



Newsletter

Issue 16

JANUARY 2026



Thank you for all the Xmas gifts.

We pool these and create a raffle so that all staff get a share of the gifts that patients give us.

Happy New Year!

111 / Signposting

If you or one of your family is in need of medical help but you'd like some guidance on where to seek the right healthcare, visit 111. You'll find instant access to information covering:

Any current symptoms or injury

- Dental problems
- Mental health help
- Medicines assistance
- Help with an existing condition

Simply visit <https://111.nhs.uk/> or access 111 via the NHS App.

Healthier full English breakfast recipe

Everyone loves a traditional cooked breakfast. This one is trimmed down to make it healthier – yet every bit as tasty!

Prep: 10 mins

Cook: 10 mins

Serves 4

For more info and nutritional info, click [here](#).



Childhood varicella (chickenpox) vaccination programme

Varicella (chicken pox) vaccination will be introduced into the NHS routine childhood vaccination programme from 1 January 2026 using a combined measles, mumps, rubella and varicella (MMRV) vaccine, following the [recommendations of the Joint Committee on Vaccination and Immunisation \(JCVI\)](#). From 1 January 2026, eligible children will be offered a combined MMRV vaccine instead of the measles, mumps and rubella vaccine (MMR) as part of the childhood routine 2-dose vaccination schedule. Click on the link below to see which children are eligible, and when.

There will also be a single-dose selective MMRV catch-up programme for older children to further and more rapidly reduce transmission in the population. Further details are available [here](#)

Mental health

January can be a challenging month – short days, cold weather and the pressure of a new year and finances can take their toll on our mental health.

If you're finding things tough, you're not alone. Setting small goals and prioritising your wellbeing can make a big difference. Get outside for regular walks, take up a new hobby or practise mindfulness. Find something that works for you.

Put yourself first this January. Click [here](#) for more info.



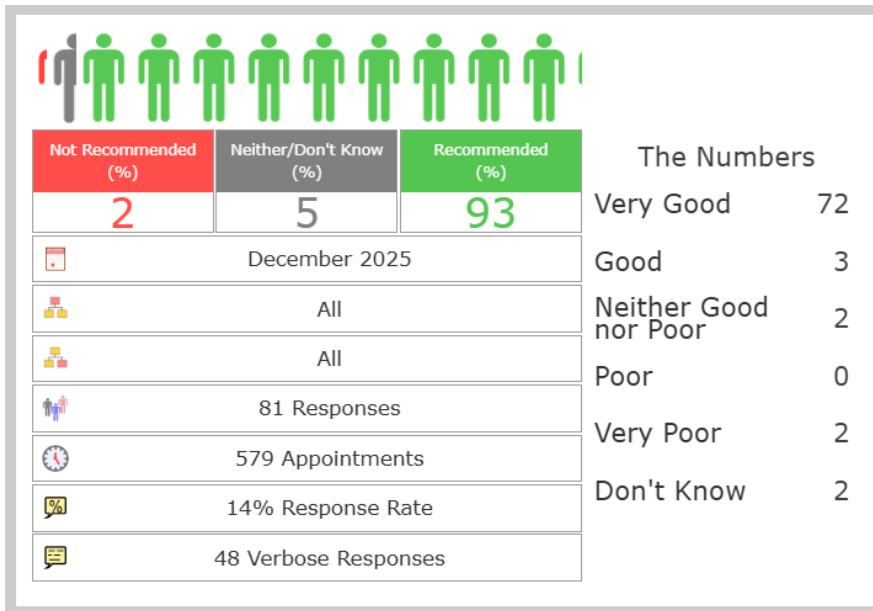
Cervical Cancer Prevention Week
22nd–28th January

During Cervical Cancer Prevention Week, we're encouraging women and people with a cervix to attend their cervical screening appointment – it really does save lives. Cervical screening is a free health test that can prevent up to 75% of cervical cancers and is estimated to save around 5,000 lives every year.

While it can sometimes feel worrying, understanding what to expect during your appointment can help to put you at ease and make attending easier. The test itself usually takes less than five minutes. While it may feel briefly uncomfortable, it's an important check that could save your life. If you're due, book your test today.

For more info, click [here](#).

Snapshot of recent *Friends & Family Feedback*, DECEMBER 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, email: ashville.surgery@nhs.net

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