

Welcome to the Ancora Medical Practice Newsletter

We're excited to bring you the second issue of our newsletter. Whether you're a long-time patient or have recently joined our practice, this newsletter is a great way to keep informed with our most recent information.

SafeCare Network Awards

We were short listed for the following awards:

- GP Trainee of the year - Dr Taj
- Practice Nurse - Julie East
- GP Practice of the Year
- GP of the Year Dr Jajja
- Lifetime Achievement – Dr Henalla
- Reception Team of the Year
- Clinical improvement Long Term Conditions - HCA team for INR
- Clinical Improvement Public Health and Prevention - Dr Abrar for CHD
- Primary Care Impact award - Christine Buckley

We are pleased to announce that our reception team won the reception team of the year award and Dr Henalla won the Lifetime Achievement Award. As a practice, we are very proud of everyone who was short listed and what a great achievement for the winners!

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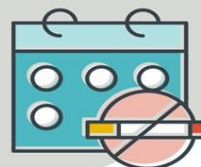
The Healthy Lifestyles Team Services

The Healthy Lifestyles team - Swap to Stop, are now holding **FREE stop smoking services** at our Detuyll Street surgery.

These are Drop-in sessions and will be held every Tuesday 11:00am - 12:00pm. Information Below:

Stop Smoking Support

- Tailored support available
- Friendly, knowledgeable staff providing lifestyle support
- **FREE** vapes, patches, gums or other NRT provided
- Face to Face and distance support available
- Available throughout North Lincolnshire
- ALL smokers welcome!



The **Healthy Lifestyles** team - Here to support **YOU** towards a healthier lifestyle.
Contact us | 01724 298212 | nlc.healthy lifestyles@nhs.net

**North
Lincolnshire
Council**

FREE STOP SMOKING SERVICES NOW AVAILABLE AT THE DETUYLL ST SURGERY:

SWAP TO STOP: DROP-IN SESSION EVERY TUESDAY 11am TO 12noon

There is an upcoming opportunity to join onto North Lincolnshire Healthy Lifestyles free '**Living Well Through Menopause**' five week programme which takes place between 19 August – 23 September 2025. Scan the QR code for more information and click the link below to express your interest.

[Wellbeing Support form](#)

Menopause support Live your best life through menopause with a **FREE** five-week programme

- Weight/Nutrition
- Exercise
- Quality of Life
- Sleep
- Share your experiences

Places need to be reserved.

Time 5.30-6.30pm **Date** 19 August - 23 September 2025

Location Ashby Hub, Ashby High Street, Scunthorpe, DN16 2RY

Healthy Lifestyles Team



**North
Lincolnshire
Council**

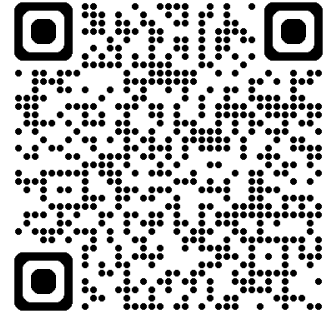


Patient Participation Group

We greatly value feedback from our patients about the care and services we provide. By joining our Patient Participation Group (PPG), you will have the opportunity to work with us to ensure our services continue to meet your needs.

We have currently relaunched our PPG. Our first meeting was held on Tuesday, 3rd June and they will be scheduled every 3 months.

If you are interested in joining, the QR code below takes you to our PPG form.



Scan this QR code to visit the PPG form.

Practice Closures – Dates & Times.

Ashby Road and Detuyll Street Practices will be closed on the afternoon of the 2nd Wednesday of every month for protected learning time for staff. There will be a 1pm practice closure with a re-opening time of 8.30am the following working day. Please note the following:

Afternoon of: Wednesday 9th July 2025

Afternoon of: Wednesday 13th August 2025

Afternoon of: Wednesday 10th September 2025



Patient Information



A new weight loss treatment called tirzepatide also known as Mounjaro® will start to be used by the NHS but it is not currently available via GP Practices in Humber and North Yorkshire.

Once fully available only those that meet certain criteria will be eligible to receive it - this will be based on Body Mass Index (BMI) and certain health conditions.

We know that managing weight can be incredibly challenging, and many people are asking about this treatment, after hearing about how effective it can be in helping with weight loss.

We appreciate that this might feel frustrating, especially when private options are being advertised. Until then, please do not contact us around this subject.



Cervical screening is moving from 3 to 5 year intervals for those aged 24-49 who are at low risk of developing cervical cancer. Anyone who has had a recent history of an HPV positive test, or any changes to cells, may also be followed up more often – even if they are negative on their next test.

This decision is based on strong clinical evidence and recommended

by the UK National Screening Committee, bringing England into line with Scotland, Wales and other countries across Europe.

