

September 2026 Newsletter

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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Septembers PPG Meeting Date



PATIENT PARTICIPATION

Next Meeting

**Thursday 3rd September 2026 at 12.30pm – 1.30pm at the
Ashby Road Surgery**

If you would like to know more about the group feel free to come along or alternatively if you have any suggestions, please speak to one of our Practice Care Co-Ordinators on 01724 842244.

Zero Tolerance at Our Practice

The Practice staff shall always show due respect and courtesy when dealing with patients and their representatives. We respectfully request that patients and their representatives do the same when dealing with members of the practice team.

The NHS operate a zero-tolerance policy with regard to violence and abuse, and the practice has the right to remove violent patients from the list with immediate effect in order to safeguard practice staff, patients and other persons.

No form of aggression (whether verbal or physical in nature) will be tolerated - any instances of such behaviour on the practice premises may result in the perpetrator being reported to the Police and removed from the practice's List of Registered Patients.

Violence in this context includes actual or threatened physical violence or verbal abuse which leads to fear for a person's safety. In this situation we will notify the patient in writing of their removal from the list and record in the patient's medical records the fact of the removal and the circumstances leading to it.

Our staff have the right to be treated with dignity and respect at all times. They should be able to do their jobs without being physically or verbally abused. Anyone found abusing staff in person or on the telephone will be asked to leave the Practice. This behaviour will not be tolerated.



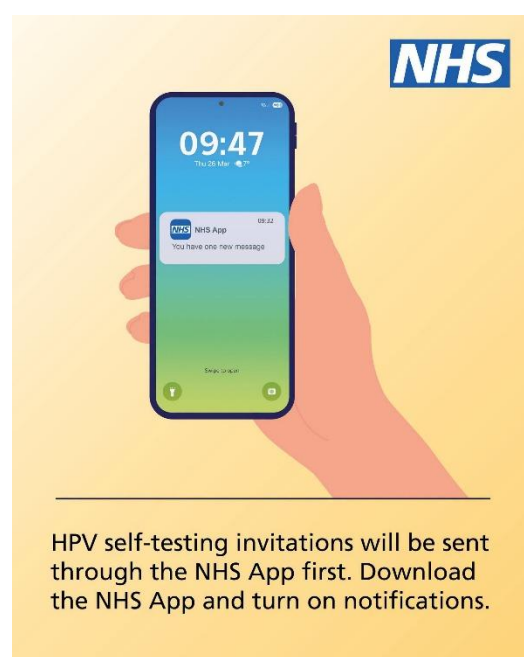
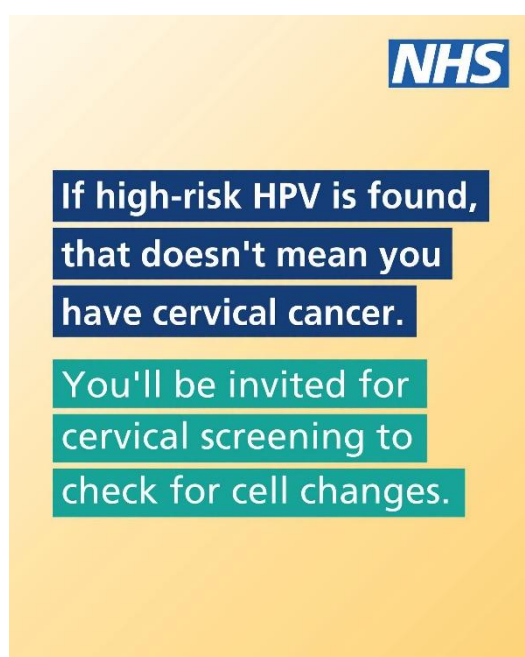
Cervical Screening – HPV Self Testing

Cervical screening is one of the best ways to protect yourself from cervical cancer, so it's important to take up your invitation when it arrives.

If you've missed your cervical screening, the NHS may invite you to take an HPV self-test instead. If invited, you can order a kit, take your sample at home or somewhere private, and return it free by post.

You can't opt in to HPV self-testing – if you're eligible, the NHS will contact you.

More info ➡ <https://www.nhs.uk/tests.../cervical-screening/how-to-book/>



Do you have a history of gestational diabetes?

You may be eligible for the free Healthier You: NHS Diabetes Prevention Programme.

Did you know...

- If you had diabetes in pregnancy (gestational diabetes) you are at an increased risk of type 2 diabetes?
- Approximately 1 in 2 of those who've had gestational diabetes may go on to develop type 2 diabetes within the next 5-10 years?



Join now

Find out more about the Healthier You: NHS Diabetes Prevention Programme and sign up online:

preventing-diabetes.co.uk/gestational-diabetes



info@preventing-diabetes.co.uk



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