

NHS Vaccination Programme

Children vaccinated at age 12–13 against HPV have close to **zero** risk of dying from cervical cancer before the age of 30
(BBC News 18th June'26)

Two-dose MenB vaccine to be offered to all eligible* young people ahead of the autumn as part of a one-off vaccination programme in England
(Gov.uk 12th June'26)
*see below

Vaccines are the most efficient and effective way to prevent the spread of some serious and nasty illnesses and to protect both adults and children from them and their possible side-effects. The NHS vaccination program starts at 8 weeks old.

Click on the link below or scan the QR code for more information, to check eligibility* for the latest MenB vaccine (available from pharmacies, not from the GP Practice) and to check whether you or your child are up to date.



It is easy to catch up with any **missed vaccinations** by contacting your surgery. Click [here](#) to go to Ashlea Medical Practice website 'Contact us - routine medical request form' and get in touch to make sure vaccinations for you or your child are up to date and to book any that have been missed or are due.

Practice News

Welcome Dr Jago!

New GP Appointment Linden House



"Hello, I am Dr Harry Jago, I wanted to take this opportunity to introduce myself. I was born in London and grew up on the Isle of Wight. My medical education journey has taken me to many

different places over the years, including Newcastle, Grenada, New York, Brighton and Kent, before eventually settling in Surrey.

Since completing my GP training through Epsom Hospital, Gilbert House and Nork Clinic, I have worked across a number of local GP practices as well as at Leatherhead Hospital, and I am delighted to have joined the team at Linden House Surgery.

One of the things I enjoy most about general practice is getting to know patients and being part of the local community. I look forward to meeting many of you over the coming months and helping you with your healthcare needs.

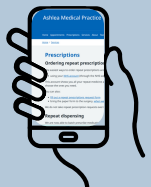
Thank you for making me feel so welcome at Linden House."

June Practice Statistics



75% of our patients use their NHS App in some way. Last month that resulted in 19,731 NHS App logins and 4 registrations to become an organ donor.

June saw over **11,000 telephone calls** to the practice. Almost 1,100 of these were requests for a call-back so patients did not need to wait in a queue.



The **website** continues to grow in popularity with **60% of users accessing via a mobile device.**

In the last quarter there has been over 4,000 views of the prescription requests page alone.



Patients are also engaging more with the **website chat bot, Ashleigh** with over 300 questions asked of her.

Practice website:
www.ashlea.nhs.uk



Need an **URGENT** Appointment?
Same day or very soon - Ring in from 8am.
For non-urgent, go online or ring after 10am.



Contact PPG - 'patient voice'
(non-medical volunteer group)
ashlea.ppg@gmail.com



Linden House 01372 375666



Gilbert House 01372 276385





Ashtead Good Neighbours

Continuing with this important topic from last month's newsletter, Ashtead Good Neighbours (AGN) - has been a very **successful voluntary organisation over the past 22 years** and it is clear how beneficial a similar organisation would be to **Leatherhead** and of course, patients at **Linden House Surgery**.

We are just one of many "Good Neighbour" groups in Surrey and yet Leatherhead sadly misses out on the benefits it offers to residents; going to the GP, hospitals, physio, dentist, optician etc.



Our Ashtead clients offer nothing but praise and thanks for the drivers and in turn, there is huge satisfaction for the drivers themselves, as they enjoy the company of the clients and listening to the many interesting stories they tell; sometimes the driver is the only person our clients have spoken to in days.

Interested? If you are from Leatherhead or Fetcham and would be interested in forming part of the **admin team** for a Leatherhead Good Neighbours scheme, or want to know more about **becoming a driver** - we can help to point you in the right direction to take it further. Good Neighbour Schemes are part of the Surrey Community Action Group and they are very aware of the need for a Leatherhead group and are more than keen to help set this up.

Please contact AGN for further information

 [**ashteadgn@gmail.com**](mailto:ashteadgn@gmail.com)

 **Do you live in Ashtead?** 
AGN always needs more drivers too!

Symptoms of Heat Exhaustion and Heatstroke

The symptoms of heat exhaustion include:

- tiredness
- dizziness
- headache
- a high temperature
- being very thirsty
- feeling sick (nausea) or being sick (vomiting)
- excessive sweating and skin becoming pale and clammy (a change in skin colour can be harder to see on brown or black skin)
- cramps in the arms, legs and stomach
- feeling irritable



The symptoms of heat exhaustion are often the same in adults and children.

If someone is showing signs of heat exhaustion they need to be cooled down and given fluids.

Things you can do to cool someone down;

- **Move them to a cool place.**
- **Remove all unnecessary clothing** like a jacket or socks.
- **Give them plenty of water to drink** - you can also give them an isotonic sports drink or oral rehydration powder that you mix with water, which will help replace salt lost through sweating.
- **Cool their skin** - spray or sponge them with cool water and fan them. Cold packs, wrapped in a cloth and put under the armpits or on the neck are good too.

Stay with them until they're better, they should start to cool down and feel better within 30 minutes.

The symptoms of heatstroke include:

- a very high temperature
- hot skin without sweating
- fast breathing and a fast heartbeat
- confusion and restlessness
- seizure (fit)
- loss of consciousness



Heatstroke is a medical emergency, and requires IMMEDIATE medical help.

Any doubt call 111 or 999

We can email our Newsletter direct to your inbox monthly as we publish.

Contact us now and we will add you to our distribution list



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

