ASH GROVE MEDICAL CENTRE Newsletter



AUTUMN / WINTER 2026

A Message From Your Practice

As the days get shorter and the weather turns colder, we'd like to share updates from the practice and highlight the many ways we can support your health and wellbeing this autumn and winter.



PRACTICE NEWS

Thank You & Farewell

- Lyndsey (ACP)
- Dr Maria (GP Registrar)

Thank you for your dedication and contribution to our patients and practice.

MEET OUR NEW GP TRAINEES



Dr Aleena and **Dr Tanvir** have joined the practice as part of their specialist GP training programme.

WELCOME TO THE TEAM

- **Kelly** - Practice Nurse
- **Denise** - Practice Nurse
- **Bernie** - Practice Nurse
- **Dr Shujaat** - Salaried GP
- **Dr Eric** - PCN GP
- **Alex** - Patient Coordinator
- **Julie** - Patient Coordinator
- **Christen** - Prescription Administrator
- **Natalie** - ANP

FEATURE ARTICLE

Meet Stacy, Our Mental Health Nurse



- Mental health assessments
- Support and guidance
- Signposting to local services
- Ongoing patient support

If you're struggling, please talk to us.

DID YOU KNOW?

PHARMACY FIRST

Your local pharmacist can assess and treat:

- Earache
- Sore throat
- Sinusitis
- Shingles
- Impetigo
- Infected insect bites
- Simple UTIs

Expert care without needing a GP appointment.

ASH GROVE MEDICAL CENTRE

01977 673141
www.ashgrovesurgery.co.uk
Facebook: Ash Grove Medical Centre

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WINTER HEALTH HUB

Support for a healthier, happier winter

HEALTH & WELLBEING COACHING

Support with:

- Healthy eating
- Weight management
- Exercise
- Long-term conditions
- Lifestyle changes

Small changes can make a big difference.

SOCIAL PRESCRIBING

Support with:

- Loneliness
- Housing concerns
- Welfare advice
- Employment support
- Community activities



CHOOSING THE RIGHT NHS SERVICE

- **Pharmacy →** Minor illness & medicines
- **NHS 111 →** Urgent medical advice
- **Wellbeing Coach →** Lifestyle support
- **Social Prescribing →** Practical support
- **Mental Health Nurse →** Mental health support

NOT EVERY COUGH NEEDS ANTIBIOTICS

Most coughs, colds and flu are caused by viruses.

What Helps?

- Rest
- Fluids
- Honey and lemon
- Pharmacy advice
- Time to recover



WHEN SHOULD I SEEK URGENT HELP?

Seek urgent medical help if you:

- Struggle to breathe
- Experience chest pain
- Cough up blood
- Feel severely unwell
- Are rapidly deteriorating

NHS 111

FROM ALL OF US AT ASH GROVE MEDICAL CENTRE



Thank you for your continued support and patience.
Stay warm, stay well and take care this autumn and winter.

WINTER WELLBEING CHECKLIST

- Keep your home warm
- Have enough medication available
- Dress for the weather
- Check on vulnerable friends and relatives
- Ask for support if money worries are affecting your wellbeing

PROTECT YOURSELF THIS WINTER

Flu & COVID-19 Vaccinations

Eligible patients will be invited for seasonal vaccinations.

Vaccination remains one of the best ways to protect yourself and those around you.

SCREENING SAVES LIVES

Make sure you're up to date with your NHS health screening:

- NHS Health Check (ages 40–74)
- Cervical Screening
- Bowel Cancer Screening
- Breast Screening

Early detection can make all the difference.

WE'RE HERE FOR YOU

If you need advice, support or an appointment, please get in touch – we're here to help.

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