

**Young Fundraisers Make a Big
Impact This Summer with....**

**Over
£1,000
raised!**

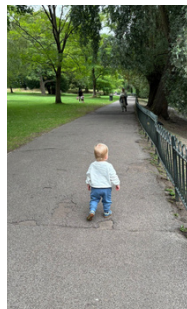
Thank You to everyone for your generous donations!

Can YOU help us reach our goal

of £2000 ??

CLICK HERE

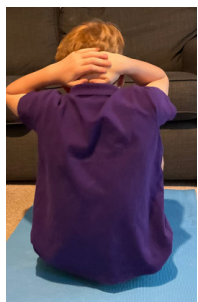
This August, the children of the Friends of Ashlea Medical Practice charity successfully hosted a sponsored sporting event during their summer holidays, raising valuable funds for [Friends of AMP](#) and the [Leatherhead Community Hub](#).



The event was not just about fundraising – it was also a response to **the growing concern over childhood obesity in the UK**. With more than 36% of primary school children above a healthy weight, the young participants took to the field to promote physical activity, build healthy habits, and inspire others in the community to do the same



The sporting theme brought fun, energy, and a positive message to the local area, highlighting the importance of healthier lifestyles for children.



Families looking to continue the momentum can also find great tips, recipes, and inspiration for healthier living on the [NHS Healthier Families](#) website.



Flu Clinics + RSV

Flu clinics take place this October at the Practice. If you have not received your invitation to book and believe you are eligible, please contact the Practice today.

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. RSV infections usually get better by themselves, but can sometimes be serious for babies and older adults.

Those at risk from RSV include:

- babies under 6 months old
- young children who were born prematurely
- adults over 75 years

Please contact the Practice to discuss the RSV vaccine or click [here](#) for more details.



Covid Vaccine

Running 1st Oct - 31st Jan 2026 the Autumn Covid program is now underway. Please book via the NHS app or website or visit your local pharmacist. AMP patients that are registered as housebound will be contacted to arrange a time for theirs.



Their incredible efforts included:

- Press-ups and sit-ups,
- 5 laps of Rosebery Park,
- a 5k hike along Campuhan Ridge in Bali,
- a 15km cycle along the stunning Seven Sisters coastline and a fun and an active sponsored dog walk.

A heartfelt “thank you!” goes out to all the amazing children who took part, giving their energy and enthusiasm to such a meaningful cause – and to everyone who donated and supported the event. Your generosity and encouragement makes a real difference.

And it's not too late to help! If you would still like to contribute, donations are still welcome. Please use the QR code or click on the link.

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

Atrial Fibrillation Awareness... **.....A Valuable Initiative**

In September, Linden House hosted its Atrial Fibrillation (AF) Awareness Clinic.

The AF detection monitors were generously **donated to the Practice by funds raised by the charity, The Friends of Ashlea Medical Practice.**

Dr Dalia Jacob and Dr Philippa Williams kindly came in on their days off to run the clinic, providing essential support that proved potentially life-changing for several patients.



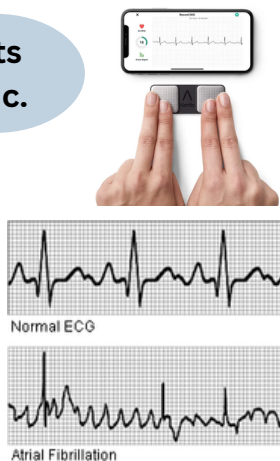
Atrial Fibrillation (AF) is a heart rhythm condition where the upper chambers (atria) of the heart beat irregularly due to chaotic electrical signals. When AF occurs with a rapid ventricular response (RVR), the lower chambers (ventricles) also beat quickly, which can cause symptoms such as palpitations, breathlessness, or dizziness.

Although some people may not experience symptoms, AF—especially with RVR—can increase the risk of serious complications like stroke and typically requires further medical investigation and management.

During the clinic, several patients were flagged by the monitoring devices as having possible signs of Atrial Fibrillation. These patients were referred for further assessment and diagnostic testing to confirm whether AF was present. In one case, a patient who had no

noticeable symptoms was found to have readings suggestive of 'Fast AF' — a possible rapid, irregular heartbeat that prompted an immediate referral to A&E for urgent evaluation.

In total, four patients were found to have results suggestive of Atrial Fibrillation and were advised to undergo further investigations with a full 12 lead ECG.



The clinic demonstrated the value of early detection even when no symptoms are present and highlighted the importance of continued AF awareness.



The Patient Participation Group (PPG) were on hand to help run the clinic, greeting patients in the waiting room and providing reassurance. Many attendees were pleasantly surprised to learn that the **screening was quick (30 seconds on the monitors and approximately 2 minutes with the GP), non-invasive, and done fully clothed.**

The PPG worked closely with the GPs and Practice Manager, Laura Hammond, to ensure the clinic ran smoothly.

The event also served as a platform to share Practice updates, including the newly expanded Digital Window mentioned in the newsletter.

Patients were reminded about the Health Kiosks available at both Linden and Gilbert, where they can check blood pressure, height, and weight during surgery hours without needing an appointment.



Lynda, Josie and Lorraine from the PPG assisted the GP's and Practice Manager Laura Hammond at the AF Clinic

Patients expressed their gratitude to the GPs for giving their time voluntarily and were appreciative of the charity-funded equipment used during the clinic.



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ashlea.ppg@gmail.com

Digital Window - From 1st October

Have You Heard?
Online booking
hours:
Monday to Friday,
8:00am – 6:30pm

The Digital Window and its expansion has proved very successful since the launch this summer.

Moving forward, the practice would like to encourage us all to make use of it where possible. We have been working

towards these changes following the patient survey results and hope this new change will provide additional access and reduce waiting times on the phones, allowing staff to focus on urgent same-day care via the telephones.

Due to the importance of the Digital Window and online access, we are once again featuring our quick and helpful 'How To' guide in this month's newsletter.

The [Ashlea Medical Practice website](#) also has other options available for contacting the Surgery online. and these are accessible 24 hours a day, every day of the week. These options can be found in 'Popular Services' on the home page and include;

- **Order a Repeat Prescription.**
- **Contact the Surgery Online.**
- **Get Test Results.**
- **Request a fit note (sick note)**

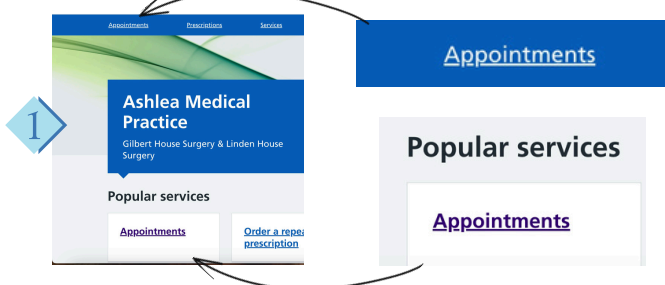
available
24/7

For your own safety, please do NOT use the 'Admin Query' form to request appointments or medical advice.



You can either follow the link above or go onto Ashlea Medical Practice via their website www.ashlea.nhs.uk

- 1 From this homepage click 'Appointments' from either the blue bar at the top or under 'Popular Services'



- 2 On the 'How to request an appointment' page, click 'online form'



- 3 Surgery hours, Mon-Fri this form can be filled out for NON-URGENT queries and requests.



- 4 Confirm you do not have an emergency by clicking 'I confirm, none are present' which will take you to the page to enter your details and then submit the form.



All online requests for non-urgent appointments will be screened within three working days.

Alternatively, for non-urgent queries, patients can call after 10:00am.

Urgent appointment calls are taken from 8:00am onwards and must be made by telephone as usual

Ashlea Medical Practice is mindful that not everyone chooses to or is able to go online to contact the Surgery or to book a future appointment. Please be assured that Patient Care Co-ordinators are on the phone lines 8am-6.30pm.

Calling after 10am for routine appointments or queries helps us better manage demand.

Thank you for your cooperation and understanding as we continue to improve our service.