ASH GROVE MEDICAL CENTRE

Newsletter



AUTUMN / WINTER 2026

WINTER HEALTH HUB

Support for a healthier, happier winter

HEALTH & WELLBEING COACHING

Support with:

- Healthy eating
- Weight management
- Exercise
- Long-term conditions
- Lifestyle changes

Small changes can make a big difference.

SOCIAL PRESCRIBING

Support with:

- Loneliness
- Housing concerns
- Welfare advice
- Employment support
- Community activities



CHOOSING THE RIGHT NHS SERVICE

- **Pharmacy →** Minor illness & medicines
- **NHS 111 →** Urgent medical advice
- **Wellbeing Coach →** Lifestyle support
- **Social Prescribing →** Practical support
- **Mental Health Nurse →** Mental health support

NOT EVERY COUGH NEEDS ANTIBIOTICS

Most coughs, colds and flu are caused by viruses.

What Helps?

- Rest
- Fluids
- Honey and lemon
- Pharmacy advice
- Time to recover



WHEN SHOULD I SEEK URGENT HELP?

Seek urgent medical help if you:

- Struggle to breathe
- Experience chest pain
- Cough up blood
- Feel severely unwell
- Are rapidly deteriorating

NHS 111

FROM ALL OF US AT ASH GROVE MEDICAL CENTRE



Thank you for your continued support and patience.
Stay warm, stay well and take care this autumn and winter.

WINTER WELLBEING CHECKLIST

- Keep your home warm
- Have enough medication available
- Dress for the weather
- Check on vulnerable friends and relatives
- Ask for support if money worries are affecting your wellbeing

PROTECT YOURSELF THIS WINTER

Flu & COVID-19 Vaccinations

Eligible patients will be invited for seasonal vaccinations.

Vaccination remains one of the best ways to protect yourself and those around you.

SCREENING SAVES LIVES

Make sure you're up to date with your NHS health screening:

- NHS Health Check (ages 40–74)
- Cervical Screening
- Bowel Cancer Screening
- Breast Screening



Early detection can make all the difference.

WE'RE HERE FOR YOU

If you need advice, support or an appointment, please get in touch – we're here to help.

ASH GROVE MEDICAL CENTRE
Caring for our community

01977 673141
www.ashgrovesurgery.co.uk
Facebook: Ash Grove Medical Centre