



Does it matter what time I take my medications?



With convenient tools and practices such as **NHS Universal Personalised Care**, **Social Prescribing** and the **NHS app**, we are becoming more **responsible for our own healthcare** and have more control.

We can simply and easily go online and order our repeat prescriptions to collect a few days later.

The Practice pharmacist will invite you for a **medication review periodically** if you are on repeat medicine, and it's important that you **make sure these checks are not missed**.



It may be that medication you have been prescribed before is no longer necessary, or maybe a different dose would work better.

When and how you take your medicine can impact how it works. Some are **more effective at certain times of day**, while others can have **inconvenient side effects if taken at the wrong time**. Some may slow down or speed up your heart rate, lower blood pressure and may cause dizziness and are better taken at night. Some need to be taken in the morning.

- **Does my medication need to be taken on an empty stomach or with food?**
- **What time of day?**
- **Does there need to be a gap between different medications?**
- **How long should I be on it for?**



.....all important questions; you need to make sure you are aware of these in order to take the best care of yourself.

Get in touch with the surgery or your local pharmacist if you have any questions or think you may be due a medication review or blood test.

Follow these links to find out more -

[Age UK - FAQ Medication Review](#)

[NHS A-Z of Medications](#)

[Does it matter what time I take my medications?](#)



Practice News

Contacting the Surgery by Telephone

From **Monday 20th January** 2025 we will be changing the hours in which you can contact the practice by telephone-

New telephone hours:

8.00am - 6.00pm (off between 1pm-2pm)

This is a change from the previous hours which were 8am-6.30pm. This change applies to both Linden House and Gilbert House and is to ensure that the reception teams and triage GP's can safely manage any late afternoon urgent or emergency requirements.

There is no change to our opening hours and patients can still access the surgeries in person between 8.00am - 6.30pm.

Please take note of the times to call the surgery for both URGENT and NON-URGENT appointments -

URGENT (you feel you need to see a GP or other healthcare professional today)

Contact between 8am - 10am

NON - URGENT (you do not need to see a healthcare professional today and can wait a bit. Or for a routine appointment or question)

Contact AFTER 10am (phone lines closed 1-2pm and re-open again after 2pm - 6pm)

Contacting the Surgery Online

You can contact the surgery **online** to:

- ask a question
- get help with an administrative task
- send us information
- request a repeat prescription

Follow this link and click 'Contact the Surgery Online', on the Homepage- www.ashlea.nhs.uk

Practice website:

www.ashlea.nhs.uk



Call **8-10am** for an **URGENT** Appointment

Call **AFTER 10am** for Non-Urgent app



Contact PPG (non-medical patient volunteer group)
ashlea.ppg@gmail.com

Linden House 01372 375666



Gilbert House 01372 276385

Mole Valley Life's Community Transport Service




0300 123 7749

MV Life's Community Transport Service (formally Dial-a-Ride) can pick you up and transport you around Mole Valley, including door-to-door.

"The service is wonderful. Everyone is always so friendly. It doesn't matter if it's the schedulers I speak to when I ring up and book, or one of the drivers. Everyone is so kind, it's like having a circle of friends."



Operates

8.30am – 5pm Monday-Friday

To book a journey

Call between 9am and 4pm (Mon-Fri)

-lines will be closed from 12 – 1pm

You must register as a member to use this service. There is an annual fee plus cost per ride* – click [here](#) or scan to find out more.



*cost per ride applies to the door-to-door service only
NB This is **not** the same service as Surrey Connect.



Do you have 1-2 hours free a week? Would you like to make a difference to someones life?



Yes? We need you!

Join Age Concern Volunteer Befriender Service.
Contact Volunteer Coordinator Diana Webb on:
07821 649683 / 01306 899104 or email:
diana@ageconcernmolevalley.org.uk



LGBTQIA+ PEER SUPPORT GROUP

This is a relaxed, gentle and supportive group where you can:

- Meet people with shared experiences and identities
- Be supported and support others in a safe, confidential, friendly and non-judgmental environment
- Reduce loneliness and isolation and share coping strategies



**Every third Tuesday of the month,
7pm-8pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
visit www.maryfrancestrust.org.uk
or scan our QR code



PPG NEWS

The results of the survey taken at the end of last year and the date for our AGM coming very soon!



Surrey and Borders Partnership
NHS Foundation Trust

AEDimhs: Adult Eating Disorder Integrated Mental Health Service

The Adult Eating Disorder Mental Health Service is a eating disorder service accessible to **young adults 18 years plus**, via your local GP and associated community services. The service assesses and treats adults **whose eating problems are low in medical risk but are impacting on their daily lives**. This may be a new problem or a problem someone has been struggling with for some time.

**18 Mole Business Park,
Randalls Road,
Leatherhead,
KT22 7AD**

**Opening Times
Monday - Friday, 9am - 5pm**

Email: aedimhsadmin@sabp.nhs.uk



Click or Scan for more



We can send our Newsletter direct to your inbox monthly as we publish.
Contact us now and we will add you to our mailing list - ashlea.ppg@gmail.com