ASH GROVE MEDICAL CENTRE

Newsletter



AUTUMN / WINTER 2026

A Message From Your Practice

As the days get shorter and the weather turns colder, we'd like to share updates from the practice and highlight the many ways we can support your health and wellbeing this autumn and winter.



PRACTICE NEWS

Thank You & Farewell

- Lyndsey (ACP)
- Dr Maria (GP Registrar)

Thank you for your dedication and contribution to our patients and practice.

MEET OUR NEW GP TRAINEES



Dr Aleena and **Dr Tanvir** have joined the practice as part of their specialist GP training programme.

WELCOME TO THE TEAM

- **Kelly** - Practice Nurse
- **Denise** - Practice Nurse
- **Bernie** - Practice Nurse
- **Dr Shujaat** - Salaried GP
- **Dr Eric** - PCN GP
- **Alex** - Patient Coordinator
- **Julie** - Patient Coordinator
- **Christen** - Prescription Administrator
- **Natalie** - ANP

FEATURE ARTICLE

Meet Stacy, Our Mental Health Nurse



- Mental health assessments
- Support and guidance
- Signposting to local services
- Ongoing patient support

If you're struggling, please talk to us.

DID YOU KNOW?

PHARMACY FIRST

Your local pharmacist can assess and treat:

- Earache
- Sore throat
- Sinusitis
- Shingles
- Impetigo
- Infected insect bites
- Simple UTIs

Expert care without needing a GP appointment.

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