



# Newsletter

Issue 17 FEBRUARY 2026

## Spotlight on the Ashville team....



Niloo is our PCN dietician.

Looking for support on your health journey? Our dietitian services can help you achieve your goals through personalized nutrition guidance. Whether it's managing weight, addressing gastrointestinal concerns like IBS, or keeping chronic conditions such as diabetes, high cholesterol, and blood pressure under control, we're here to create practical plans that fit your lifestyle. We also provide support for women's health, including PCOS and hormonal wellness, helping you feel your best every day. Reach out to your GP practice and book your appointment, face-to-face or by telephone, at your convenience.)

## Jollof rice recipe

One of the most popular dishes in western Africa, jollof rice is a 1-pot dish to relish. Each region has its own variation, but the results are always the same – tasty!

Prep: 15 mins

Cook: 30 mins

Serves 4 For recipes & nutritional info, click [here](#).



## February is International Prenatal Infection Month.

There are several infections that can affect your unborn baby if you're pregnant. It's also important to be aware that if you catch an infection, that infection may pose a risk to others. Here are some tips on preventing infection:

Wash your hands regularly and thoroughly	Avoid changing cat litter
Ensure meat is fully cooked	Avoid unpasteurised (raw) milk and foods made from it
Stay clear of other people with infections	Stay up to date with vaccinations

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

# Struggling with PATCHS or the NHS App?

Come to one of our drop-in sessions for hands-on support and guidance on using both platforms with confidence.

**25/02**

Fulham Medical Centre  
SW6 1BG  
10:00 - 11:30

**27/02**

Fulham Cross Medical Centre  
SW6 7PP  
10:00 - 11:30

**05/03**

Ashville Surgery SW6 4HS  
Lilyville Surgery SW6 4UL  
10:00 - 11:30

**26/02**

Palace Surgery  
SW6 6JD  
10:00 - 11:30

**04/03**

Sands End Health Clinic  
SW6 2FE  
10:00 - 11:30

**06/03**

Cassidy Road Medical Centre  
SW6 5PX  
10:00 - 11:30



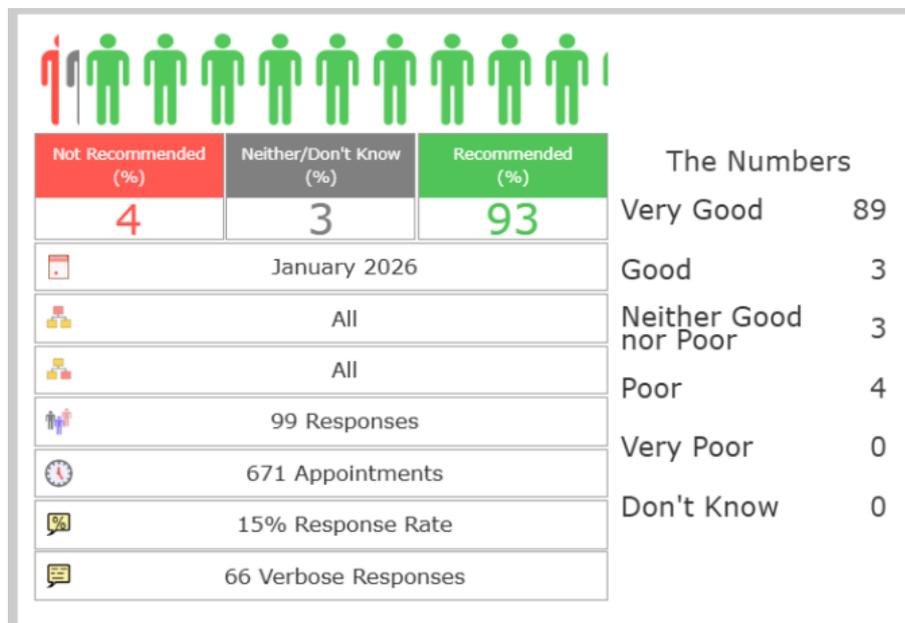
South Fulham PCN would like to hear your recent experiences of accessing your GP practice and the care you received.

Please complete our short survey to help us shape our services and access.

All responses will be anonymous and the more responses we receive, the more information we have to help us improve services in the ways that you want us to.

Please click the following link to access the survey: <https://bit.ly/4jSdk78>

Snapshot of recent *Friends & Family Feedback*, JAN 2026. 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](mailto:ashville.surgery@nhs.net)

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