

Ashlea Medical Practice Patient Participation Group

Thank you to those of you that attended our AGM at the end of April. **We welcomed our new Chair, Jayne, and also a new GP Lead, Dr Philippa Williams.**

Although the PPG (Patient Participation Group) is not employed by the Practice and is purely a voluntary group of their patients, we do work closely with the Practice, acting in the role of 'The Patient Voice'. We meet around 5-6 times a year and we are very fortunate that Ashlea Medical Practice is so involved with the PPG allowing for open communication and ongoing support.

As a patient at AMP, you are also part of our PPG. 😊 In receiving this newsletter you are playing a role in communication; staying informed about ongoing changes and improvements at the practice.

Most PPG's around the UK do not have an active PPG and very few have a regular newsletter. We pride ourselves in actively supporting the practice with events like flu clinics and AF clinics and creating Patient Surveys which is the most efficient way of reaching as many patients as possible which then feeds back to the practice about what is working and what could be improved.

If you are interested in assisting with clinics or taking part in other ways with the PPG, then to find out more, please do contact us via our email.

ashlea.ppg@gmail.com

To stress once more, the PPG are not employed by the Practice. We are not medically trained and have no access to your records. We are not aware of any personal or medical information. You are welcome to raise general feedback to us concerning matters which affect the patient community as a whole.



Dr Pippa Williams (left)
GP Lead for PPG and our
PPG Chair, Jayne (right)

Practice News

New GP Appointment Linden House

Dr Harry Jago joins us on Monday 8th June and will be working 6 sessions per week. This is particularly great news as Harry completed his GP training with Ashlea Medical Practice at Gilbert House last year.

Full introduction in July Newsletter.

Blue Badge Parking at Linden House Surgery

Patients at Linden House will be aware that there are **five 30 minute free parking bays, available to every body**, in the main car park across the road, and that to use these free bays you need to display a free ticket from the machine.

 **This also applies to Blue Badge holders** 

Although a blue badge does entitle you to free parking under many conditions, you do **STILL NEED TO GET A FREE TICKET FROM THE MACHINE**. Failure to get a ticket will result in a parking fine, even if you display your badge.

However, this **does not apply** to the disabled parking spot right outside the door to the surgery - here your blue badge is all that is required.

Patient Services Manager

Welcome to Karen Andrew, who has joined the Practice as a Patient Services Manager.

Karen teams up with Elaine, both of whom are based across both surgeries.



"My name is Karen and I joined Ashlea Medical Practice in February. I live locally in Cheam and am a mum of 2 boys. My eldest son Reece has lived in Dubai for 7



years and so I have been lucky to have had a few holidays. My youngest son Lewis has blessed me with my granddaughter Delilah-Ann who is now 3 years old.

I very much look forward to working and supporting my new colleagues."

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





Lynda, our PPG Secretary, wears many hats!! For the past 11 years Lynda has also volunteered for **Ashtead Good Neighbours (AGN)** - an independently run organisation comprising of over 100 volunteers, helping nearly 300 Ashtead residents.

Their aim is to provide a helping hand when it is needed. Mostly this involves driving a client to a health-related appointment, waiting with them and then bringing them safely home again. They can also occasionally help our with other things such as shopping

Lynda's talk at our AGM was well received and raised interest about the possibility of a similar scheme in Leatherhead. Undoubtedly this would be of great use to our Leatherhead/Linden House patients.

To find out more about AGN or to discuss the possibility about being part of a Leatherhead Good Neighbours scheme please visit their website by clicking the image in the title or email us here at the PPG to express your interest.



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Community Assess & Support Day (CASD)

Your local NHS community provider, Surrey Downs Health & Care, has joined forces with local community partners to help support you in living a longer, healthier life.

Everyone is welcome!

**Thursday 4th June
08:45 - 14:30**

**Leatherhead Leisure Centre
Guildford Road, Fetcham
Leatherhead, KT22 9AS**

N.B Appointments for Physiotherapy, Podiatry and the Diabetes service are by invitation only



- **Community & charity groups**
- **Financial advice**
- **Health advice**
- **Employment advice**
- **Care services**
- **Exercise class tasters**



1
Tilt your head back
submerging your ears.



2
Relax
and control your breathing.



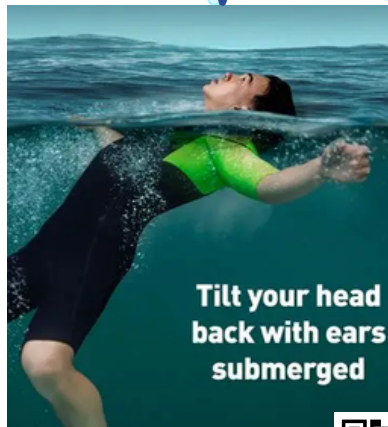
3
Move your hands and legs
to help you stay afloat.



4
Your legs may sink - that's OK
everyone floats differently.



5
Find your float
by practising at a
supervised location.



Float to Live

The best way to float is to tilt your head back with your ears submerged. Try to relax and breathe normally. You can gently move your hands and legs to help you stay afloat if you need to. Spread your arms and legs out to improve stability – and it's OK if your legs sink, **we all float differently**. Once your breathing is under control, call for help or swim to safety. Practise floating in a supervised location like a swimming pool.



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

