



## Welcome to the Ancora Medical Practice Newsletter

It has been some time since our last newsletter, and with the challenges of COVID and the completion of our new extension, it's been an exceptionally busy period. We're excited to share several important updates with you.

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## Ashby Road Extension Complete

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We are pleased to inform you that the extension at our **Ashby Road** site is now complete. The expansion has added nine new consulting rooms across two levels, with a lift to ensure full accessibility.

We've also added a new meeting room equipped with multimedia facilities, enabling us to conduct training sessions and meetings both internally and with partner organizations. This reduces the need for travel and supports better collaboration.



## Team Changes

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We have recently said goodbye to **Dr. Taylor** and **Dr. Tehmina**, who have both retired. We wish them all the best in their retirement and thank them for their dedication to our patients over the years.

We are delighted to welcome back **Dr. Anam Abrar**, who originally joined Ancora as a newly qualified doctor in her first year as a GP Registrar. Now a fully qualified GP, she brings a wealth of knowledge and enthusiasm to the team. Dr. Abrar has a special interest in cardiovascular disease prevention, offers contraceptive services, and is also a trainer for future GPs.

We're also pleased to have **Dr. Adeola Balogun** and **Dr. Amrou Abdelnaby** as salaried GPs. Both trained as registrars at Ancora and now play an important role in our clinical team.

## Medical Training at Ancora

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We continue to support the next generation of healthcare professionals with expanded training programs. We now host **four GP registrars** per year (up from two). These are qualified doctors in training to become GPs, working under supervision at all stages.

We've also introduced **Foundation Year 2 (FY2) doctors**, who rotate through various specialties during their first two years of being a qualified doctor. We hope their time with us inspires some to pursue general practice as a career.

In addition, we welcome **Year 5 students from Hull and York Medical School**, as well as **Years 1–3 students from Lincoln and Nottingham Medical Schools**. These students primarily observe consultations to enhance their learning. You always have the right to decline a student's presence during your appointment—just let us know, and this will be respected without question.

## Practice Nursing Team Update

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Our experienced nursing team—**Kerry, Julie, Lindsey, Rachel, and Sophie**—continues to provide high-quality care, particularly for patients with diabetes and respiratory conditions.

We're also pleased to introduce **Stephanie Wadge**, a Nursing Associate, which is a new role in the practice. Stephanie primarily handles vaccinations, immunisations, and cervical screening.

Our Healthcare Assistants (HCAs) continue to work closely with both doctors and nurses to support your care.

## Online Consultations – A New Way to Access Care

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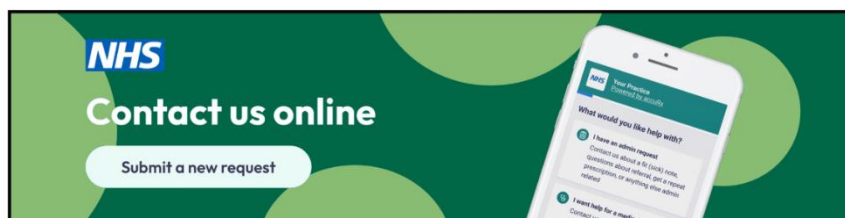
We have launched a new system that allows you to request help or an appointment online. Currently, we are trialling this with 30 clinical submissions per day and unlimited admin requests.

To use the system:

1. Visit our Ancora website:

<https://www.ancoramedicalpractice.nhs.uk>

2. Scroll to the bottom of the homepage and click on **'Contact us online'**



3. Click on **'I have a health problem'** and complete a short form which will be reviewed by a clinician.
4. Based on your needs, you may be offered a GP appointment or directed to a more appropriate service.

Over the coming months, we plan to expand this service, which will become the main way to request appointments. However, face-to-face and telephone appointment requests will still be available.

# IMPORTANT NOTICE

## Practice Closure Dates & Times

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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 14<sup>th</sup> May 2025

**Afternoon of:** Wednesday 11<sup>th</sup> June 2025

**Afternoon of:** Wednesday 9<sup>th</sup> July 2025

**Afternoon of:** Wednesday 13<sup>th</sup> August 2025

**Afternoon of:** Wednesday 10<sup>th</sup> September 2025

## Services We Provide

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### Vaccinations we offer in surgery:

- RSV,
- Pneumococcal,
- Shingles.



### Health Checks:

The NHS Health Check is a free preventative health check designed for adults aged 40-74 in England. It aims to assess your risk of developing conditions like heart disease, stroke, kidney disease, and type 2 diabetes, allowing you to take steps to improve your health.

Here's a more detailed look at what it involves:

### **Who is it for?**

- Adults aged 40-74 in England.
- Those without pre-existing conditions like heart disease, diabetes, or kidney disease.

### **What happens during the check?**

- **Questions about your health history:** This includes your family history, lifestyle factors like smoking and alcohol consumption, and physical activity levels.
- **Physical measurements:** Your height, weight, and waist circumference will be measured to calculate your BMI and waist-hip ratio.
- **Blood pressure and pulse:** Your blood pressure and pulse will be taken.
- **Blood test:** A blood test will be conducted to check your cholesterol levels.
- **Advice and guidance:** You will be given personalized advice on how to lower your risk of heart disease, stroke, diabetes, and kidney disease based on your results.

## Seasonal Information

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If you suffer from hayfever, visit the NHS website for things you can do to ease your symptoms.

<https://www.nhs.uk/conditions/hay-fever/>

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May is Skin Cancer Awareness Month, a time when the NHS and other organizations focus on educating the public about skin cancer prevention, early detection, and treatment. This awareness campaign encourages individuals to prioritize sun safety, check their skin regularly, and seek medical attention if they notice any changes.



For any information, scan this QR code to visit the MacMillan Skin Cancer page.



## Patient Participation Group

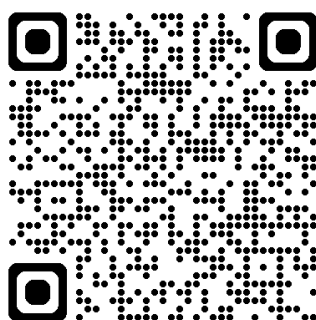
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We greatly value feedback from our patients about the care and services we provide. By joining our Patient Participation Group (PPG), you will have the opportunity to work with us to ensure our services continue to meet your needs.

We are currently relaunching our PPG and would warmly welcome both existing and new members. The first meeting of the new group is planned for **Tuesday, 3rd June at 1:00 PM**, at our **Ashby Road location**.

This initial meeting will be a chance to discuss how the group will operate, including preferred meeting times, format, and areas of focus.



Scan this QR code to visit  
the PPG form.



## 6 Top Tips To Reduce Blood Pressure

1. **Reduce salt intake** (<6g/day which is 1 teaspoon) helps maintain a healthy blood pressure.
2. A **balanced diet** will help to lower blood pressure. The Mediterranean diet is good for hypertension and heart (The Mediterranean Diet <https://www.heartuk.org.uk/>)
3. **Drink in moderation** - < 14units/ week, spread over 3-4 days with several alcohol-free days in the week. Staying within the recommended levels is the best way to reduce your risk of developing high blood pressure. (Alcohol advice - NHS <https://www.nhs.uk/conditions/alcohol-misuse/> )
4. **Weight loss** - being overweight forces your heart to work harder to pump blood around your body, which can raise your blood pressure. Even 5-10% of weight loss will make a huge impact on blood pressure. Healthy lifestyle in North Lincolnshire can help you in reducing weight (Living a health life - North Lincolnshire Council <https://www.northlincs.gov.uk/people-health-and-care/living-a-healthy-life/> )
5. **Regular exercise**, 150 minutes/ week, reduces 5-7mmHg of blood pressure and these reductions translate to a 20-30% reduced risk of heart disease.
6. **Stop smoking** - smoking can cause your arteries to narrow. This can increase your blood pressure.

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