

Stockbridge Practice News – December 2025



Stockbridge Practice is working to become accredited as a Royal College of GPs Active Practice.

We are encouraging both staff and patients to become more active. As we approach January, we would like to give you some information to improve your health.

Blood pressure measurement

Adults aged 45+ are encouraged to measure their blood pressure at least once every 5 years. This is easy to do by using one of the machines in our waiting room to measure your blood pressure.

Free support with weight management

The NHS offers diet and exercise advice for patients with a Body Mass Index of 30 or more:

- Visit the website: <https://hampshire.gloji.org.uk/signup/>
- Call 0800 054 1190
- Email support@gloji.co.uk

For free support to reduce alcohol and drug use:

- Visit the website: <https://www.inclusionhants.org/>
- Email inclusionadmin@mpft.nhs.uk
- Call 0300 124 0103 - Option 8
- Pop in at 51 Bridge Street, Andover, SP10 1BG

For free support to quit smoking:

- Text QUIT to 80011
- Email hello@smokefreehampshire.co.uk
- Call [0800 772 3649](tel:08007723649)