

# August Newsletter

## Meet The Team

Please welcome our new Practice Nurses



Becky (left) and  
Katie (right). Becky  
joins us from A&E  
and Katie from the  
community nursing  
team.



## FLU IS NOT JUST A BAD COLD

If you're 65 years or over, or think you're in a clinical at-risk group, speak to your doctor, pharmacist or practice nurse for more information about whether your flu vaccination may be free.



Even if you feel healthy, flu can worsen underlying health conditions.<sup>1</sup>



Getting your flu vaccination can help stop you getting and spreading flu.<sup>2</sup>



[www.sanofivaccines.co.uk/public/younotflu/](http://www.sanofivaccines.co.uk/public/younotflu/)

**ASK ABOUT  
FLU VACCINATION  
HERE TODAY**

# Psoriasis Awareness/ Psoriasis Action Month 2025

August 1 – August 30

August is Psoriasis Awareness month and is used as an opportunity to educate and inform sufferers on a range of topics varying from treatment, causes, triggers and management of the inflammatory and often irritating disease.

The cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system and genetics.

Affecting men and women, all races and all ages, the disease can display on a variety of body parts at any given time therefore it is important to understand what you can do about it as and when you are affected by it. Learning to successfully manage treatment can take a long period of time but there are many ways in which the disease can be controlled and treated.

Whether you chose to do this via medication, holistic, complementary and alternative approaches, dietary control or lifestyle choices is down to each individual but there is a huge amount of support and information available enabling you to find the best solution.

An often irritating and sometimes challenging disease, we hope you can find support to manage the symptoms successfully. The National Psoriasis Foundation website has lots of useful information to guide you.

**IT'S TIME TO  
START THINKING ABOUT  
YOUR FLU JAB**



## FLU VACCINATION CLINICS:

Our clinics are arranged and all eligible patients will be invited in due course.

Clinics for pregnant ladies and children will begin on Saturday 6th September.

65+ and 18-64 clinical risk group will begin on Saturday 4th October.

## We Are Registering New Patients

If you're not already registered with Ashby Turn Surgery and would like to become a patient, please register with us!

Registration forms can be collected from reception or completed online by scanning the QR code



## Statistics For July 2025

**Patients Did  
Not Attend  
216**

**New Patients  
Registered  
43**

**Triage  
Forms  
Submitted  
2909**

**Answered  
Calls  
4590**

**Prescriptions  
issued  
5808**

**Referrals  
Made  
513**

**Appointments  
Available  
8198**