



Newsletter

Issue 13 OCTOBER 2025

Spotlight on the Ashville team



Tracy is a clinical pharmacist who works across our PCN (Primary Care Network). She works at Ashville 2 days a week and is very popular with our patients.

Flu & COVID vaccinations

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](#).

Bariis iskukaris recipe

A fast, flavoursome, traditional 1-pot dish from Somalia. This healthy family meal is lower-calorie but packed with authentic flavours.

Prep: 10 mins

Cook: 45 mins

Serves 4

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



Back Care Awareness Week is a great opportunity to consider simple, practical tips to support spinal health and help manage back pain. Click [here](#) for more information.

Move regularly - Avoid sitting or standing in one position for too long.

Think about your posture - Sit up straight with your shoulders relaxed and both feet flat on the floor. Use a chair that supports your lower back.

Lift with care - Bend your knees, not your back. Keep the load close to your body & avoid twisting while lifting.

Stay active - Regular exercise like walking, swimming or yoga helps strengthen your back and improve flexibility.

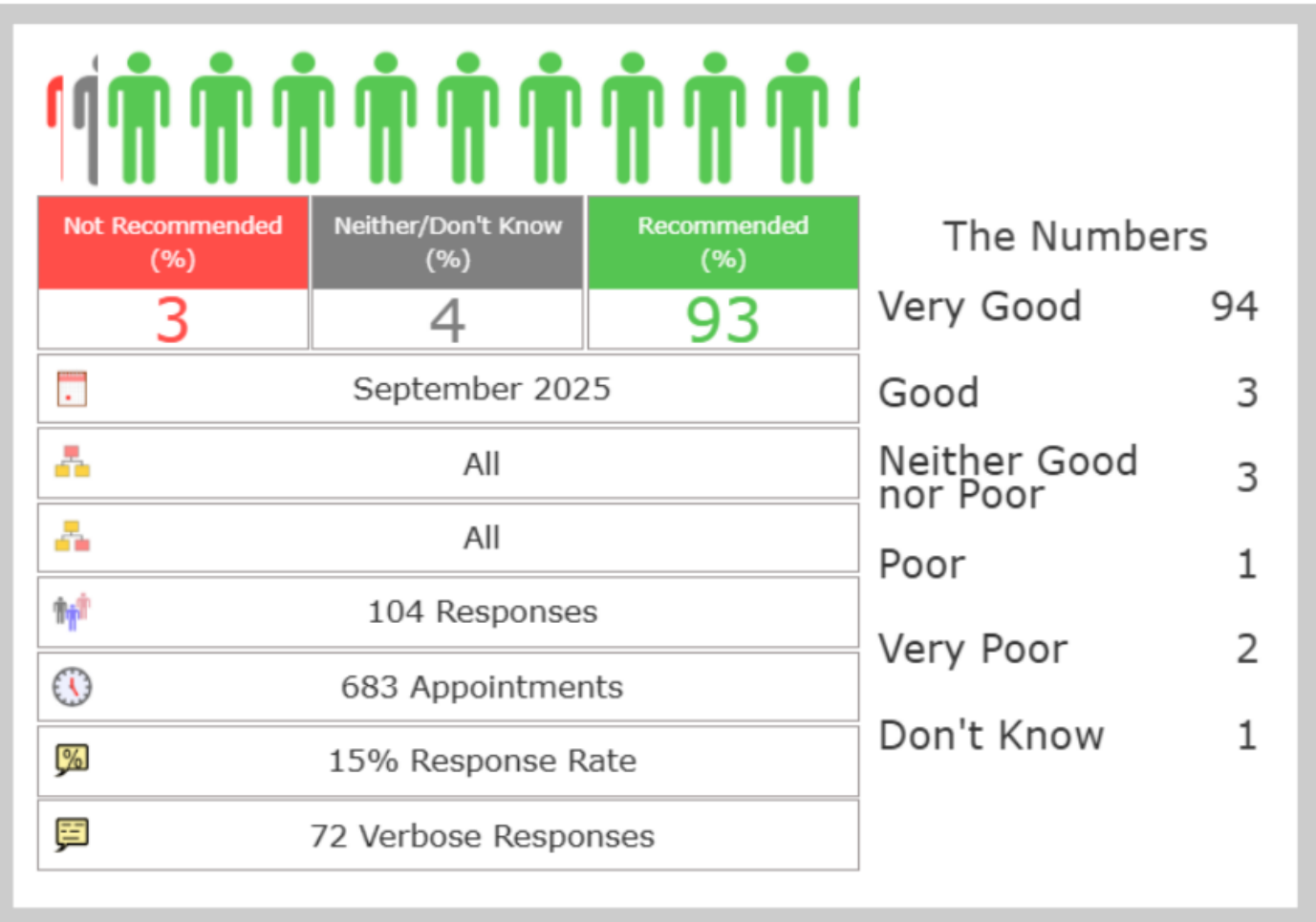
Adjust your workspace - Make sure your desk, chair and screen are set up to reduce strain. A good ergonomic setup goes a long way.

Menopause can be incredibly challenging, and it’s often misunderstood or overlooked. Symptoms can include hot flushes, brain fog, mood changes, sleep disruption and anxiety which can significantly impact on daily life, work and relationships. Support, a healthy lifestyle and options of medication can help, but for many there are still unpredictable impacts.

World Menopause Day helps to raise awareness of the menopause and its associated health issues as well as the support available to improve wellbeing. Focusing this year on ‘Lifestyle Medicine’, we’re considering how nutrition, exercise, sleep and managing stress can help manage perimenopausal and menopausal symptoms.

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

Here are the results from SEPTEMBER 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, then please email: ashville.surgery@nhs.net

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