

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.

Congratulations to Dr Balogun!! 🏆

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We are delighted to congratulate **Dr Balogun** on successfully passing their **Diploma in Geriatric Medicine**.

This is a significant professional achievement that reflects Dr Balogun's dedication to providing the highest standard of care for our older patients. We are incredibly proud of this accomplishment, and we are proud to have Dr Balogun as part of our Ancora team.

Please join us in congratulating Dr Balogun on this well-deserved success!



Our Active Practice Status recognised! 🏆

We are pleased to share that the ICB has highlighted our practice's achievement within their newsletter of receiving **Active Practice Status**.

This recognition reflects the hard work and commitment of our entire team to promoting physical activity, supporting healthier lifestyles, and improving the health and wellbeing of our patients. We are proud to have our achievement recognised.

North Lincolnshire

Ancora Medical Practice is one of the first practices in North Lincolnshire to achieve Active Practice status

Ancora Medical Practice is delighted to announce that it has become the first practice in North Lincolnshire to achieve Royal College of General Practitioners (RCGP) Active Practice accreditation. This milestone reflects the practice's commitment to prevention, staff wellbeing, and promoting physical activity as an integral part of everyday healthcare.

Physical inactivity is a major risk factor for a range of long-term conditions, including cardiovascular disease, type 2 diabetes, obesity, and poor mental health. Primary care teams are uniquely placed to encourage patients to move more and sit less, supporting healthier lifestyles through everyday clinical conversations.

Achieving Active Practice accreditation required a whole-practice approach, embedding physical activity into the culture of the organisation. This included promoting movement throughout the working day, supporting staff wellbeing, encouraging conversations about physical activity with patients, and creating an environment where being active is valued by both patients and the healthcare team.

The initiative was led by Dr Anam Abrar, GP Partner at Ancora Medical Practice and Preventative Lead for North Lincolnshire. Through her passion for prevention and collaborative leadership, the practice successfully implemented the Active Practice framework, demonstrating how general practice can play a leading role in improving population health.



Certificate of Achievement Ancora Medical Practice

Awarded in recognition for achieving Active Practice status by reducing sedentary behaviour in staff and patients, increasing physical activity in staff and patients, and being part of an active community.

Dr Hussain Al-Zubaidi

RCGP Clinical Champion Physical Activity and Lifestyle

Professor Victoria Tzortziou Brown

President of RCGP Council

Friends and Family Feedback for July 2026



August Bank Holiday

Ancora Medical Practice will be **closed** on Monday 31 August due to this being a bank holiday.

NHS

Remember to order prescriptions early

To avoid delays in getting your medicines over the bank holiday, **order your prescriptions in good time.**

You can order repeat prescriptions through the NHS App or at your GP surgery.

Please remember to order your prescriptions in good time to avoid any delays.

If you need to find a pharmacy, or check the opening times during the bank holiday - please use this link below

<https://www.nhs.uk/nhs-services/pharmacies/>

For guidance on what to do if you require medical assistance when we are closed, visit our website where we have section of what to do when we are closed.

<https://www.ancoramedicalpractice.nhs.uk/opening-hours>



Sepsis Awareness

Sepsis is a life-threatening reaction to an infection which needs urgent treatment in hospital straight away. It can be hard to spot, so make sure you know the symptoms.

Find out more → <https://nhs.uk/conditions/sepsis/>



What is Sepsis?



Sepsis is a **life-threatening** reaction to an infection.

It needs **urgent treatment** in hospital straight away as it can get worse quickly. Learn the symptoms and how to get help.



Symptoms in adults includes:

- blue, pale, grey or blotchy skin, lips or tongue – on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- difficulty breathing
- acting confused, slurred speech or not making sense
- uncontrollable shivering
- muscle pain
- a high or low temperature – a high temperature is less common in older adults
- not peeing all day or peeing very little in the past 18 hours



Symptoms in children includes:

- blue, pale, grey or blotchy skin, lips or tongue – on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- difficulty breathing or breathing very fast
- having a fit (seizure)
- a high or low temperature
- a rash that does not fade when you press it
- being sleepier than normal or difficult to wake
- not peeing for 12 hours (babies and children under 5), or all day (children over 5)



If you or someone else has symptoms of sepsis, call 999 or go to A&E.

Trust your instincts.

