

Stockbridge Practice News – July 2026



In July and August most of our team have a well-earned break for a week or two.

This may mean patients waiting longer to see their GP of choice.

Alcohol and me - what's your story?

Alcohol Awareness Week falls in July. Alcohol Change are encouraging people to stop and think about their relationship to alcohol. How is alcohol impacting our lives and what can we do about it?

Whether it's sleepless nights, low energy, increased anxiety or a lingering sense of feeling not quite right, alcohol can affect us in ways we don't always realise, having a knock-on effect on our health and wellbeing, our relationships, our productivity, and those we love. It can also put us at real risk of developing many other long-term health conditions such as liver disease, high blood pressure, stroke, and cancer.

Take 2 minutes to explore the role alcohol is playing in your life. This could mean understanding more about your alcohol risk level, cutting back on how much you drink, experimenting with an alcohol-free experience or simply learning more. And we get it – exploring your relationship with alcohol might feel uncomfortable, confronting, or even a little daunting. That's okay – you're not alone in that feeling. But it might be a sign that this is just the right time to learn more, get advice and take a step forwards.

When we drink less alcohol, the benefits often reach far beyond ourselves, strengthening our relationships, our families, and improving our working lives, communities, and society. For more information see: alcoholchange.org.uk or ring Drinkline, the national alcohol helpline if you are worried about your drinking or someone else's on 0300 123 1110 (9am-8pm on weekdays and 11am-4pm on Saturday and Sunday).