

Ashlea Medical Practice Patient Participation Group

The Patient Participation Group (PPG) is all about you, our patients, giving feedback on the care you receive.



Have a say about your views on what we do in the practice, our staff, services, appointments and how we meet your needs.

We want you to receive the best possible treatment in all aspects of your care and want you to participate in the choices and plans we make.

There is long standing evidence and recognition of the success of the PPG model as one that empowers patients, supports practices and leads to high quality responsive services.

PPG Annual General Meeting

Thursday 30th April
7.30pm - 9.30pm

Ralli Room, Ashted Peace Memorial Hall,
(side entrance by carpark)

Woodfield Ln, Ashted KT21 2BE

Dr Pippa
Williams
AMP/PPG

SPEAKERS

Leah Boylan
Arthritis Action

Lynda PPG/
Ashted
Good
Neighbours

More information will be sent out via email and our fb group prior to the date. Please join our mailing list now if you haven't already done so.

Due to time constraints on the night, please submit your question now and we will endeavour to have a reply for you.

ashlea.ppg@gmail.com

**Everyone is welcome.
Stay informed, get involved!**

Arrive from 7.15pm for teas, coffee, biscuits

Practice News

Parking at Gilbert House Surgery

Following a number of recent safety incidents, we have recently reviewed the parking arrangements at Gilbert House. Our team has also grown in recent months as we continue to expand the services we provide for patients.

As a result, we are in the process of clearly marking a few additional parking spaces for staff alongside those already in place. While this means there will be a slight reduction in the number of patient spaces within the car park, we believe there is still sufficient parking available on site and in the immediate surrounding area.

The safety of our patients and staff is very important to us, and we hope you will understand the reasons for these changes. Thank you for your cooperation and understanding.

“When is my need ‘Urgent?’”



“Do I ring or use the form?”

It is hard to define exactly when someone has an ‘urgent/on the day need’ and someone else does not, **so -**



**If in doubt - please call us -
we would rather you do.**



If you feel you need to see a doctor today, tomorrow or very soon, please call us as we would class this as an urgent/on the day need.

The Following Is As A Guide Only -

For non-urgent matters like routine or annual tests, recurring issues, mild symptoms you would like checked, or follow-ups from previous appointments please complete our online form or call us after 10am. We will review your online request and respond with the most appropriate next steps within 3 working days.

<https://www.ashlea.nhs.uk/services/appointments/>



Spotlight on - Tourette Syndrome (TS)

So you think you know what Tourettes is?

- The highly acclaimed and award winning film 'I Swear' has helped raise awareness of this condition.
- 'Tics' are a key feature of TS.
- ADHD, OCD and Anxiety can often accompany a TS diagnosis.
- Less than 20% of people with Tourettes display the well know symptom of involuntary swearing.



What is Tourettes Syndrome?

Tourette syndrome (TS) is a genetically determined neurological condition. It affects one school child in every hundred and is more common amongst boys. Over 300,000 children and adults are living with TS in the UK.

Key Features

The key features are tics – involuntary sounds and movements, which must be present for at least 12 months to meet the diagnostic criteria. Up to 85% of people with TS will also experience co-occurring conditions and features which might include attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), and anxiety. Visit our Symptoms page for further information.

Destroying the myths about TS

The biggest misconception around TS is that everybody with the condition will swear or say socially inappropriate things. Coprolalia is the clinical term for tics that produce socially unacceptable words; and only approximately 10-30% of people with TS have this symptom.

Tourettes Action is a UK wide charity dedicated to supporting individuals with Tourettes Syndrome and their families. Click their logo to access the full website with tons of information and support.

Support in everyday life for people living with TS

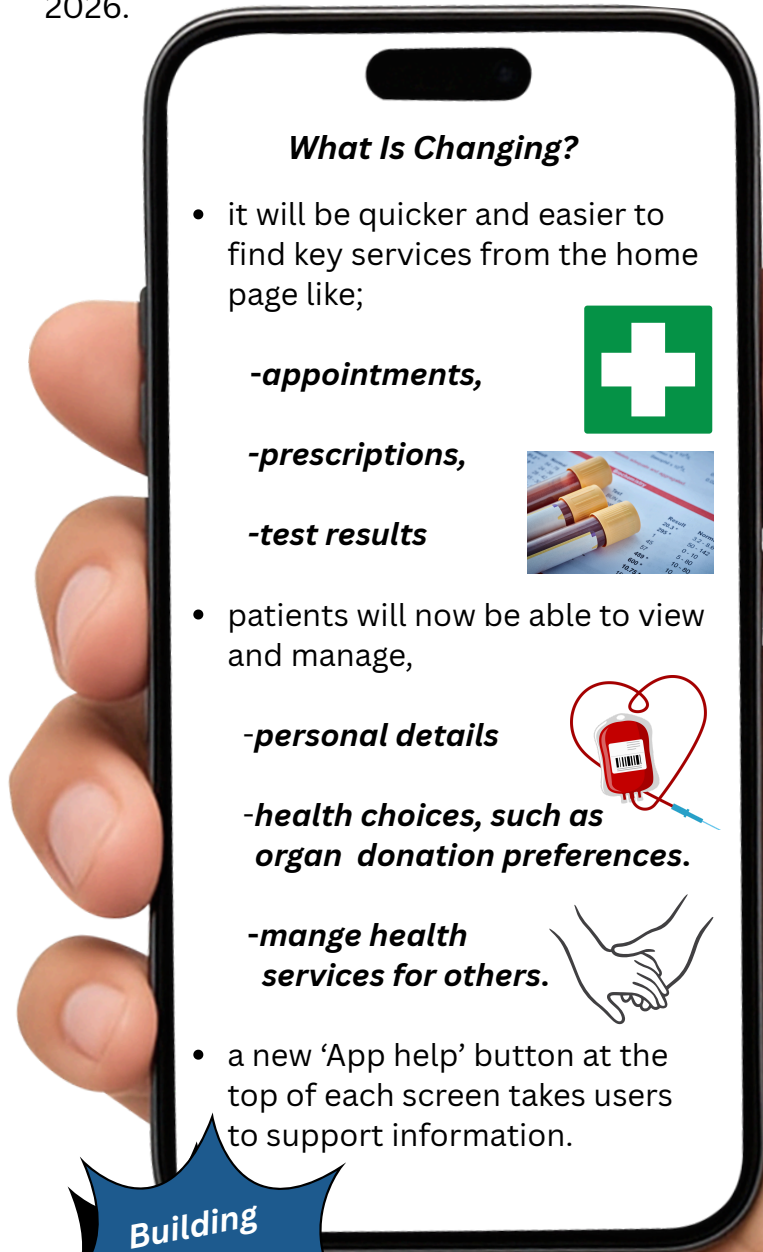
Exam Access Arrangements - everything parents need to know



Manage your healthcare

Download the NHS app today

Over the coming weeks, you will start to notice that the **NHS App is updating**. This will happen automatically for those who have auto-updates installed. Those who don't will be prompted to update the App later in the roll out, which will begin by the end of March 2026.



Building an NHS fit for the future

Click at the top or scan QR to download the app today



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



HELP US SUPPORT THOSE WHO ARE LIVING WITH DEMENTIA
IN OUR COMMUNITY AND JOIN US FOR OUR

DEMENTIA AWARENESS EVENT

If you would like to find out more about dementia and how you can support those living with it to continue to live rewarding lives in a supportive community, please join us for a free, informal Dementia Awareness session.

No need to register, just pop along - everyone is welcome.

Advice & support on the day from:

**Health | Adult Social Care |
Local community groups**

Join us on:

**Wed 15th April
Leatherhead Library**

**Fri 22nd May
Epsom Library**

