



2026 Newsletter

Please welcome our new student Doctors !
They are on their placement at Ashby Turn for the next 5-7 months.



GP

Registrar

**Cassandra
Okeke**



GP

**Registrar
Minhaz
Huda**



GP

Registrar

**Shamia
Chowdhury**



Foundation

**Dr
Benjamin
Bedforth**



Friends & Family Test

Results July 2026



92% of patients rated us Good or Very Good after their appointment!



AS ALWAYS, THANK YOU FOR YOUR FEEDBACK! | We're here for you.

July 2026 Statistics

Practice Performance Overview



Ashby Turn +
PRIMARY CARE CENTRE



GASTROPARESIS AWARENESS MONTH

AUGUST – RAISING AWARENESS. IMPROVING LIVES.

Gastroparesis is a rare, long-term gastrointestinal disorder characterised by delayed gastric emptying. Literally meaning “stomach paralysis”, it happens when the nerves and muscles that control the stomach do not work properly, preventing food from moving into the small intestine at a normal rate.

NHS

A rare
condition.

Real impact.
You are not alone. 



A rare disease
affecting approximately
**14 in every
100,000 people**
in the UK.



Predominantly
affects young
women aged
18–39.

KEY SYMPTOMS

Gastroparesis is an “invisible illness”. People may look well on the outside but live with debilitating symptoms every day.



CHRONIC NAUSEA AND VOMITING

Often involving undigested food
eaten hours prior.



EARLY SATIETY

Feeling full after just a few
mouthfuls of a normal-sized meal.



SEVERE BLOATING AND PAIN

Upper abdominal discomfort that
frequently worsens after eating.



UNINTENTIONAL WEIGHT LOSS

Malnutrition and severe dehydration
can occur in advanced cases.

COMMON CAUSES

Gastroparesis occurs when the vagus nerve
(which controls the stomach) is damaged.



DIABETES

Chronic high blood sugar can damage
the blood vessels supplying the vagus nerve.



SURGICAL COMPLICATIONS

Accidental physical injury to the vagus nerve
during stomach or oesophageal surgeries.



MEDICATIONS

Certain drugs, including GLP-1 receptor
agonists (often used for weight loss and
type 2 diabetes), can drastically slow
gut motility.



IDIOPATHIC

In many instances, the primary cause
remains entirely unknown.

UK TREATMENT & SUPPORT OPTIONS

There is currently no cure, but symptoms can be managed. Treatment plans are individual and tailored to each patient.



DIETARY ADJUSTMENTS

Eating smaller, more frequent
meals that are low in fat and
fiber helps food pass faster.
Some patients benefit from
texture-modified or pureed food.



MEDICAL INTERVENTIONS

Promotility drugs help stimulate
stomach muscles. In severe cases,
botulinum toxin (Botox) injections
into the pyloric valve or NHS-guided
feeding tubes may be required.



CHARITY ADVOCACY

UK charities like Guts UK and Bowel
Research UK work heavily during
August to fund research, break
down stigma and provide patient
support and diagnostic pathways.



YOU ARE NOT ALONE

Gastroparesis can be isolating,
but support is available.



Talk to your GP
about your
symptoms



Join online
support
communities



Ask about referral
to a gastroenterology
specialist



Look after your
mental wellbeing –
it matters

FIND OUT MORE & GET SUPPORT

Scan the QR code to access trusted information,
resources and support organisations in the UK.



Guts UK!
FUNDING RESEARCH
TRANSFORMING LIVES
gutscharity.org.uk

**Bowel
Research UK**
bowelresearchuk.org

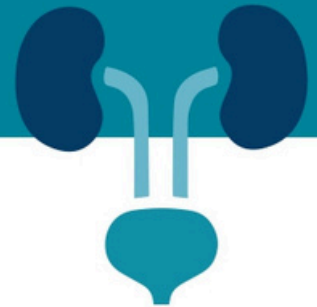


Always speak with your GP or healthcare professional
for personalised medical advice.



Urinary Tract Infections (UTIs): know the symptoms

Information for older adults



What is a UTI?

Urinary tract infections (UTIs) affect your urinary tract, including your bladder, urethra, or kidneys. Sometimes, a UTI can develop into a severe infection that can cause you to become very ill and you may then need to go to hospital

Here are some symptoms you may experience with a UTI

- **Needing to pee more frequently**, suddenly, or more urgently than usual
- **Pain or a burning sensation** when peeing 
- **Needing to pee at night** more often than usual 
- **New pain** in the lower tummy 
- **New incontinence or wetting yourself** that is worse than usual
- **Kidney pain** or pain in the lower back 
- **Blood in the pee** 
- **Changes in behaviour**, such as acting agitated or confused (delirium). This could be a symptom of a UTI but could also be due to other causes, which need to be ruled out 
- **General signs of infection**, like a fever, a high temperature or feeling hot and shivery, with shaking (rigors) or chills 
- **A very low temperature** below 36°C 

You may experience fewer of these symptoms if you have a urinary catheter

What you should do if you think you have a UTI?

Ensure you are drinking enough fluids regularly to avoid becoming dehydrated

Contact a healthcare professional: this could be your GP, nurse, the community pharmacist, a walk-in centre or the NHS 111 service

If you have frequent UTIs, please talk to a healthcare professional about treatment options