



Newsletter

Issue 12 SEPTEMBER 2025

Spotlight on the Ashville team...



Dr Stephen Aras – senior partner, and founder of Ashville Surgery (over 30 years ago) and still going strong!

If you listen carefully (during lunch breaks) you might hear the gentle strumming of a guitar coming from his room...

Flu, COVID, RSV & Shingles vaccinations

It's important to get your winter flu and COVID-19 vaccinations if you're eligible.

Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

We are inviting eligible patients now to book their flu vaccinations.

For more info on flu and COVID (and to see who is eligible), click [here](#).

RSV – click [here](#).

Shingles – click [here](#).

Kedgeree with a kick recipe

Cheap, cheerful and very easy to cook.

Prep: 15 mins

Cook: 15 mins

Serves 4

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



Antibiotics

Taking antibiotics when you don't need them puts both you and others at risk. Resistance to antibiotics is a growing concern, and it's important that we control usage to keep them working for when they're really needed.

It's estimated that at least 5,000 deaths are caused every year in England because antibiotics no longer work for some infections and this figure is set to rise with experts predicting that in just over 30 years, antibiotic resistance will kill more people than cancer and diabetes combined.

In some cases, you may not need an antibiotic so ensure you trust your Doctor, Nurse or Pharmacist's advice as to when they're required. Take antibiotics as directed and never save them for later use or share them with others. For more info, click [here](#).

Measles

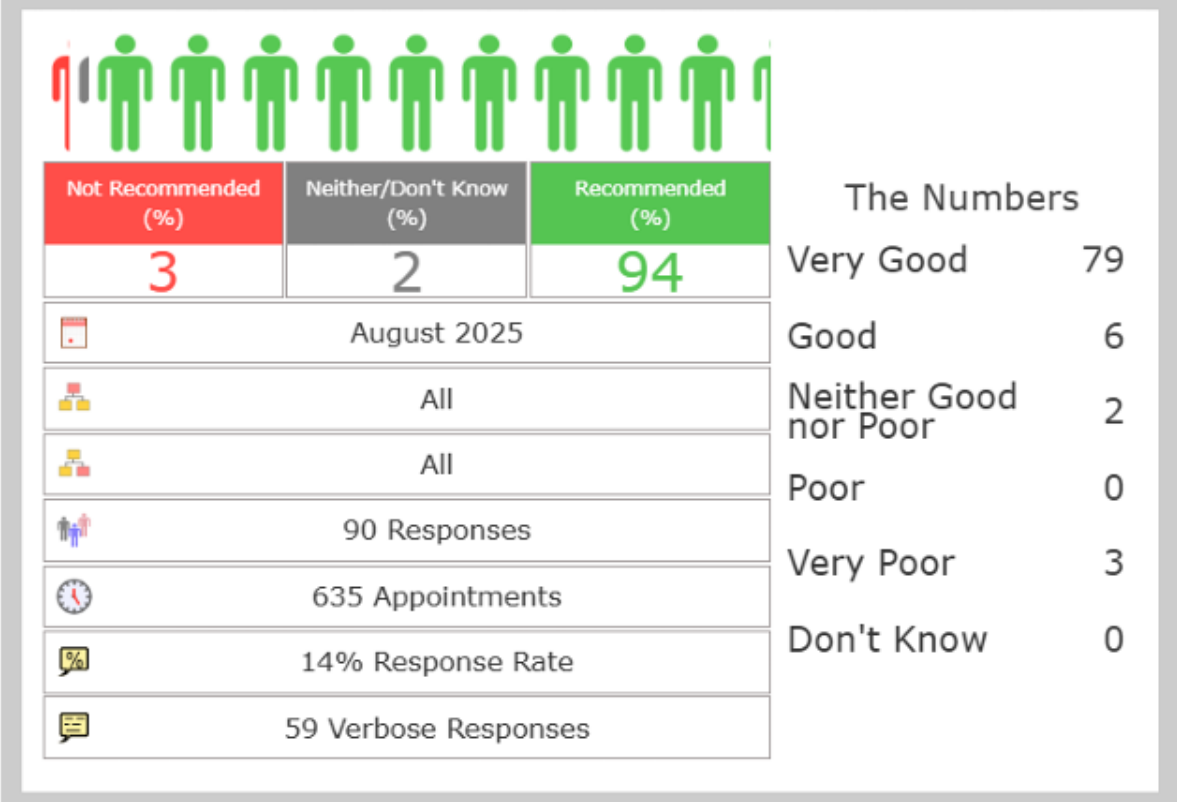
Measles cases are on the rise in the UK. Vaccination is vital to protect both your own children and those around you who are vulnerable. Vaccines are the most effective way to prevent many infectious diseases, and while anti-vaccine stories are often spread on social media, these may not be based on scientific evidence and could put your child at risk of a serious illness.

Facts:

- Vaccines do not cause autism – studies have found no evidence of a link between the MMR vaccine and autism
- They do not overload or weaken the immune system
- Vaccines undergo rigorous safety testing before being introduced – they’re also constantly monitored for side effects.
- If people are not vaccinated, serious illnesses can spread. Measles can lead to life-threatening complications like meningitis, and may even be fatal. Book your child’s vaccine today.

For more info on the MMR (Measles, Mumps, Rubella) vaccination, click [here](#).

Snapshot of recent *Friends & Family Feedback*, AUGUST 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

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