

Practice Newsletter

November 2018



MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries



Park Run Practice

Mowbray House Surgery are pleased to announce that we have become a Parkrun Practice. On Saturday October 6th 2018 Mowbray House staff "took over" the care of Northallerton Parkrun providing marshals, timekeepers and barcode scanners. We have had lots of positive feedback from the patients and staff who took part and from the Northallerton Parkrun team of volunteers.

We see this as a great opportunity to improve the physical and mental health of our patients and will be encouraging them to run, walk or volunteer to gain the benefits from the Parkrun community. Parkrun has grown from a 5k timed-trial in Bushy Park in 2004 with 13 friends to a global phenomenon with 1.7 million parkrunners. Why do so many people show up every Saturday? Well, breakthrough new research has proven that parkrunners are happier people, while GPs are going to start prescribing activities such as parkrun for patients with anything from diabetes to depression. Parkrun can do the following;

1. It will give you a (scientifically-proven) buzz,
2. It could add years to your life,
3. It connects you to a community,
4. It can keep the whole family fit,
5. You don't need to run to reap the benefits,
6. It connects you to nature,
7. It enhances the effects of endorphins

To read more about the benefit of parkruns please visit <http://blog.parkrun.com/uk/category/news/>

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Hutton Rudby Surgery

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www.mowbraygroupsurgeries.co.uk



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Practice Paramedics

We are working with Yorkshire Ambulance Service to provide paramedics that are working alongside the practice team. They are able to triage and assess patients and also provide certain medications.

If you find yourself in the position where you may need a home visit as you are physically unable to get in to the surgery, please be aware it may be a Paramedic who visits rather than a GP.

Are you a carer?

Do you help out a friend or relative with day to day activities that they couldn't do by themselves- such as shopping, personal hygiene or housework? Then you could be classed as a carer. As a practice we like to record carers on our records, this is so we are aware as you may sometimes need some help or respite yourself. If you are a carer please let us know, we can always signpost you to some relevant agencies that may be of some help if you feel that this could be of benefit.

Voluntary Services in your area

There are many voluntary services that run in the Hambleton Area, such as Hambleton Strollers, Age UK and Mencap, with a lot of our patients volunteers themselves, they find it rewarding and also a new way to meet new people and make friends but also so beneficial for the many individuals that it helps. For more information please see our website which links to local volunteer groups.

Patient Participation Group

Did you know we have a Patient Participation Group which meets regularly to discuss the services on offer, and how improvements can be made for the benefit of *patients* and the practice. If you would be interested in joining this group of volunteers and meeting other like minded people please advise a member of our reception team who will pass on your details so that we can get in touch.

Online Access & Text Message Reminders

Are you signed up to request your medication online, book appointments online and receive SMS reminders? In the last month we have dealt with 2500 online prescription requests which is the quickest and most effective way to order your medication. To sign up please ask one of

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