

# Newsletter

Issue 20

MAY 2026

## Message from Dr Stephen Aras:



*After over half my lifetime as a Fulham GP and a third of a century after founding the Ashville Surgery I have decided the time is right to hang up my stethoscope once and for all. It has honestly been an honour and a privilege to serve multiple generations of Fulham families but all good things do eventually come to an end and I will be leaving the Ashville Surgery in the very capable hands of my fellow partners and staff.*

Ashville Staff and patients alike will miss Dr Aras when he leaves at the end of MAY 2026. We wish him all the best, and cannot put into words how inspirational he has been as a colleague, leader and clinician.



## Menopause Learn & Share Series

A 5-session series combining learning, wellbeing and peer support

### Who is it for and what to expect:

- For people who are experiencing (or soon to be experiencing) perimenopause or menopause
- A space designed for those going through these changes themselves

### Each session includes two elements:

- 1) **Learning and guidance:** an expert speaker will lead on the topic
- 2) **Peer support:** a relaxed, friendly space to connect and learn from one another

### Where and When:

Location: Fulham Library (upstairs in the Main Hall), 598 Fulham Rd, SW6 5NX  
When: Wednesdays, 5pm-6:45pm  
Cost: Free

- Session 1: 6th May – Introduction to Menopause
- Session 2: 20th May – Eating Well & Menopause
- Session 3: 3rd June – Movement & Menopause
- Session 4: 17th June – Wellbeing & Menopause
- Session 5: 1st July – GP Q&A + Reflection



Attend any sessions you're interested in or join us for the **full series**.

### How to enrol:

Email [tasmyn.all@nhs.net](mailto:tasmyn.all@nhs.net) with:

- Full name
- GP surgery
- Contact number
- Sessions you'd like to attend

If you're unable to email, please contact your GP surgery and ask them to message **Tasmyn** to express your interest in the Menopause series.  
**Email is preferred.**

Places will be allocated on a first-come, first-served basis, and there are 50 spaces available.



## Grilled plantain with fresh salsa recipe

A close relative of the banana, grilled ripe plantains are commonly eaten as a snack in many West African countries. They are naturally sweet, low in fat and are a good source of energy. They also make an excellent finger food for younger children.

Prep: 15 mins

Cook: 10 mins

Serves 4

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

**May Measure Month, 1st–31st May: Raised blood pressure is the number one cause of preventable death worldwide.**



- Over 10 million lives are lost each year due to high blood pressure
- Only 50% of people affected are aware their blood pressure is high

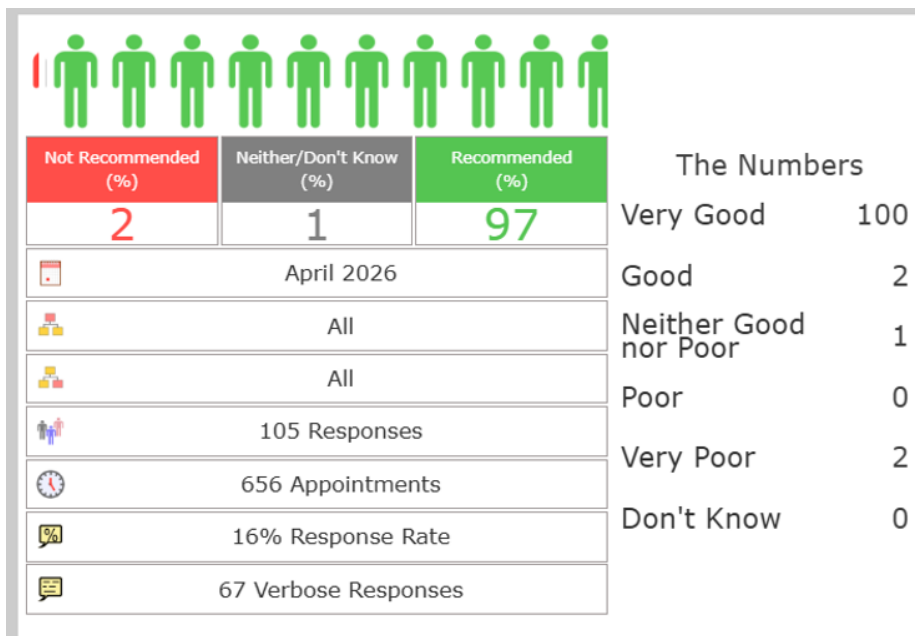
May Measurement Month is a global blood pressure screening awareness campaign, helping people to get their blood pressure checked every May, completely free, all across the world. It aims to:

Highlight the importance of measuring your blood pressure (BP)

- Raise awareness of the dangers of elevated BP and hypertension
- Increase the numbers of adults who regularly get their BP checked
- Help people understand how this can increase your knowledge about your health
- Provide diet and lifestyle advice to those with high BP
- Improve follow-up for sufferers
- Motivate governments to improve their countries' BP screening facilities

A quick arm squeeze could save millions of lives. Join in using the hashtag #TheBigSqueeze and find out more at <https://www.maymeasure.org>

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