



## Are Your Vaccines Up To Date?

ASK YOUR GP ABOUT VACCINATION TODAY



### Shingles



Is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

The shingles vaccine is recommended for some older adults and people with a severely weakened immune system. 65 or older or want to know more? Click the image above or scan the QR code with your camera app on your mobile phone.

### Measles



UK Health Security Agency statistics:

- There have been **733** confirmed cases of measles since October 2023
- Although the **majority** (63%) of cases were in children **under the age of 10**, almost a **third 29.5%** (216) were found in **young people and adults over the age of 15**.

Age group	Vaccines	To protect your child against
Babies less than 12 months	6 in one vaccine	Diphtheria, hepatitis B, polio, haemophilus influenzae type b (Hib), tetanus, whooping cough
	Pneumococcal vaccine	Pneumonia, sepsis (blood poisoning), meningitis
	Rotavirus vaccine	Rotavirus
	MenB vaccine	Meningitis and sepsis
Toddlers aged 1 to 3	Pneumococcal vaccine	Pneumonia, sepsis (blood poisoning), meningitis
	MenB vaccine	Meningitis and sepsis
	Hib B / Men C	Haemophilus influenzae type b (Hib) and meningitis C
	MMR	Measles, mumps and rubella
Children aged 3 to 11	Children's flu vaccine	Flu
	MMR	Measles, mumps and rubella
	4 in 1 pre-school booster	Diphtheria, tetanus, polio, whooping cough
Teenagers aged 12 to 14	HPV vaccine	Cancers caused by the human papillomavirus (HPV)
	3 in 1 teenage booster	Diphtheria, tetanus, polio
	MenACWY vaccine	Meningitis and sepsis

## Practice News

### Easter Closing Times

Ashlea Medical Practice will be closed from:

**6.30pm Thursday 28th March - 8am Tuesday 2nd April.**



**Call 999 in a Medical Emergency or 111 for NHS/GP help and advice.**

**Ashlea Medical Practice consists of 2 Surgeries with almost 22,000 patients; Gilbert House in Ashted (GH) Linden House in Leatherhead (LH)**

The needs of patients at the two sites varies.

Many at GH prefer to use the telephone to contact the Surgery whilst many at LH miss the opportunity to contact the Surgery using the online system. GP's and staff are aware that patients struggle to get through, especially at the usual busy times of 8am-10am in the morning and even more so on Mondays and Fridays.

The current website was not designed purely for AMP and its patients. It is linked to the NHS app and the Practice had little, to no, input as to how it works.

The Practice is continuing to explore ways to make the process of contacting the Surgery easier for everyone.

**If you need an urgent/same day appointment request with a GP please call between 8am-10am**

**For all non-urgent appointments or queries call after 10am or after 3pm**

Visit a **Pharmacy First\*** for diagnosis and medication or prescription for certain conditions.

For test results call **after 2pm or visit the website/NHS app** [www.ashlea.nhs.uk](http://www.ashlea.nhs.uk)

\*see March Newsletter for details





## Stress Awareness Month...

.....has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic.



According to the Mental Health Foundation in 2021 **74% of UK adults have felt so stressed at some point they have felt overwhelmed or unable to cope.**



As part of **Stress Awareness Month** there is a **30 day challenge** which encourages you to pick one action each day to benefit either your **physical, mental or emotional wellbeing.**

\*\* Click the image at the top or scan QR code to find out more. \*\*

### Coping with Stress Support Group

Run by the Leatherhead Primary Care Network (PCN) Wellbeing Team

A 5 week course starting on 16th April in Bookham.

**Stressed? Anxious? Overwhelmed? Unable to Cope?**  
**"Understand Stress and how it shows up in your body"**

Learn tools and strategies to manage stress. Expect a relaxing, non-judgemental and safe environment to talk about how you are feeling with others who may be feeling the same way.

**If you would like to find out more or to sign up then contact:**

**Erin Burrow on 07510 385281 or [erin.burrow@nhs.net](mailto:erin.burrow@nhs.net)**



### Secure. Flexible. Trustworthy.

Want to order a repeat prescription at 7pm on a Saturday?

Want to know if your prescription is ready and where - instantly?

Want to view your health records and test results?

Want a list of all your medications right now?

*All this, and more, is available to you on the NHS App. Helping you take control of your own healthcare.*



Scan Click Download now



*Diet, weight management and exercise all play an important role in reducing your risk of developing bowel cancer.*



## Bowel Cancer Awareness Month

click



**Received your invite for a FIT test? IT.COULD.SAVE.YOUR.LIFE!!!! DO IT!!!!**

Certain risk factors include:

- Aged over 50
- A strong family history of bowel cancer
- A history of non-cancerous growths (polyps) in your bowel
- Longstanding inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- Type 2 diabetes
- An unhealthy lifestyle

### Knowing the 5 key symptoms of bowel cancer could save your life

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss

- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

If you have any of these 5 symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.



**#KnowTheHigh**

### Reading this printed out in the Surgery or on facebook?

Please email us and join our distribution list to enjoy an interactive and more user friendly Newsletter sent direct to you as we publish.



[ashlea.ppg@gmail.com](mailto:ashlea.ppg@gmail.com)

