



2026 Newsletter



Ladies not attending their breast screening appointments is increasing.

Breast screening is vital because it detects cancer early, often years before symptoms appear. Using low-dose mammograms to find small, hidden cancers, it dramatically improves survival rates, simplifies treatments, and significantly reduces the risk of needing a mastectomy.

Key Benefits of Breast Screening

- **Early Detection:** Finds tumours when they are too small to see or feel.
- **Increased Survival:** Cancers caught at the earliest stages offer the highest chance of long-term survival.
- **Less Invasive Treatment:** Smaller cancers usually mean less extensive treatments, often allowing for breast-conserving surgery rather than full removal.

In the UK, the [NHS Breast Screening Programme](#) invites women and individuals registered as female with a GP for routine mammograms.

- **Age Range:** You will usually be invited for your first screening between ages 50 and 53, and then every 3 years until you turn 71.
- **Process:** The test takes about 10 minutes and involves taking X-rays of each breast.
- **Accessibility:** The NHS uses both static clinics and mobile screening units that travel to local communities.

If you have moved or are unsure if your details are correct, ensure your GP surgery has your up-to-date contact information so you do not miss your invitation.

Screening vs. Self-Awareness

While screening is a powerful tool, it is not 100% foolproof and does not prevent cancer. It is equally important to remain breast-aware in between appointments. Always check your breasts regularly for any unusual changes—such as lumps, skin dimpling, or nipple discharge—and contact your GP straightaway if you notice anything concerning

May 2026 Statistics

Practice Performance Overview



Friends & Family Test

Results May 2026



90% of patients rated us Good or Very Good after their appointment!



AS ALWAYS, THANK YOU FOR YOUR FEEDBACK!

We're here for you.

A healthy start
for a brighter future 

Don't miss your baby's 8-12 week GP health check and vaccinations

These important appointments help keep your baby **healthy, happy and protected.**



Small appointments.
BIG impact.



Your baby's 8-12 week GP health check

This check is usually done when your baby is between 8 and 12 weeks old.

It's a chance for your GP or practice nurse to make sure your baby is growing well, developing as expected, and for you to get support with any questions or worries.

It only takes a short time, but it can make a big difference to your baby's health now and in the future.

Why these appointments matter



Check your baby's health

We check your baby's growth, development and general health, and spot any concerns early.



Protect with vaccinations

The 8-12 week vaccines help protect your baby against serious diseases such as rotavirus, whooping cough, meningitis and pneumococcal infections.



Get answers and peace of mind

Ask any questions you have about feeding, sleep, colic, routines and more. We're here to support you.



Support for you and your family

We can offer advice and signpost you to local services if you need extra help.



The 8-12 week vaccinations

Your baby may be due:

- ✓ 6-in-1 vaccine – protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B
- ✓ Rotavirus vaccine – protects against severe diarrhoea and vomiting
- ✓ Meningitis B vaccine
- ✓ Pneumococcal vaccine



Vaccines are safe and save lives

Vaccinations have been carefully tested and are one of the best ways to protect your baby from serious illness. The earlier they are given, the sooner your baby is protected.



Booking the appointment

The surgery will contact you to offer your an appointment date when the 8-12 week baby check and vaccinations are due.

You know your baby best.
We're here to help you. 



Healthy today.
Stronger tomorrow.
Together.

For more information, visit
nhs.uk/vaccinations

Any questions? Speak to your GP
or practice nurse – we're here for you.

NHS

Your baby.
Their future. 

Facts about vaccinations and SIDS (Sudden Infant Death Syndrome)

Making choices for your baby is hard.

We know you want what's best.

Here's what the evidence shows.



Vaccinations protect your baby.
They do **NOT** increase the risk of SIDS.

Babies who are up to date with their vaccinations
have a **LOWER** risk of SIDS.

Protect
today,
fight for
tomorrow

What the research shows



No link to SIDS

Extensive research has shown
that routine childhood
vaccinations do **NOT**
increase the risk of SIDS.



Lower risk of SIDS

Babies who are vaccinated
on time have been shown
to have a **LOWER** risk of SIDS
compared to those who are
not up to date.



Protection starts before birth

Vaccinations in pregnancy
(for flu and whooping cough)
help protect your baby in
the first weeks and months
of life, when they are most
vulnerable.



It's normal to have questions

Many parents worry about
what's safe for their baby.
You're not alone.

**We encourage you to
talk to someone you trust:**



Your GP



Your health visitor



A trusted healthcare
professional

They can answer your
questions and help you
make the best decision for
your baby.

What to expect after vaccinations



It's common for babies to have
a mild fever, be a bit more
irritable or sleepy, or have a
sore, red or swollen spot where
the needle went in.




If your baby has a fever,
dress them appropriately,
offer extra fluids if feeding
well, and comfort them.

If you are worried at any time, **trust your instincts** and get medical advice.

Small
actions
today,
big protection
tomorrow

Every vaccination is a step towards keeping your baby
safe from serious illnesses – and giving them the best
start in life.

We're here to support you. 

Ashby Turn⁺
PRIMARY CARE
CENTRE