



Practice Manager Update

After 13 years working at Mowbray Group Surgeries Sarah Stelling has left the practice. We are very grateful for all that Sarah contributed during her time here as Practice Manager and we wish her every success in her new ventures. Ellie Dougall has now taken over the role of Practice Manager with overall management the practice including personnel, practice policies and procedures, strategic planning and statutory requirements.

New Team Members

Since our last newsletter we have had some new staff join our practice.

- Kelly Swannell has joined us as an Advanced Nurse Practitioner and new nurse lead.
- Dr Mark Burrell is our new training GP.
- Dr Adam Kibirige has joined permanently working Monday, Tuesday and Thursday at Mowbray House Surgery .



Spring Booster Campaign:

The NHS is offering covid vaccine spring boosters to certain people. This is being offered to those over 75, those in a care home for older people and those over 12 with a weakened immune system.

The spring boosters are being delivered at the Grammar School in Northallerton and various local pharmacies in the area. If you are eligible you are strongly advised to book an appointment You can access the booking system either online <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> (scroll to the green 'book now' button at the bottom) or on the telephone via 119 (choose option 1 then 2).



Physio

Lots of patients have been benefiting from our excellent in house physio service with Simon.

Remember you can book straight in to see Simon face to face, without the need to see a GP or Nurse Practitioner first. He is able to see patients who are experiencing any musculoskeletal problems, such as back/neck pain, sporting injuries, sprains, ligament damage & joint pain.

To book an appointment with Simon, please call our Reception team and ask to be booked straight in with the physiotherapist.



Cervical Screening

We now offer the facility to book your smear test online. We have a range of appointments, during the day, early mornings, evenings, and some on a Saturday morning so we can usually find an appointment to suit you.

1 in 4 women avoid attending their smear test appointment and 1 in 3 women who don't attend are aged between 25 and 29. Try not to put off cervical screening, its one of the best ways to protect yourself from cervical cancer.



Feeling unwell? Choose the right service



Self-care

Hangover.
Grazed knee.
Sore throat.
Cough.



NHS 111

Unsure?
Confused?
Need help?



Pharmacist

Diarrhoea.
Runny Nose.
Painful cough.
Headache.



GP (Doctor)

Unwell.
Vomiting.
Ear pain.
Back ache.



NHS Walk-in Services

If you cannot get to the GP and it is not getting any better.



A&E or 999

Choking.
Severe bleeding.
Chest pain.
Blacking out.

Samples

Reminder that patients must only drop samples off at the surgery if they have been requested by a clinician. We won't be able to accept samples that have not been requested.



NHS COMMUNITY PHARMACIST CONSULTATION SERVICE



We are now able to refer patients for a minor illness consultation to a local pharmacy of their choice.

Minor ailments that can be referred via the scheme include:

- Acne, spots and pimples
- Allergic reaction
- Ankle or foot pain or swelling
- Arm pain or swelling
- Athlete's foot
- Bites or stings, insect or spider
- Blisters
- Cold or flu
- Constipation
- Cough
- Diarrhoea
- Earache, ear discharge or ear wax
- Eye, red or irritable/sticky or watery
- Hair loss
- Headache
- Mouth ulcers
- Skin rash
- Sore throat and hoarse voice
- Toe pain or swelling
- Vaginal discharge or itching
- Vomiting

National Carers Week

National Carers week is 6th –12th June.

Are you a carer for a family member, friend, or neighbour? If so, you can call the surgery, and ask to speak to one of our Care Coordinators.

They can put you in touch with a variety of different organisations who can assist, arrange for assessments if required and to discuss your own needs and not just that relating to being a carer.



Men's Health

It is Men's Health Awareness week on 13th—19th June. The overall aims of the week are to heighten awareness of preventable health problems for males of all ages.

The practice supports men and boys to engage in healthier lifestyle choices. Also encourages early detection and treatment of any health difficulties.



Armed Forces Day

Mowbray Group Surgeries is an Armed Forces veteran friendly accredited practice.

British Armed Forces Day is on Saturday 25th June 2022.

If you're in the British armed forces, a veteran, reservist or a family member of someone who is serving or who has served, the NHS can support you.

We have GP's who are ex service men and women. They can help, support and relate to your experiences.

If you need any support please contact the practice for further information.



Online Booking

You can now book appointments, order medication, look at test results and view your medical record via the systemone website, Airmid app or NHS app.

If you wish to sign up or request further access for yourself or a relative please contact the surgery.

