



Welcome to the Ancora Medical Practice Newsletter

We're excited to bring you 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.

Inside This Issue:

Page 1: Welcome to our newsletter and unwell? Choose well

Page 2: Cervical cancer awareness month

Page 3: Opening hours

Unwell? Choose well



Humber and North Yorkshire
Health and Care Partnership



Unwell? Choose well

 Self Care	 Pharmacy	 NHS 111	 GP Practice	 Urgent Care	 A&E or 999
Minor ailments should be treated at home	Local expert advice	Non-emergency help	A skilled team of medical professionals	Urgent Treatment Centres	For emergencies only
Minor cuts and grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Use NHS 111 online if you're unsure what service you need	Lasting symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains x-rays Cuts & burns Fever & rashes	Choking Chest pain Blacking out Serious blood loss

If you can, use online services in the first instance

Mental Health

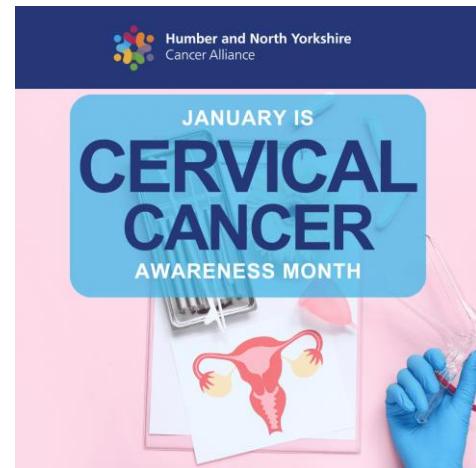
For urgent mental health help
Text "SHOUT" to 85258 for free from a UK mobile network or scan the QR code to find a local helpline

SCAN ME

Cervical Cancer Awareness Month - January

One in 142 women or people with a cervix will be diagnosed with cervical cancer in their lifetime, but with almost all (98.8%) cases preventable, you can reduce your risk in a number of ways.

Women and people with a cervix are being encouraged to take three easy steps to significantly reduce their risk of developing cervical cancer, as part of Humber and North Yorkshire Cancer Alliance's **#PreventCervicalCancer** campaign.



Step one: Attend your cervical screening appointment

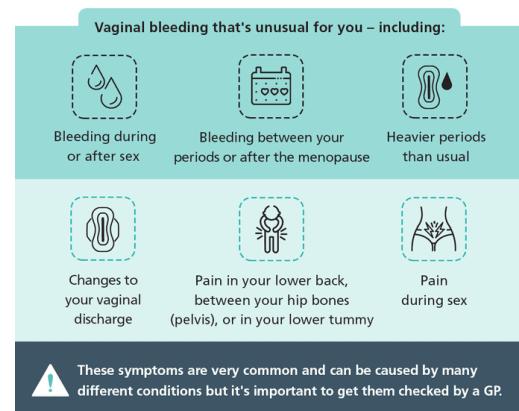
Step two: Be clued up about cervical cancer

It is important to know what is normal for you, so you can spot signs of cervical cancer in the earliest stages. The main symptoms of cervical cancer to be aware of are:

- vaginal bleeding that is unusual for you – including bleeding during or after sex, between your periods or after the [menopause](#), or having heavier periods than usual
- pain during sex
- changes to your vaginal discharge
- pain in your lower back, between your hip bones, or in your lower tummy

Common signs and symptoms of cervical cancer

NHS



These symptoms are very common and can be caused by many different conditions, but it is important to get them checked by a GP. If it is cervical cancer, finding it as early as possible means it can be easier to treat.

Step three: Spread the word about cervical cancer!

Opening hours

We now open the doors of our Ashby Road surgery at 08:00am Monday to Saturday, Saturdays are for pre booked appointments only.

Our Detuyl Street surgery opens its doors from 08:30am Monday - Friday.

All opening hours are excluding bank holidays and staff protected learning time on the second Wednesday of every month from 13:00pm.

The telephone lines will be open and answered from 08:00am, our triage is open from 8am every morning, excluding bank holidays and you are advised to use our triage, where available, for all appointment needs.

You can access our admin triage during our contracted hours Monday - Friday and this should be utilised for prescription requests, Med3 requests and all general admin enquiries.

You can of course still contact the surgery on 01724 842244.

Staff Protected Learning Time

Please note: Our Ashby Road and Detuyl Street Practices will not be available to patients on the afternoon of the 2nd Wednesday of every month for staff training from 13:00pm - If you require medical assistance during our protected learning time, you can contact 111, visit your local pharmacy or in an emergency, call 999.

Please check before attending your local pharmacy that they are open, you can do this by visiting the below link.

[Find a pharmacy - NHS](#)

Thank you

Ancora Medical Practice





Fact #8: Vaccines Have Nearly Eradicated Polio

Polio took its toll on thousands of people each year beginning in the 1900s. By 1950, two vaccines had been developed to fight against the disease that paralyzed so many individuals — including many in Africa. By the 1980s, a campaign to eradicate polio began. Thanks to the use of the vaccine in Africa, the country was declared “certified wild poliovirus free.”

Fact #9: Not Everyone Can Vaccinate

The reason it's important for those who can get a vaccine to do so is for the individuals who can't. Some people with weakened immune systems may be unable to get the vaccine against the very disease they may be more prone to catching. But these individuals can be protected if they live among many who are vaccinated — this is called herd immunity.

