

### Staffing Update

Since last months newsletter we have had some staffing changes.

- Julie Elstob Advanced Nurse Practitioner has retired.
- Cally Gent will be joining the Hutton Rudby Team as their new Team Coordinator.

### Feedback and Patient Experience

Have your say to improve your care!

For those signed up for text messages we will be sending out a short questionnaire to ask about your feedback and experience with the practice at your latest appointment.



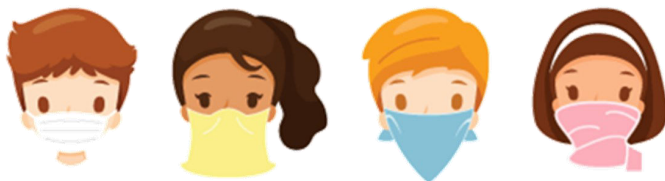
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### Face coverings within the surgery

In line with recent NHS guidance, we will be removing the need for patients and staff to wear face masks whilst at the Practice.

We do however continue to ask that patients with symptoms suggestive of covid such as; cough, sore throat etc do continue to wear a face mask whilst in the practice to protect other vulnerable patients and colleagues.

When you attend the Practice there may be team members who continue to wear a face covering and we ask that you respect their choice to do so.



## Understanding Dementia



According to the World Health Organization there are around 10 million new cases of Dementia every year.

Just a few symptoms may include Memory loss, Understanding, Mental Sharpness & Quickness, Difficulties doing some daily activities. Dementia diagnosed early helps both the person and family members to learn about the disease, set realistic expectations and plan for their future together.

Dementia Forward is a local Charity that helps people living with Dementia & their families.

**Email — [info@dementiaforward.org.uk](mailto:info@dementiaforward.org.uk)**

**Telephone— 03300 578592**

## Dementia Guidance

For people over 65 diagnosed with dementia  
Their friends and family

Dementia Guidance is a free service for people over 65 diagnosed with dementia or their friends and family.

<https://www.dementiaguidance.co.uk>

Email - [contact@dementiaguidance.co.uk](mailto:contact@dementiaguidance.co.uk)

Topics they can help with include; benefits, power of attorney, advisory and social groups, respite care and contingency plans.

If you have any questions please contact the service via email or for concise dementia information go to the dementia guidance website above.



## Samaritans Monthly Event;

### Talk to Us

Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure. Whatever you're going through, call us free any time, from any phone, on 116 123.

Your nearest branches are:

Mowbray House — 7 Crosby Road, Nether Siltan, Northallerton North Yorkshire DL6 1AA

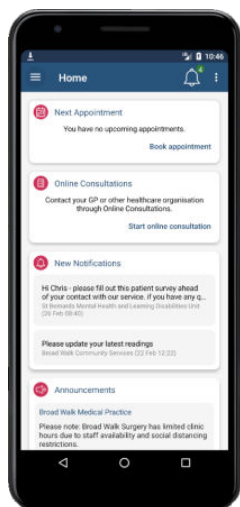
Hutton Rudby — 147 Borough Road, Middlesbrough TS1 3AT

## Repeat Medication Reminder

A reminder for those with repeat medications, please allow three working days before collecting your medication following your initial prescription request.

This allows time to safely authorise, order and dispense your medication.

If you are not already signed up to order your medication online through the NHS or Airmid app speak to a member of our team to get you signed up.





## Sarcoma Awareness Month

Sarcomas are uncommon cancers that can affect any part of the body, on the inside or outside.

### Signs and symptoms

- A lump which is growing, changing, or bigger than a golf ball
- Swelling, tenderness or pain in or around the bone which may come and go and may be worse at night
- Stomach pain, feeling sick, loss of appetite or feeling full after eating only a small amount of food
- Blood in either your poo or vomit

It is important to remember most lumps and pains are not sarcomas, and this list doesn't cover everything.

If you have any of the signs and symptoms of sarcoma, please contact your GP.

## FACTS ABOUT SARCOMA

**SARCOMA:** a cancer that develops from connective tissues, fat and muscle

**IT'S RARE:**  
**5,000**  
APPROX DEATHS CAUSED ANNUALLY

Some genetic conditions increase the risk for sarcoma

Often originates deep in the body

Its cause is unknown

Can be difficult to detect early on

Mention any new or growing lump to your doctor, painful or not

**Sarcoma subtypes**  
Behave differently and respond differently to treatment

There are at least 50 subtypes of soft tissue sarcoma.

**30**  
pounds or more

**Liposarcoma:**  
Cancer of fat produces the largest tumor found in the human body

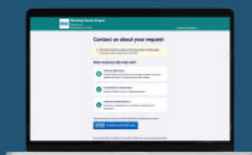
If you or a loved one has a diagnosis of sarcoma, it's crucial to see an experienced specialist.

## Online Consultation Service

We now offer a online consultation service for admin queries.

For all sick note (med3), blood pressure readings or for anything else admin related please go to our website <http://mowbraygroupsurgeries.co.uk/>.

Click online consultations and complete an admin request.



Online  
consultations