

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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London Marathon 2026



We're so proud of Julie, our amazing practice nurse, for completing a marathon to raise money for the Lincolnshire & Nottinghamshire Air Ambulance 🚁

Julie raised an amazing **£4,703!!!**

She's taken on this incredible challenge to support the vital, life-saving work they do in our communities every single day.

Well done, Julie – a fantastic achievement for a truly important cause! ❤️



LINCS & NOTTS
AIR AMBULANCE
SAVING LIVES EVERYDAY

Stroke Awareness Month - May

May is Stroke Awareness Month.

The first sign of a stroke might not seem like much. It could be not being able to raise your arm. Or struggling to smile. Or slurring when you speak... But any sign of a stroke is always an emergency.

Face or arm or speech - at the first sign, it's time to call 999.



Help us help you

Act FAST

at the first sign of a stroke:



Help us help you

Face



Has your face fallen on one side? Can you smile?



Help us help you

Arms

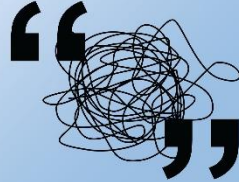
Can you raise both arms and keep them there?



Help us help you

Speech

Is your speech slurred?



Help us help you

Time

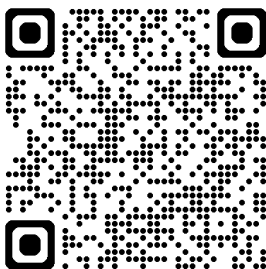
At the first sign, it's time to call 999



Help us help you

**Face
Arms
Speech
Time**

Act FAST. At the first sign, it's time to call 999.



<https://www.nhs.uk/conditions/stroke/>

Opening hours

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

Our Detuyll Street surgery opens its doors from 08:00am 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 08:00am every morning, excluding bank holidays and you are advised to use our triage, where available, for all appointment needs, this can be accessed via our website link below or by scanning the QR code.



<https://ancoramedicalpractice.nhs.uk/contact-us>

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 Detuyll 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 or scan the below QR code.



[Find a pharmacy - NHS](#)

Thank you

Ancora Medical Practice



Get Active Live Healthy

Get Active Live Healthy
Physical Activity Matters!

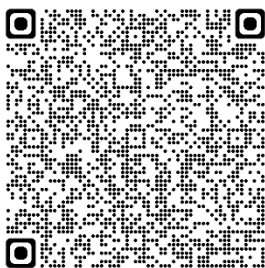
Diabetes: Walk <i>10 mins</i> after meals & lower blood sugar by <i>20%</i> !	Hypertension: Walk <i>30 mins</i> daily, lower blood pressure by <i>5-7 points!</i>
Colon Cancer: <i>150 mins</i> of physical activity a week cuts colon cancer risk by <i>30%</i> !	Breast Cancer: Move more, lower breast cancer risk by <i>20%</i> !
Depression: <i>30 mins</i> of activity slashes depression risk by <i>30%</i> !	Arthritis: Exercise eases arthritis pain by up to <i>40%</i> !
Falls & Frailty: Strength exercises cut falls by <i>30~40%</i> !	Heart Health: <i>30 mins</i> a day drops heart disease risk by <i>20~30%</i> !
Fibromyalgia: Gentle activity reduces chronic pain by <i>25%</i> !	Dementia: Stay active, lower dementia risk by <i>30%</i> !

www.livewellnorthlincolnshire.org.uk

In collaboration with **Dr Anam Abrar**, GP and Preventive Lead for North Lincolnshire.

North
Lincolnshire
Council

NHS
Humber and
North Yorkshire
Integrated Care Board (ICB)



To learn more about Live Well North Lincolnshire, please use the link below or scan the QR code.

<https://www.livewellnorthlincolnshire.org.uk/>

