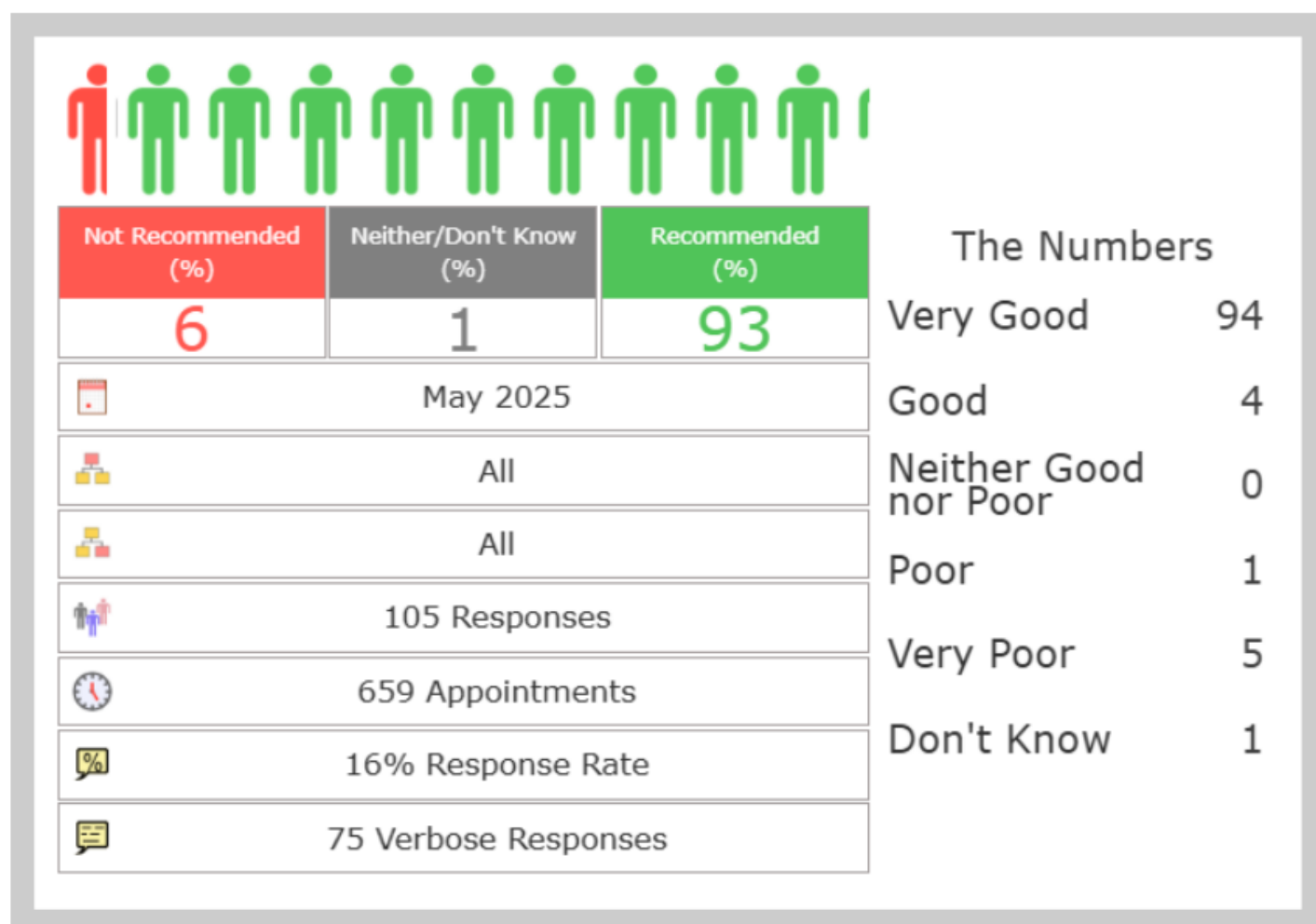
Most people feel anxious or scared sometimes, but if it's affecting your life there are things you can try that may help.

Support is also available if you're finding it hard to cope with anxiety, fear or panic. Click [here](#) for more advice.

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