

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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Friends and Family Feedback for May 2026

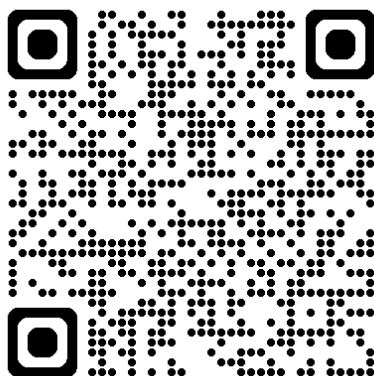


Motor Neurones Disease (MND) Awareness Month - June






To find out more about MND, you can visit the NHS website below

www.nhs.uk/conditions/motor-neurone-disease/

or scan the QR code



About Motor Neurone Disease

<p>Today, six people</p>  <p>will be told they have MND and six people will die from the disease.</p>	
<p>People with MND may lose their voice and movement.</p> <p>And ultimately their ability to breathe.</p> 	<p>A third of people will die within a year of diagnosis.</p> <p>More than half will die within two years.</p> 
<p>MND is a fatal rapidly progressing disease.</p> <p>It affects the brain and spinal cord.</p> 	<p>MND doesn't discriminate.</p> <p>It affects people from all backgrounds and at all ages.</p> 



There is no cure for MND. Together we can change that. Your support matters.

Events in Scunthorpe in June 2026

Carers Week 2026 event

Join us at the Ironstone Centre on Thursday 11th June for our Carers Week 2026 event!

Come along and learn more about the support available to you in your caring role and meet the teams from



Thursday 11th June
10am to 1pm

Ironstone Centre, West St, Scunthorpe DN15 6HX

WWW.CARERSUPPORTCENTRE.COM 01652 650585

Learning Disability Week 2026

Thursday 18th June | 10:00am – 4:30pm
Ashby Community Hub, Ashby High Street, Scunthorpe DN16 2RY

Wellbeing Walkabout



What's happening:

- Physical Health & Annual Health Checks
- Communication & Hospital Passports
- Psychology – Grounding & Breathing Techniques
- Physio Exercises & Occupational Health
- Healthy Eating Session
- Understanding Abuse & How to Report
- Social Media Safety

Spaces are limited – booking required

Contact: RDASH or Cloverleaf Advocacy
RDASH.AdultLDservices@nhs.net
03000 212 878
leanne.everington@cloverleaf-advocacy.co.uk



Learning Disability Week 2026

Transition Art Exhibition

• Where: Elizabeth Quarters, Scunthorpe, DN15 6BF
• When: Friday 19th June
• Time: 10:00am – 5:00pm

Come and see amazing artwork created by young people with a learning disability.

Our Health Bus Will Be There!
Come and see our team on the bus and find out more
Join in with fun art activities
Everyone is welcome to have a go and get creative!



Moving Forward



We know it's not 'back to normal' after breast cancer treatment. We get it. And we're here to help. At our **Moving Forward** course, you'll meet other people who've finished treatment for primary breast cancer. And you'll get the tools to help you move forward with your life.

Sign up today to join your local in-person group.

You don't always feel "back to normal" when you finish hospital treatment for primary breast cancer. Coping with the shock of a diagnosis, treatment and side effects, and worries about recurrence can be hard.

That's why Moving Forward™ is here. The course takes place over 2 half-days on consecutive weeks. Through supportive, open conversations in a safe, confidential space, you'll connect with people who understand. And you'll find the tools you need to feel more empowered, confident and in control. Ready to move forward with your life.

We keep groups small, up to 15 people. Each course has an expert facilitator, trained volunteers and a Q&A session with one of our healthcare professionals. You'll also be supported by our journal and online information hub. So, you can find the answers to the questions that are important to you. You can join Moving Forward course in person or online.

Week 1:

Looking back to move forward Your chance to share anything you're worried about and explore what you need to start moving forward.

Week 2:

What's important to you? Q&A with a healthcare professional. And identify the tools and resources that are most useful for you and your life after primary breast cancer

Information hub and journal

You can access our online information hub for expert information on a huge range of topics, like:

- Adjusting to life after a breast cancer diagnosis
 - Lifestyle information about diet and activity
 - Breast awareness
 - Sex and intimacy
- You'll also get a copy of our Moving Forward journal – yours to make notes in and explore different tools and resources.

Worried about the cost of travel?

Our services are free to use but we know that getting there might cost you money. Contact us about our access fund to find out how we can help with the cost of travel if you need it. Email us at accessfund@breastcancer.org or call 0345 077 1893 to speak to someone.

FIND A COURSE NEAR YOU OR REGISTER - FOR AN ONLINE COURSE TODAY

breastcancer.org/movingforward

0345 077 1893

movingforward@breastcancer.org

