

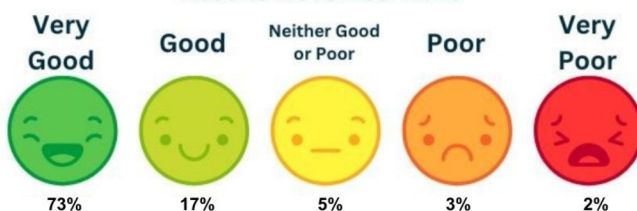






## Friends & Family Test

Results November 2025



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

**AS ALWAYS, THANK YOU FOR YOUR FEEDBACK!**

### Statistics For November 2025

**Patients Did Not Attend**  
267

**New Patients Registered**  
57

**Triage Forms Submitted**  
3115

**Answered Calls**  
4252

**Prescriptions issued**  
5582

**Referrals Made**  
393

**Appointments Available**  
8810

Merry Christmas  
& A Happy New Year!

From all at Ashby  
Turn



### CHRISTMAS ELF NAME GENERATOR

Pick the first letter of your first name and your birthday month

**A - Angelica M - Mistletoe**

**B - Bellamy N - Noel**

**C - Candy O - Orin**

**D - Donner P - Pippin**

**E - Elfie Q - Quill**

**F - Frosty R - Rudy**

**G - Garland S - Snowy**

**H - Holly T - Tinsel**

**I - Icelyn U - Unity**

**J - Jingle V - Vixen**

**K - Kris W - Winter**

**L - Lumi X - Xyla**

**Y - Yule**

**Z - Zara**

**January - Frost**

**February - Joy**

**March - Mistletoe**

**April - Twinkle**

**May - Peppermint**

**June - Merry**

**July - Ginger**

**August - Bells**

**September - Sparkle**

**October - Pine**

**November - Nutmeg**

**December - Snowflake**







# LOVE SHOULDN'T HURT

**You have the strength; you can  
get help and life will get better.**

Find out how local services can work  
with you to help you feel safer.



#YouAreNotAlone | [youarenotalone.online](https://youarenotalone.online) | 0808 2000 247



## REAL STRENGTH IS CONTROLLING YOURSELF, NOT YOUR PARTNER.

**Using violence  
is a choice.**

Take control of your actions and get  
help to change your behaviour.



Help to stop abusive behaviour. [www.helptostop.online](https://www.helptostop.online) 0808 8024040

## WHITE RIBBON CAMPAIGNE– WE SPEAK UP

Violence against women, girls  
and men remains one of the  
most urgent challenges facing  
our communities.

Sadly, serious violence,  
especially domestic abuse  
continues to harm lives across  
our region.

This year's White Ribbon theme,  
We Speak Up, is a call to action  
for all of us.

**WE SPEAK UP BY:**

Challenging harmful or abusive  
behaviour

Calling out misogyny

Supporting victims and survivors

Refusing to remain silent

Make the White Ribbon Promise:  
“Never commit, excuse, or remain  
silent about male violence  
against women.”

Add your voice. Stand up. Speak  
up. Protect those at risk.  
Need help or want to find  
support?

Visit: [www.humberside-  
pcc.gov.uk/campaigns/help-to-  
stop-abusive-behaviour](https://www.humberside-pcc.gov.uk/campaigns/help-to-stop-abusive-behaviour)

Together, we can create safer  
communities — where everyone  
is treated with respect, dignity,  
and equality.