



ASHVILLE



SURGERY

NHS

Newsletter

Issue 21

JUNE 2026

Message from Dr Stephen Aras – Senior GP Partner from 1993 to 2026

I would like to thank everyone connected with the Ashville Surgery, especially my patients and staff who have contributed so much over the last 33 years from the humble beginnings at 761 Fulham Road to what we have now at Swan House. I have received so many kind words, cards and gifts, too many to reply to individually but I do sincerely thank each and every one of you.

It has been an honour and a privilege to serve as a local SW6 GP for over half my lifetime but now it's time to say goodbye and thank you and to move on to pastures new. Having grown up in Parsons Green, attended Sullivan School and lived in the area for most of my life I will still maintain contact with the area so may well see you around!

I leave Swan House and the Ashville GP Partnership in excellent hands and wish you all the very best of health and happiness, Stephen

SANDS (Stillbirth and Neonatal Death Charity) Awareness Month, 1st– 30th June

Each year in the UK, over 4,000 babies are stillborn or die within the first four weeks of life.

SANDS was founded in 1978 by bereaved parents who had experienced a lack of support after the loss of a baby, and it has grown into a leading UK charity. It provides vital services, such as a free national helpline, local support groups, and online resources for anyone affected by baby loss. It also advocates for improved maternity care and works closely with healthcare professionals to improve training and support best practices.

SANDS Awareness Month provides a dedicated time for national conversation, remembrance, and action, helping to reduce stigma and promote understanding. There are lots of ways to get involved:

- Take part in fundraising events such as sponsored activities or community gatherings
- Share stories and resources on social media to help break the silence and spread awareness
- Wear the SANDS Awareness ribbon or other merchandise to show your support
- Attend remembrance services to honour babies who have died and support grieving families
- Donate to SANDS to help fund research, support services, and educational programmes

Find out more about SANDS and what you can do to support the cause at <https://www.sands.org.uk>.



Saving babies' lives.
Supporting bereaved families.

A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. Many people feel that caring is very important and rewarding, but it can be difficult, isolating and financially demanding, and often has a huge impact on the carer's own work and personal life. Caring without the right information and support can be tough.



8-14 June 2026

Carers Week is an annual campaign to raise awareness, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. You can find resources and help to understand more about caring and contribute to a carer-friendly society [here](#).

Coconut rice salad recipe

Add a taste of the tropics with this colourful rice salad – ideal for summer barbecues.



Prep: 15 mins
Cook: 30 mins
Serves 4 (as a side)

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

Here are some useful resources to keep you safe.

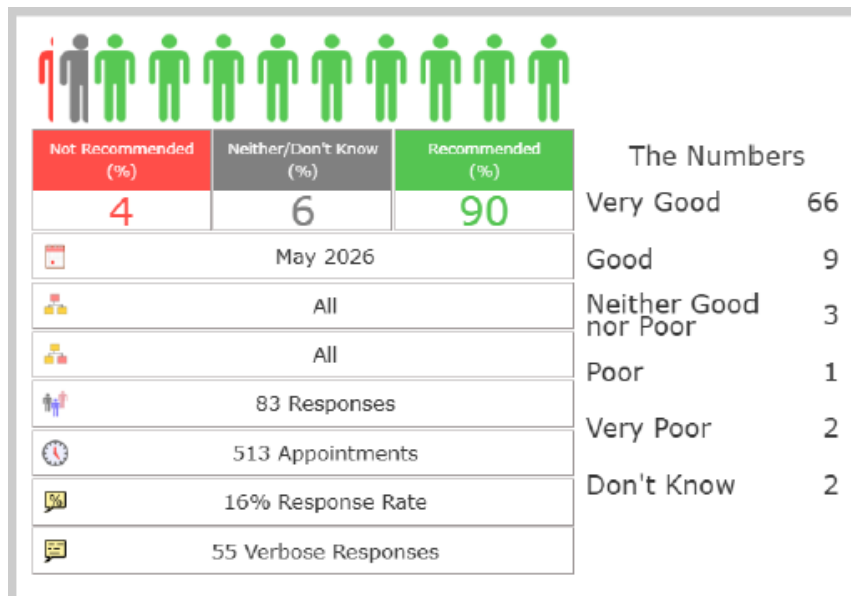


Sunscreen and sun safety – click [here](#)

Insect bites and stings – click [here](#)

Water, drinks and hydration – click [here](#)

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