



ASHVILLE



SURGERY

NHS

Newsletter

Issue 24

SEP 2026

Spotlight in August 2026...

We had a great PPG meeting this month — the last one for Magnus Nelson and the first for Linh Ha. We covered several topics, including paramedic services, autumn and winter vaccinations, PSA (Prostate Specific Antigen) testing, and Google reviews.

We're looking forward to the next meeting in three months and would love to see more new PPG members. If you're interested in getting involved in Ashville's development, you can register with us as written at the end of the newsletter.

Free Programme: Movement For Mind

Chelsea Foundation is offering a free 12-week exercise programme for adults 18+ with mild-to-moderate mental health difficulties. Weekly 60-min sessions, every Wednesday 4-5pm at Charing Cross Gym, in a supportive, welcoming setting.

Interested? Ask your GP or clinician about a referral - places are limited and fill up fast.



World Suicide Prevention Day
Changing the Narrative on Suicide



Join us for a meaningful gathering to mark World Suicide Prevention Day.

-  **Thursday 10 September**
-  **12 - 3.00pm**
-  **Microsoft Teams**

Together, we will hear insights from speakers across different services and create opportunities for people to speak openly and seek support.



Let's stand united against suicide and work together to ensure everyone feels valued, heard and supported.

◀ Scan the QR code to reserve a spot



World Suicide Prevention Day - 10 September

This year's theme, 'Changing the Narrative on Suicide', is about open, honest conversations that break down stigma. Join in by lighting a candle at 8pm to remember loved ones and support survivors.

Struggling, or worried about someone?

Samaritans are free to call, day or night: 116 123 or [samaritans.org](https://www.samaritans.org)

Snapshot of recent *Friends & Family* Feedback, AUG 2026. Click [here](#) for all results.



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
3	2	95
August 2026		
All		
All		
62 Responses		
511 Appointments		
12% Response Rate		
41 Verbose Responses		

The Numbers	
Very Good	55
Good	4
Neither Good nor Poor	1
Poor	1
Very Poor	1
Don't Know	0



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](#).