



New Mental Health Worker

This month we welcome our new First Contact Mental Health Worker - Jacqui Scotting. Jacqui will be holding clinics for patients who are registered at both surgeries. These will be held at Mowbray House Surgery on a Tuesday, Wednesday & Thursday. If you contact a member of our team for an appointment for a new mental health need, such as anxiety or stress, then they may signpost you to an appointment with Jacqui.

Flu Vaccinations and Winter COVID Boosters



The flu vaccine is a safe and effective vaccine. It's offered every year by the NHS to help protect people at risk of getting seriously ill from flu. The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading.

All eligible patients will be contacted by Mowbray Group Surgeries directly with a date and time to attend for their vaccine. We are hoping to co-administer flu & covid vaccination together as long as supply and delivery allow for this.

Please **DO NOT** call the surgery regarding this. This is to ensure lines are free for those with a medical need. Please continue to check our website and Facebook for updates.

Worlds Biggest Coffee Morning

The World's Biggest Coffee Morning is Macmillan's biggest fundraising event to support people living with cancer. People all over the UK host their own Coffee Morning and donations raised on the day are made to Macmillan.

From a group in the garden, sharing a coffee over a screen or a takeaway cake and cuppa, you can hold yours however you like. In 2021, there was over £11 million and hope to top that this year.

The nearest local event is at Northallerton Town Hall on Friday 30th September between 10am and 12pm. This will be held upstairs but there will be promotional stalls downstairs with activities and information booths.

The nearest support centre is at Sir Robert Ogden Macmillan Centre located at the Friarage Hospital Northallerton.



Cervical Screening Questions

If you have a question, want reliable information, or just need to hear a friendly voice, Jo's Trust free helpline is here for you. You can contact them by phone or email.

Phone line— 0808 802 8000

Jo's Trust website

<https://www.jostrust.org.uk/get-support/helpline/>
email

You can also book an appointment with a member of our nursing team if you have any questions, or concerns about your upcoming smear. They can discuss it with you before hand.



Need help with your NHS App?

I use the NHS App
to check my blood
test results

Your NHS, your way
Download the NHS App



Do you have the NHS App to manage your blood results, medication and appointments online?

Did you know that we run digital sessions at Mowbray House Surgery with members of our admin team to help you set up or navigate the NHS App.

Just speak to a member of our team to book into one of these sessions and they'll help you get the most the most out of the App!



Better Access Service

Better Access clinics starting from October will now be available Monday-Friday 8am-8pm and Saturday 9am-5pm.

Appointments are available at practices within the Hambleton and Richmondshire area.

Patients interested in these appointments should speak to their GP practice reception and find out which appointments are available.

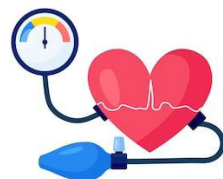
Please note that patients may not necessarily be consulted by a staff member from their own GP practice and must consent for their Patient Care Record to be shared out from their practice with the consulting clinician.

Know Your Numbers Week 5-11 September

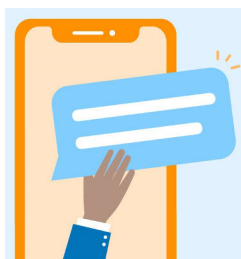
Every September, Blood Pressure UK volunteers give free blood pressure checks to thousands of passers-by to prevent heart attacks and strokes.

The aim of the campaign is to reach those who have high blood pressure and don't know it, so they can get the treatment and support they need to bring it under control.

There are lots of places you can have your BP checked or you can buy your own monitor online or at a local pharmacy.



Text Messaging Service



If you have a long term condition such as diabetes, hypertension etc it would be really helpful if you signed up to allow us to text you.

This allows us to send you a pre health check questionnaire and gather information about your height, weight, lifestyle etc prior to your appointment.

Please contact the surgery to change your preferences.

Jubilee Debt Advice Centre Northallerton

Jubilee Debt Advice Centre is based at and funded by New Life Baptist Church in Northallerton. They offer free, confidential help and support to anyone who contacts them about their debts and/or money problems.

The centre offers a drop in on Wednesdays 9.30am-12pm (just turn up, no appt needed) and they can also see people by appointment. They will give you all the time you need to talk about your situation and then give you non-judgemental advice as to the next steps. They can also contact your creditors, help with budgeting etc.

Telephone — 07719 852330

Website — www.nlbc.org.uk/jubilee

Email — jubilee@nlbc.org.uk

Location

New Life Baptist Church
52-54 High Street
Northallerton
DL7 8EG



Physio

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

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.



BUZZ US is a **text** messaging service run by
Compass BUZZ for young people aged
11-18 who live in North Yorkshire

Text a wellbeing worker on
07520 631168

if you are experiencing any of
the following:



Bullying



Low Mood



Anxiety



Stress



Self Esteem



Self Harm



Eating Problems



Emotions