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Registrations

We're pleased to announce that our patient registration area has expanded. We are now accepting new patients from the following postcodes: DY1, DY2, DY3, DY4, DY5, DY6, DY8, DY9, B63, B64, B65, and B69.

If you live in one of these areas and are looking for a GP, we'd be delighted to welcome you to Anchor Medical Practice. Please note that home visits are limited to patients living within our official catchment area. You can check your eligibility on our website.

Hay Fever

As spring arrives, many people begin to experience hay fever symptoms such as sneezing, itchy eyes, and a runny nose. Starting treatment early can make a big difference. Antihistamines, nasal sprays, and eye drops are all available from your local pharmacy without a prescription.

If your symptoms are severe, not improving, or affecting conditions like asthma, please contact the practice for advice. Planning ahead can help you enjoy the warmer months more comfortably.

Appointments

In the past month alone, **122 patients** did not attend their appointments without letting us know. That's nearly **31 hours** of valuable clinical time lost.

Every missed appointment is time that could have been used to help another patient. Unfortunately, missed appointments continue to have a significant impact on our service.

If you can no longer attend your appointment, please let us know as soon as possible so we can offer it to someone else.

Let's work together to reduce missed appointments and make sure every slot counts.

New FY2 Doctors

We are pleased to welcome a new group of FY2 doctors to the practice. FY2 doctors are fully qualified doctors who are continuing their training across different specialties, including general practice.

They are a valued part of our clinical team and work under the supervision of experienced GPs. You may be offered an appointment with one of our FY2 doctors. They are here to provide high-quality care while gaining valuable experience.

Spring Into Health

Spring is the perfect time to focus on your health and wellbeing. As the days get longer and the weather improves, try to build more activity into your routine. Even a short daily walk can make a big difference.

Eating a balanced diet, staying hydrated, and getting enough sleep are all key to feeling your best. Small, positive changes can have a lasting impact on both your physical and mental health.

Childhood Immunisations

Keeping your child's vaccinations up to date is one of the most important ways to protect them from serious illnesses. Routine immunisations are offered at key stages throughout childhood and help keep our whole community safe.

If your child has missed any vaccinations or you're unsure what they are due, please contact the practice. Our nursing team will be happy to check and arrange any catch-up appointments if needed.

Repeat Prescriptions

Ordering your repeat prescriptions online is the quickest and most convenient way to request your medication. The NHS App and our online services are available 24/7, helping reduce pressure on our phone lines.

Please remember to allow at least three working days for your prescription to be processed, and avoid ordering too early or leaving it until the last minute. Thank you for helping us keep our services running efficiently.