



Newsletter

Issue 25

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Spotlight in September 2026...

We were delighted to receive 13 positive Google reviews in September, helping to increase our Google rating from 3.1 to 3.3 stars. Thank you to all patients who took the time to share their feedback and support the Ashville Surgery team.

We welcome feedback through all available channels, and Google Reviews is one of the ways patients can share their experiences with us. If you would like to leave a review, please visit our Google Reviews page: [Leave a Google Review](#).

Alternatively, if you have any concerns, suggestions, or feedback that you would like to bring directly to our attention, please contact us by email at ashville.surgery@nhs.net. Your feedback helps us improve our services and provide the best possible care for our patients.

Thank you for helping us make Ashville Surgery better for everyone.

Flu Vaccination Season 2026/27

Flu season is here, and we encourage all eligible patients to protect themselves by having their free NHS flu vaccination at Ashville Surgery. If you are eligible, please contact us via Patchs or call the surgery on 020 7371 7171 to arrange your appointment.

If you have not yet booked from our 1st invitation, please also expect our **second invitation message in November**, which will include a convenient self-booking link.

Getting vaccinated is the best way to help protect yourself and those around you during the winter months.

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET
THIRSTY
TIRED
THINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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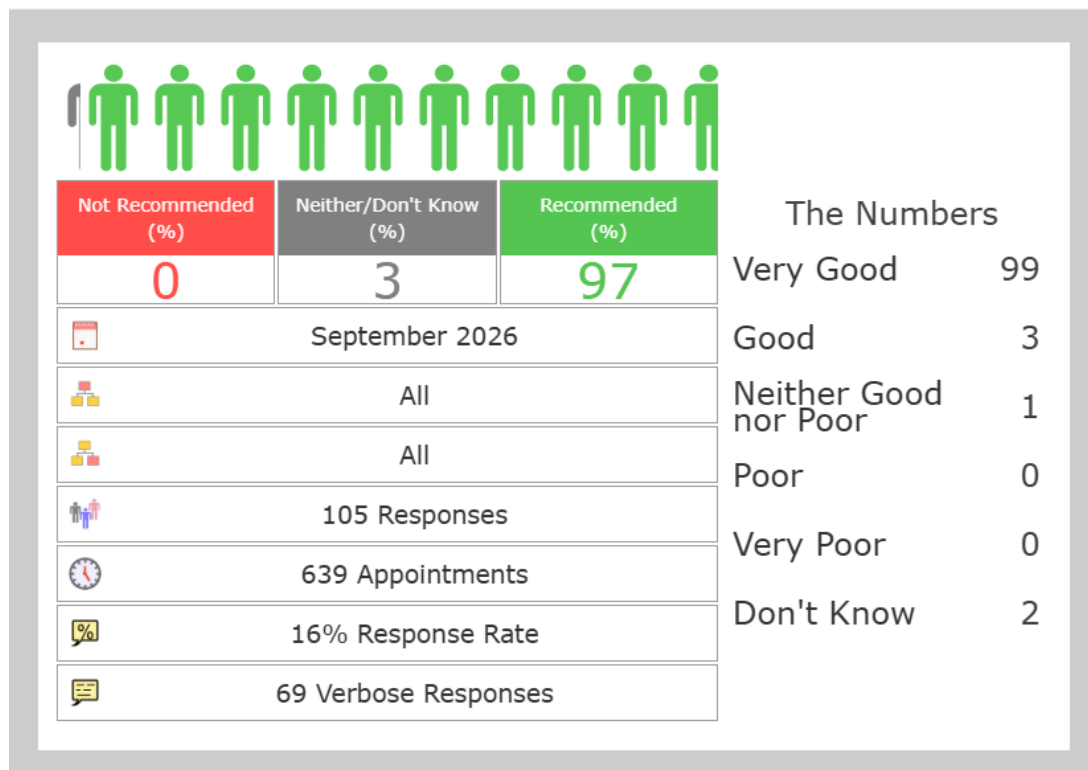
Know the 4 Ts of Type 1 Diabetes

Type 1 diabetes can develop quickly, especially in children and young people, so it is important to recognise the early warning signs. Diabetes UK refers to these as the **4 Ts**:

Toilet (going to the toilet more often),
Thirsty (being unusually thirsty),
Tired (feeling more tired than usual), and
Thinner (losing weight without trying).

If you or your child experience any of these symptoms, please contact the surgery promptly for advice and testing. Early diagnosis and treatment can help prevent serious illness.

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