



ASHVILLE



SURGERY

NHS

Newsletter

Issue 10 JULY 2025



Spotlight on the Ashville team...

Sally (Practice Nurse) has been with the practice since 2018. She looks after all our patients – young and old, offering baby and childhood immunisations, adult vaccinations (eg, flu, RSV, pertussis and some NHS travel jabs), wound care, diabetes reviews, blood pressure checks, phlebotomy, contraception advice and cervical screening (just to mention a few). She's a key member of the clinical team, popular with patients and staff alike.

Cheese and tomato grilled fish recipe

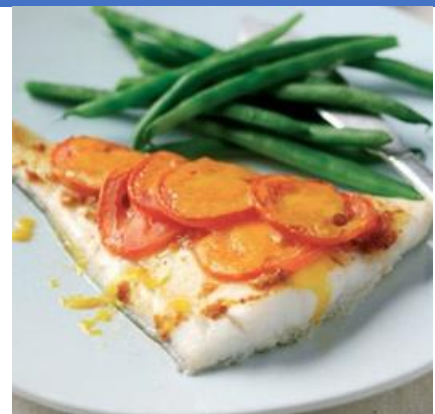
Super easy, super fast, super tasty and a great way to get one of your 2 portions of fish a week.

Prep: 10 mins

Cook: 10 mins

Serves 4

Get the recipe for [cheese and tomato grilled fish](#)



Changes to UK childhood vaccination schedule

From **1st July 2025**, the NHS is changing the childhood immunisation schedule.

These changes will apply to children born on or after 1st July 2024. For children born before that date, they will follow the previous NHS schedule.

[Routine childhood immunisations for babies born **before** 1st July 2024](#)

[Routine childhood immunisations for babies born **on or after** 1st July 2024](#)

Immunisations & vaccines are one of the best ways to protect children from serious illnesses. They help keep your child safe and stop diseases from spreading in the community.



Find out which drinks are healthier choices, and how to get enough fluids every day to stay hydrated.

Click [here](#) for more info.

There has been a lot in the news recently about weight loss medications.

For more info on who is eligible for this, please click [here](#) and see the poster overleaf.



Important Patient Notice



Clarification on NHS Access to Mounjaro (Tirzepatide)

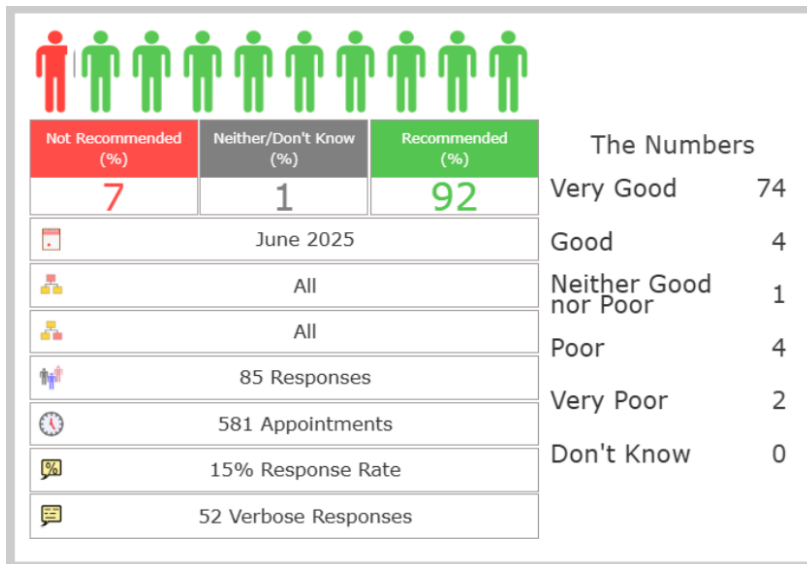
We are aware that recent media coverage has reported the availability of Mounjaro through the NHS.

However, it is essential to understand that access is strictly limited and not available for general or cosmetic weight loss purposes.

You May Be Eligible ONLY If You Meet All of the Following Criteria:

- ✓ Aged 18 years or older
- ✓ Body Mass Index (BMI) of 40+, or 37.5+ if you are from a Black, Asian or other minority ethnic background
- ✓ Diagnosed with four or more weight-related health conditions, such as:
 - Type II Diabetes
 - High Blood Pressure (Hypertension)
 - Heart Disease
 - Sleep Apnoea, or similar conditions

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



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