

Practice Newsletter

Issue No 16



MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries

Staffing Update

As we are a training practice, in August we welcome our new rotation of GP training doctors. These doctors are hospital trained and have been qualified doctors for a number of years. During their time with us they learn to apply their skills within General Practice. We are delighted to welcome the following GPs to Mowbray House Surgery for their placement:

Dr Glory Ben

Dr Emily Hammond

Dr Ogoma Osanyinlusi



Mowbray Group Surgeries Flu Vaccination Campaign 2022

We are well underway planning this year's flu vaccination campaign!

We have ordered your flu vaccine already and will have it waiting for you. All eligible patients will be able to receive their vaccines with us at the surgery. However, please wait to be contacted by us with more information on how and when you can access this vaccination. We will be in touch via your preferred communication method shortly. Watch this space!

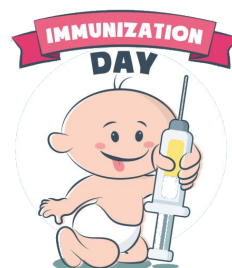
National Immunization Awareness Month

Immunisations save millions of lives and are widely recognised as one of the world's most successful and cost-effective health interventions. Vaccines save up to 3 million lives each year worldwide from infectious diseases, such as hepatitis, diphtheria, tetanus, pertussis (whooping cough), measles and polio. Still, despite the proven effectiveness of vaccines and the tens of millions of lives they have saved every year, up to 800 000 children go unvaccinated and more than 3.2 million children live in districts with immunisation coverage of less than 80%.

Mowbray House Surgeries run immunisation clinics every Thursday and offer some Saturday appointments.

Hutton Rudby Surgery offer appointments Monday - Wednesday.

If you are unsure if you or your child are up to date, please contact a member of our team, who will be able to advise you further .



World Breastfeeding Week

Every August for the first seven days of the month, World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies. Also a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.

Breastfeeding weeks aim to raise awareness of the health and wellbeing outcomes of breastfeeding and the importance of supporting mothers to breastfeed for as long as they wish.



Sunburnt skin is red, hot and sore to touch. It may flake and peel after a few days. It is caused by too much sun.

You can usually ease sunburn with things like after-sun cream and over the counter painkillers. Have a cool shower and drink plenty of water to cool down.

If you need further advice please speak to your local pharmacy.

Did you know you can book evening and weekend appointments?

Appointments are available locally on evenings and weekends if you need one.

6.30pm - 8pm weekdays
8.30am - 12pm weekends

Ask your doctors' reception team for more information.

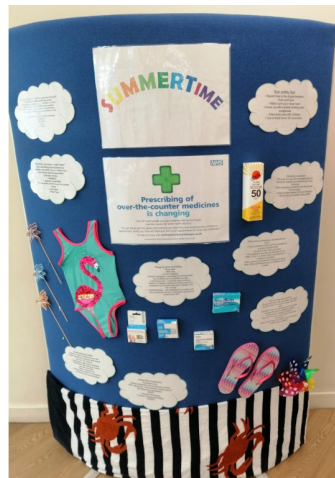


Still feeling baaaaaa'd?

Self-care Advice

This month's display board within the surgery at Mowbray House, is all about self-care guidance over the summer months. Below is some information around the types of conditions that patients are advised to visit a local pharmacy to discuss.

The NHS is wanting to educate more people about utilising self-care where appropriate, rather than using the GP practices for all minor illnesses. This means that patients with more serious issues may not have to wait as long before speaking to someone.



Cold sores (on the lips)

- Aciclovir cream

Conjunctivitis (Bacterial)

- Eye bath/wash
- Chloramphenicol drops (Zyrse+) +

Constipation

- Bisacodyl
- Senna
- Docusate

Cradle cap

- Emulsifying ointment +
- Shampoos

Cystitis (mild)

- Cystitis relief sachets

Haemorrhoids

- Creams/ointments
- Suppositories

Coughs, colds and nasal congestion

- Cough mixtures
- Decongestant nose drops/spray
- Cold/flu capsules/sachets

Infant colic

- Simethicone suspensions

Sore throat

- Benzylamine throat spray +
- Lozenges

We have a range of different clinicians within the practice. When booking an appointment you may be signposted by our team to the most suitable clinician.

Did you know Clinical Pharmacists are part of our team?

We have a range of healthcare professionals working alongside GPs in this practice, or locally, to ensure you get the care you need as quickly as possible.

Talk to the reception team to find out more.

HELP US HELP YOU
GET THE RIGHT CARE

Saad Iqbal, Clinical Pharmacist

Social Prescribing Link Workers are part of our team

Social prescribing helps improve health and wellbeing by connecting people to activities in the community. Link Workers connect those feeling lonely, overwhelmed or in need of help to local support groups and advice.

Talk to the reception team to find out more.

HELP US HELP YOU
GET THE RIGHT CARE

Helena A.R., Link Worker

Did you know Physiotherapists are part of our team?

We have a range of healthcare professionals working alongside GPs in this practice, or locally, to ensure you get the care you need as quickly as possible.

Talk to the reception team to find out more.

HELP US HELP YOU
GET THE RIGHT CARE

Steven Swindell, Physiotherapist

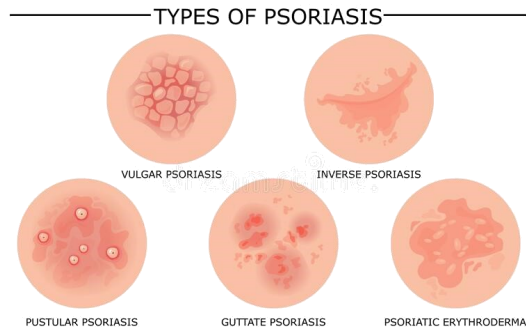
Psoriasis Awareness Month

Psoriasis is a skin disease that causes a rash with itchy, scaly patches, most common on the knees, elbows, trunk and scalp.

Psoriasis is a common, long-term (chronic) disease with no cure. It can be painful and interfere with sleep and make it hard to concentrate. The condition tends to go through cycles, flaring for a few weeks or months, then subsiding for a while. Common triggers in people with a genetic predisposition to psoriasis include infections, cuts or burns, and certain medications.

Common signs and symptoms of psoriasis include:

- A patchy rash that varies widely in how it looks from person to person, ranging from spots of dandruff-like scaling to major eruptions over much of the body
- Rashes that vary in colour, tending to be shades of purple with grey scales on brown or black skin, and pink or red with silver scales on white skin
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed
- Itching, burning or soreness
- Cyclic rashes that flare for a few weeks or months and then subside



There are products to try over the counter, if none of these help, ring your local GP Practice for advice.

New resources to support children and young people

Are you a young person wanting to find out more information for your mental health?

There's help out there.

Visit the Young Persons Guide to Mental Health on the "What's in North Yorkshire for me" page at www.thegoto.org.uk

A resource created by young people for young people. For more information visit www.thegoto.org.uk



The Go-To
For healthy minds in North Yorkshire