

Youth Fundraisers *Step Up For The Community!*

This August, the **children of the Friends of Ashlea Medical Practice charity** will be running a sponsored sporting event during their summer holidays to raise funds for **Friends of AMP and the Leatherhead Community Hub**.

Why Sport?

We are deeply mindful of the rise in childhood obesity across the UK. Recent data shows over 36 % of primary school children are now above a healthy weight, and projections suggest that by 2034–35 this could climb to 41 %. Furthermore, nearly 1 in 10 reception-aged children (4–5 years) are now classified as obese—and over 22 % of Year 6 (10–11 years) fall into the same category.

These numbers sound alarm bells—physical inactivity and unhealthy diets are contributing to health complications that can last a lifetime. That's why our young athletes are taking to the field: to get moving, inspire healthy habits, and bring the community together. We have chosen a sporting theme not only to raise vital funds, but also to promote physical activity among children — especially as concerns grow around rising levels of childhood obesity. It's a fun way to get bodies moving, build healthy habits, and support our local community at the same time!



If you'd like to support the event, click [here](#) or scan, see donation details at the Practice and in the newsletter and Facebook.


Let's cheer on our young fundraisers and champion healthier futures for all!



[Healthier Families](#) - Home - NHS is a great resource for families to look up ideas, recipes and inspiration for healthier living.

Message from your PPG

Thank you for your continued support of this newsletter. As a volunteer group, we are going to enjoy spending the summer focusing on our families so, as with previous years, there will be no August edition and we will be back again in September.

We wish all patients of Linden and Gilbert House a happy summer. Stay safe, hydrated and protected from this lovely sun which is certainly featuring heavily this year! 

Practice News

Atrial Fibrillation (AF) Day

As mentioned in the June Newsletter, your surgery has two heart rhythm monitors called Kardia Alivecor. These can detect 6 abnormal heart rhythms (arrhythmias) within 30 seconds.

Atrial fibrillation (AF), which may develop without any symptoms, is the most common arrhythmia and increases the risk of strokes.



Many of these can be prevented by screening and early diagnosis and the use of appropriate anticoagulation therapy.

The PPG will again assist the Practice to run their next AF detection day on 12th September, which will take place at, and is for, Linden House patients since the last one was at Gilbert House.

This session is by INVITATION ONLY and patients will be contacted directly by the Practice.

Planning Ahead - Flu Clinics

The Practice usually run four flu clinics in October, two at each site. Clinics run in the morning to early afternoon and there are enough slots for everyone that is eligible, including (but not limited to);

- People aged 65 years and over.
- Individuals aged 18 to 64 years with specific health conditions.
- Pregnant women.
- Individuals living and working in long-stay residential care homes.
- Those receiving carer's allowance.
- Close contacts of people with weakened immune systems.

Support your Practice and book your flu jab in at either Linden House or Gilbert House when bookings open in September.

'Digital Window'

From 1st AUGUST 2025, during the hours of 1 - 2 pm, we will be trialling the opening of our 'Digital Window' for routine, non-urgent health queries.

Please see the next page for details.....

Practice website:
www.ashlea.nhs.uk



Call 8-10am for an URGENT Appointment
Call AFTER 10am for Non-Urgent app



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

Linden House 01372 375666



Gilbert House 01372 276385

Digital Window

You asked, we listened.

Our recent Patient Survey highlighted the need for more online access.

From 1st AUGUST 2025, during the hours of 1-2pm*
we will be trialling the opening of our 'Digital Window'
for routine, non-urgent, health queries.

ashlea.nhs.uk/services/request-an-appointment/

Follow this link between 1-2pm Mon-Fri for all non-urgent queries/appointments



Routine health queries include:

- Non urgent GP appointments
- Routine Nursing appointments e.g. smears, immunisations
- Medication requests/queries
- Appointments with our Clinical Pharmacists or First Contact Physios
- Other queries i.e. regarding NHS App, sick notes or hospital letters

IMPORTANT !

NOT TO BE USED FOR URGENT SAME DAY -

If your query is **urgent** or you need an on the day appointment, please contact us as usual at **8am Monday to Friday by phone.**

**Our phones lines remain closed from 1:00 pm to 2:00 pm*

Type 1 Diabetes Awareness.....

.....a personal journey, by Gilbert House Surgery,
Patient Care CoOrdinator, Chelsey

*"In November 2024, my daughter Brooke, then **just two years old**, was **unexpectedly diagnosed with Type 1 diabetes** after being admitted to hospital in diabetic ketoacidosis (DKA).*

***DKA is a serious and potentially life-threatening complication of undiagnosed or poorly managed Type 1 diabetes.** It happens when the body starts breaking down fat too quickly for energy due to a lack of insulin causing a dangerous buildup of acids called ketones in the blood. Symptoms include extreme thirst, vomiting, rapid breathing, confusion, and if untreated, can lead to coma or death.*

It often requires urgent hospital care, as was the case for Brooke. After a five-night hospital stay, we returned home to begin a new chapter in her care. Brooke has shown incredible bravery since—managing daily finger pricks, multiple daily insulin injections (MDI), and frequent hospital visits. Now, seven months on, she uses a Dexcom G6 continuous glucose monitor (CGM) and the Omnipod 5 insulin pump system, which have helped us manage her condition more effectively.



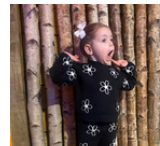
I'm passionate about raising awareness of the early signs of Type 1 diabetes, especially in children. Please remember the 4 T's:



- Toilet – frequent urination
- Thirsty – persistent thirst
- Tired – unusual fatigue
- Thinner – sudden weight loss



*To support Diabetes UK and raise vital funds for research and support services, I'll be taking on a **15,000ft charity skydive on the 20th of July.** Any donations or support are greatly appreciated as we work towards a future with better outcomes for children like Brooke. Thank you" ❤️*



Chelsey's fundraiser
for Diabetes UK

Click or scan to donate



Local Housing/Development Plan and Impact

Your PPG is concerned that the housing developments that have been approved by MVDC in both Leatherhead & Ashted could result in an additional 3,000 potential patients. Our Practice is already finding it challenging to meet the current demand, and without major improvements and investment in Primary Care infrastructure, they may not be able to cope with this increase in the local population.

Consequently Ashted Residents Association, St Stephens PPG & your Ashlea Medical Practice PPG have decided to work together to ensure that the health needs of patients are not forgotten or dismissed.

Our first step has been to write to our MP, Helen Maguire; we await her response. We will keep patients informed of our actions and progress.



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

Contact us now and we will add you to our mailing list - ashlea.ppg@gmail.com