

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.

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New General Practitioner



Dr Mohammed Al-Hattami who has been with us since February 2025 training as a General Practitioner, has recently qualified and we are excited that he will be joining the Ancora team in February 2026.

Congratulations to Dr M Al-Hattami and welcome!

Family and Friends Feedback – January 2026



Immunisation changes - MMRV

Children under 6 on 1st January 2026 will now be offered the MMRV (measles, mumps, rubella and chickenpox) vaccine as part of the NHS childhood vaccination programme.

The MMR vaccine is still available for adults and older children born on or before 31 December 2019 who were not vaccinated against measles, mumps and rubella when they were younger.



Scan the QR Code to access the NHS MMRV information page.

NHS What you need to know about the new MMRV vaccine 	NHS Children born on or after 1 January 2025 Require their first MMRV dose at 12 months and a second MMRV dose at 18 months. 	NHS Children born between 1 July 2024 and 31 December 2024 Should have had one MMR dose at 12 months. They will get their first MMRV dose at 18 months, and a second MMRV dose at 3 years and 4 months. 
NHS Children born between 1 September 2022 and 30 June 2024 Should have had one MMR dose at 12 months. They will get one MMRV dose at 3 years and 4 months. 	NHS Children born between 1 January 2020 and 31 August 2022 Should have had one MMR dose at 12 months, and a second MMR dose at 3 years and 4 months... 	NHS They will get one MMRV dose between 1 November 2026 and 31 March 2028, if they have not yet had chickenpox or the chickenpox vaccine. 

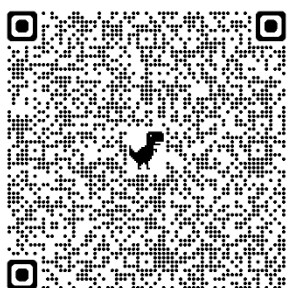
Bowel Screening Changes 2026

Bowel cancer screening in England is improving. Find out how 

FIT kits, sent to everyone aged between 50 and 74, will now be checked at a lower threshold. This means smaller amounts of blood in poo samples can be spotted — helping to find signs of cancer earlier, treatment can be more successful.

It's the same simple test, just better at picking things up even earlier. Most people who use their kit won't need further tests.

When your kit arrives, put it by the loo. Don't put it off.



Read more about bowel cancer screening:
<https://www.nhs.uk/tests-and.../bowel-cancer-screening/>



Active 10 NHS app

The free NHS Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!

The free app:

- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity



Did you know walking briskly, even for 1 minute, counts as exercise?
What are you waiting for - take your first steps today!

