



ASHVILLE



SURGERY

NHS

Newsletter

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Spotlight on the Ashville team...

Tasmyn Ali, Health & Well-being Coach.

Our Health and Wellbeing Coaches (who work across the 7 practices in the South Fulham PCN) dedicate time to support individuals improve their lifestyle. It is non-clinical service, and our coaches focus on areas that matter most to the individual.

Our coaches help people with a range of long-term conditions including respiratory and cardiovascular (including type 2 diabetes and high blood pressure) conditions. Our coaches also help patients with sleep, stress and low mood. For more info, click [here](#). To see recent feedback on the service, click [here](#).



Asaro potato porridge recipe

Also known as mpoto mpoto, this West African favourite is usually made with yams. This variant uses a combo of sweet and white potatoes in a rich, spicy sauce to make a quick, easy and low-cost dinner.

Prep: 20 mins

Cook: 30 mins

Serves 4

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



No Smoking Day, 12th March

Did you know, by [quitting smoking](#), you could save around £2,500 per year? Not only will your wallet benefit, but you'll notice almost immediate improvements in your health.

Make time to take back your life this No Smoking Day. Quitting smoking is the best thing you can do and it's never too late to give it a try. Even if you've tried before, No Smoking Day is a great chance for a fresh start. Support is vital in helping you succeed and in maintaining a smoke-free future.

Managing cravings and coping with triggers can help avoid relapsing. Cravings can be triggered by stress, habits and lifestyle reminders. Being aware of your [triggers](#) helps you manage cravings when they strike.



World Kidney Day, 13th March



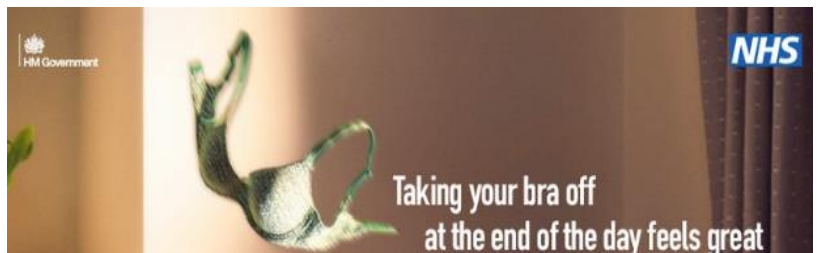
World Kidney Day is an annual campaign to help raise awareness of kidneys and what can happen when they don't work properly. Chronic kidney disease (CKD) is estimated to affect approximately 850 million people worldwide and by detecting changes early, there is a greater chance of finding a successful treatment.

It's very common for early kidney disease to show no symptoms. Only as it progresses will you start to see changes such as increased urination, swollen feet and hands, and general fatigue. If you take long-term medication, have diabetes, or CKD runs in your family, it's important to keep an eye on your kidney health.

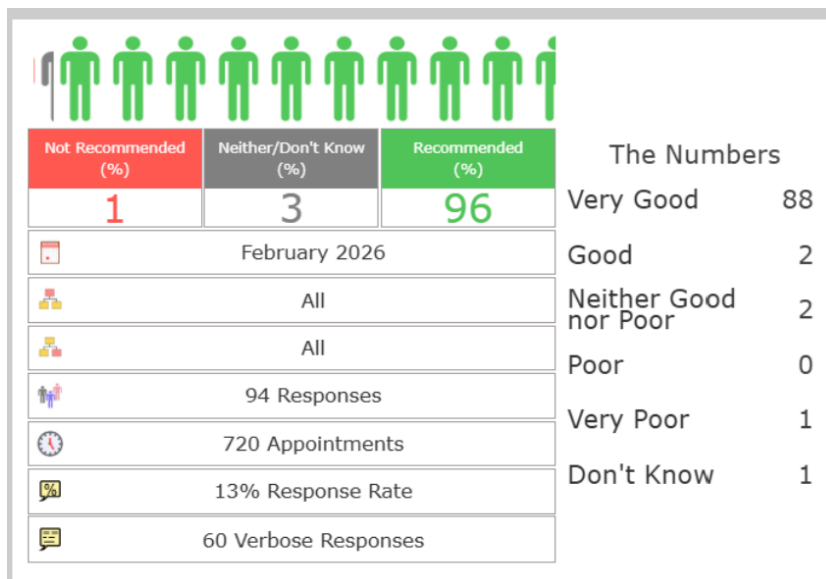
Breast screening

Had an invite for breast screening? Make sure you mark the date in your diary! Breast screening uses a test called mammography which involves taking X-rays of the breasts.

Screening can help to find breast cancers early and these cancers are usually easier to treat than larger ones. It's important to remember that screening won't prevent you from getting breast cancer but it aims to find early breast cancers. Regular breast screening is one of the best ways to spot a cancer that's too small to feel or see yourself. It saves around 1,300 lives each year in the UK! **Don't ignore your invite when it lands on your doorstep!**



Snapshot of recent *Friends & Family Feedback*, FEB 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

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