

# Newsletter

Issue 11 AUGUST 2025



## Spotlight on the Ashville team...

Dr Jason Jenkins has been with us since 2002. He's one of the longest serving GPs at the practice. Many of you will know how thorough and caring he is with patients. We're very lucky to have him.

## 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](#).

## Piri-piri pomegranate popcorn recipe

It's so cheap and easy to pop your own corn. It's healthier than shop-bought (or cinema) versions and almost infinitely customisable too!

Prep: 5 mins

Cook: 5 mins

Serves 4

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

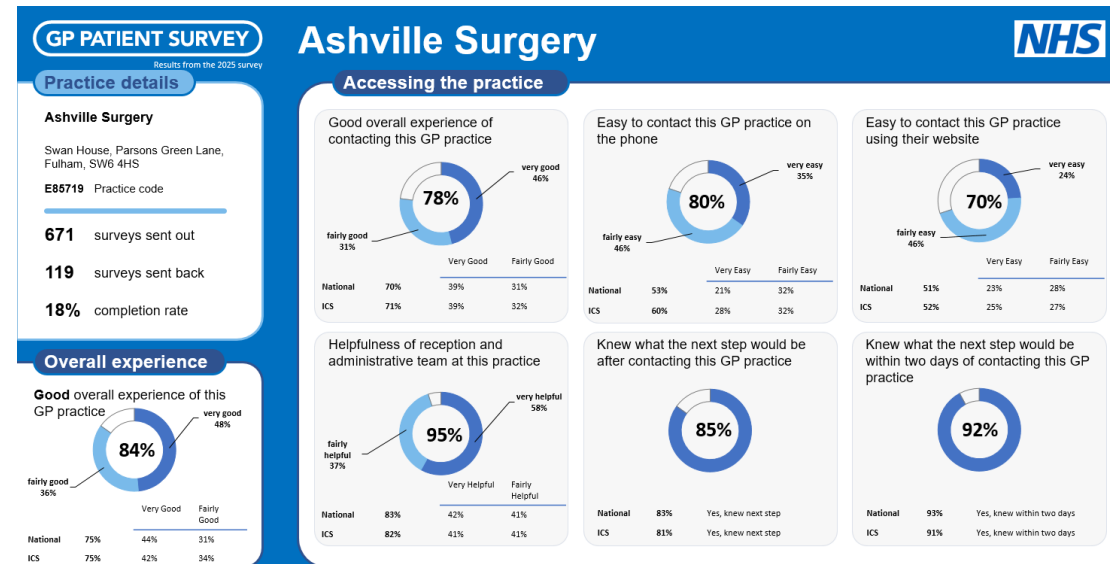


The [GP Patient Survey](#) is an independent survey run by Ipsos on behalf of NHS England. The survey is

sent out to over two million people registered with GP practices in England.

The results show how people feel about their GP practice.

For more results on the 2025 survey, click [here](#).



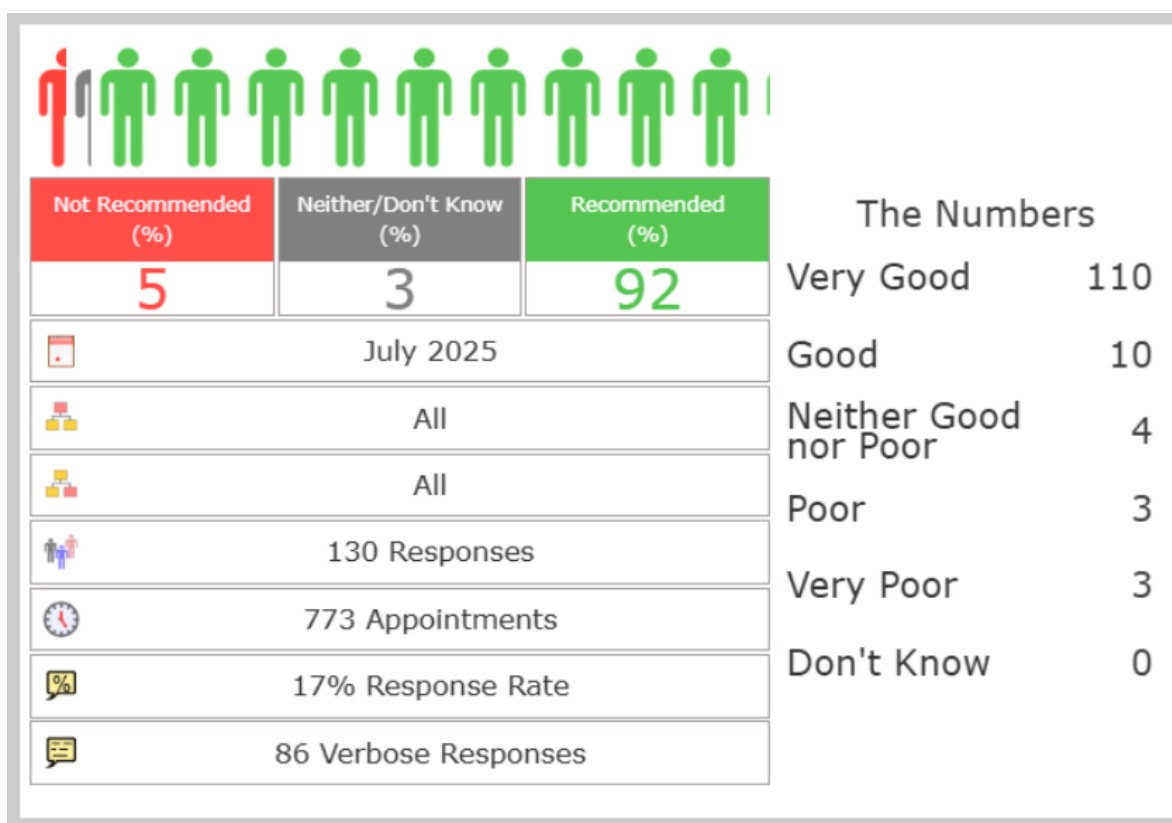
## Child Wellbeing Practitioners Summer and Autumn Programme

6 week Child Anxiety Group Intervention for parents of primary school age children with mild to moderate levels of anxiety – 24th September weekly. Click [here](#) for more info.

Year 6 – Year 7 transition workshop ONLINE – for parents – Wednesday 20th August 11am-12pm: express interest by emailing Marina on [marina@upg.org.uk](mailto:marina@upg.org.uk)

Sleep & getting back into a routine workshop ONLINE– for parents of primary school aged children – Wednesdays 27th August 11am – 12pm: express interest by emailing Marina on [marina@upg.org.uk](mailto:marina@upg.org.uk) Click [here](#) for more info

Snapshot of recent *Friends & Family Feedback*, JULY 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, then please email: [ashville.surgery@nhs.net](mailto:ashville.surgery@nhs.net)

For more info, and to see minutes from previous meetings, click [here](#).