



ASHVILLE



SURGERY

NHS

# Newsletter

Issue 19

APRIL 2026

## Get ready for the Spring 2026 COVID-19 booster

Spring is on the way, and it's a good time to boost your protection if you're more at risk from COVID-19. COVID-19 hasn't gone away, and a spring dose helps keep your immunity topped up. The spring vaccination programme runs from 13 April to 30 June 2026.

### Who can have the spring booster?

The spring booster is offered to people who are more likely to get seriously ill from the virus, you will be eligible if you:

- **Are aged 75 or over** (including anyone turning 75 before 30 June 2026)
- **Live in an care home for older adults**
- **Are aged 6 months to 74 years and have a weakened immune system** (for example, due to a health condition or treatment like chemotherapy)

Eligible patients can book their vaccinations via this [link](#) (from 7 APRIL 2026).

## RSV vaccine

RSV vaccine helps protect against infection with RSV, a common virus that can make babies and older adults seriously ill. It's offered on the NHS if you're pregnant, aged 75 or over, or live in a care home for older adults. The vaccine helps protect against [respiratory syncytial virus \(RSV\)](#) infections. RSV is a common cause of coughs and colds. Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses, such as:

- [pneumonia](#) (a lung infection)
- [bronchiolitis](#) (a chest infection that affects babies)

Getting an RSV infection can also make your symptoms worse if you have a lung condition, such as [chronic obstructive pulmonary disease \(COPD\)](#). The vaccine helps reduce the risk of serious breathing problems like pneumonia and bronchiolitis. Eligible patients can get the vaccination [here](#).

## No-pastry mini mushroom quiches recipe

Light mini quiches without the pastry, served with a crunchy green salad.

Prep: 20 mins

Cook: 15 mins

Serves 4

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



## Bowel Cancer Awareness Month, 1st– 30th April

Bowel cancer is the fourth most common cancer in the UK. It is most often seen in people over 50, but it can affect anyone of any age. This month is aimed at increasing awareness of the importance of early diagnosis and knowing the symptoms, which include:

- Bleeding from your bottom
- Blood in your poo
- A change in your pooing habits
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy



*These symptoms don't mean you definitely have bowel cancer, but it's important to check. The earlier bowel cancer is spotted, the more treatable it is, and the more likely it can be cured. Bowel screening kits are being sent to eligible people in the post, but if you have symptoms, don't wait, ask your GP about an at-home test. Click [here](#) for more info.*

## World Autism Acceptance Month, 1st– 30th April

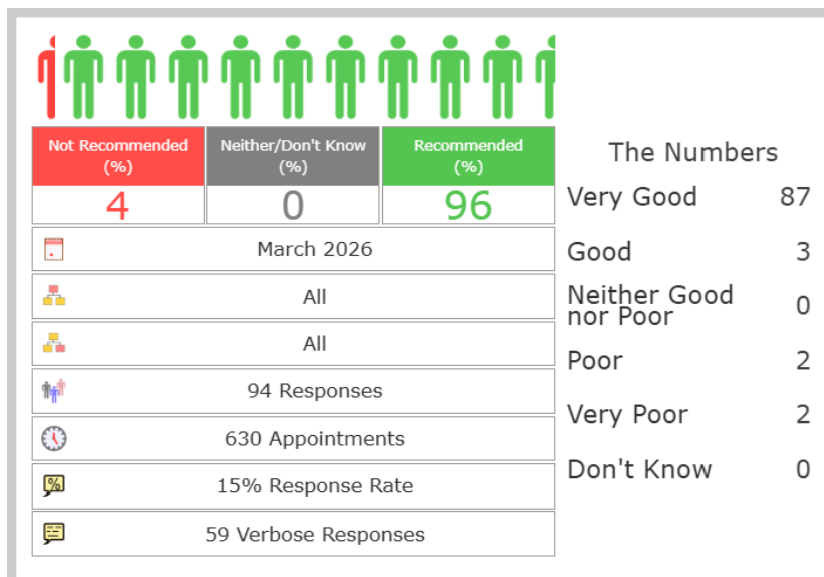
Autistic people face discrimination and barriers across all sectors of society:



- 8 out of 10 autistic people experience mental health problems
- 55% of autistic people avoid going out, being worried how people will treat them
- Only 26% of autistic pupils feel happy at school
- Only 30% of autistic people are in employment

Autistic people, and their families and carers, need support to overcome those barriers, and opportunities to explore interests, develop skills and lead fulfilling lives. World Autism Acceptance Month is a time for everyone to get involved in fundraising, sharing resources, raising awareness and helping to create a society that works for autistic people. Walk, run or fundraise your own way! Find out more and sign up at <https://waam.autism.org.uk>

Snapshot of recent **Friends & Family Feedback, MARCH 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](#).