

FEBRUARY

2026 Newsletter



New Starter

Please welcome our new
GP Registrar.
ST2 Dr James Lloyd.
Dr Lloyd will be with us until
August.

NHS Foundation Trust

EATING DISORDERS AWARENESS WEEK

Monday 23 February - Sunday 1 March 2026



Resource pack

Beat
Eating disorders

Right now, at least 1.25 million people in the UK are living with an eating disorder, and millions more who support them feel the impact too. Eating disorders can be deeply isolating, but connecting with others who understand, or who share your interests and values, can be life-changing. And it doesn't matter whether your community is one person or many, even a single meaningful connection can bring hope, strength, and the reminder that you are not alone.

For further information:
beateatingdisorders.org.uk

NHS North Lincs Talking Therapies

We provide talking therapies for adults experiencing common mental health problems.

If you have experienced any of the following for more than two weeks, please contact us.

- Depression • Anxiety • Phobia • Panic
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)

You can self-refer online at:



rdash.nhs.uk/services/nhs-talking-therapies



Or call us on: **03000 216165**



for anxiety and depression



Raynaud's Awareness Month, observed throughout the month of February, aims to raise awareness about Raynaud's phenomenon, a condition that affects blood circulation in extremities such as fingers and toes. It's an opportunity to educate the public about the condition's symptoms, causes, and management, as well as to offer support to those living with Raynaud's.

Raising awareness about Raynaud's phenomenon has become increasingly important as more people are diagnosed with the condition. While the specific origins of Raynaud's Awareness Month are not widely documented, its mission is clear: to improve the lives of individuals affected by Raynaud's through education, support, and research. Further information can be found at www.nhs.uk/conditions/raynauds/



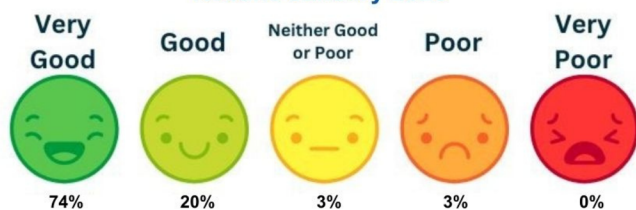
IT'S ALMOST COVID VACCINE SPRING BOOSTER TIME!

We will be starting to contact all eligible patients soon and the clinics will start in April.



Friends & Family Test

Results January 2026



94% of patients rated us Good or Very Good after their appointment!

AS ALWAYS, THANK YOU FOR YOUR FEEDBACK!

Statistics For January 2026

Patients Did Not Attend
219

New Patients Registered
58

Triage Forms Submitted
3519

Answered Calls
6642

Prescriptions issued
5787

Referrals Made
450

Appointments Available
8305