



If you are experiencing symptoms of a **fever, a cough, or shortness of breath** and you have been **abroad in the 14 days** prior to becoming unwell, or have been in contact with someone who has a confirmed case of coronavirus, **please do not come into the GP Practice.**

Advice is stay indoors, avoid contact with others and consult NHS 111 online for advice. Please follow this advice even if your symptoms are minor.

For more information on the coronavirus outbreak, please visit the [nhs.uk website](https://www.nhs.uk) or [NHS111 online](https://www.nhs.uk/111)

Here are a few tips on how to avoid catching or spreading Coronavirus

- * Wash your hands with soap and hot water often for at least 20 seconds
- * Cover your mouth and nose with a tissue when you cough or sneeze
- * Put used tissues in the bin straight away and wash hands immediately
- * Try to avoid close contact with people who are unwell.



Armed Forces veteran friendly accredited GP practice



Did you know we are an accredited Veteran Friendly Practice?

This means we have dedicated clinicians who have specialist knowledge and experience of service related health conditions.

Currently we are involved in a pilot appointment scheme which gives any veteran patient the opportunity to be seen by a GP who is themselves an ex-military veteran. We hope that some veteran patients might benefit from being able to talk to a doctor who has a shared experience of being in the armed forces. The pilot service is available as an Online video appointment as well as through some appointments at Harewood Surgery in Catterick and at the Health Centre in Thirsk.

To use the service, simply ask when you speak to the receptionist to request an appointment. The receptionist will request your agreement that your medical records can be shared with the veteran doctor. If you choose an Online video appointment you will also be asked for your email address so that you have be sent information on how to access the secure video system.

For any more information about this then please speak to a member of our team. If you are ex-forces please let us know so that we can ensure you are getting the best possible care.

Would you like to be more involved in your GP surgery?

**Ask about joining the
Patient Participation Group**

Speak to your
practice receptionist
for more
information.



Our PPG chair **Adrienne Calvert** is stepping down after 7 years of service. We would like to say a very big **thank you** to Adrienne for all her hard work and support with the PPG and look forward to her continued support as a member going forward. If you would be interested in joining our Patient Participation Group then please ask to speak to Ellie Rowlands.

TEAM UPDATE

We would like to welcome **Gemma Carter** to our team.

Gemma joins us as our new Reception Team leader.

Anne Jackson will be joining our Nurse

Practitioner Team working a Monday, Tuesday and Friday.

Mowbray Group Surgery is taking part in an initiative called **Green Impact for Health**. This is a national initiative to improve sustainability and social responsibility within primary care. It aims to look at almost every aspect of our services ranging from office waste to better medicines management. The aim is to improve how time and resources are used resulting in improved patient care and experience along with a reduction in CO2 used, therefore having a positive impact on climate change.



As a patient you can also help us to help the environment by:

- ◆ **Recycling Inhalers** - this service is available here at our dispensary.
- ◆ **Medication** - Only order the amount of medication you require at any one time.
- ◆ **Lights** - When you have finished using the toilets please turn off the light.
- ◆ **Water** - Please make sure that you turn of the taps when you have finished.
- ◆ **Mobile Numbers**—ensuring we have up to date contact details will allow us to send text messages, saving sending paper letters.

Please feedback any other ideas you have that could help reduce wastage