

Practice Newsletter

Issue No 18



Mowbray House and Hutton Rudby Surgeries

COVID Vaccinations

Our team are receiving many calls from patients asking if we have any covid vaccinations in stock yet. We are not in control of the ordering, supply, or delivery of these vaccines. If we have them at the time of your flu appointment we will co-administer. If we don't then we will be in contact for those who still need it in the coming weeks to arrange.

If you would like certainty, then we would advise you to book your covid vaccination at your nearest site. You can do this via this link <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or by calling 119.

The Northallerton Vaccination centre are unable to accept any walk ins. Whatever is available at Northallerton will be shown via the national booking system.

Please **do not** phone the surgery as it increases telephone traffic and makes it more difficult for those who need us to get through.



Staffing Updates

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

- Alana Bingham, Advanced Nurse Practitioner
- Anne Watson, Pharmacist
- Kirsten Dixon, Business Operations Coordinator
- Jordan Stewart, Dispenser



Macmillan 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.

At this years Macmillan coffee morning on 13th September we raised £167.60 within Mowbray Group Surgeries.

This money will go towards research into cancer care, services for people affected by cancer, help healthcare professionals support people living with cancer and help employers support employees affected by cancer.



**LADIES!
GIVE US YOUR
SUPPORT**

AG INST breast cancer | Bra Bank

Deposit your used, new or surplus bras into our bra bank. Give them a new lease of life - raising vital funds for research into secondary spread breast cancer.

By depositing your bras in a **BRA BANK**, you will also be helping small businesses across the African continent to sell them at affordable prices.

For more information, or to order your own bra bank email recycling@againstbreastcancer.org.uk or go online at againstbreastcancer.org.uk

AG INST breast cancer

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Bra Recycling

We now have a bra recycling scheme within reception. Please deposit your used, new or surplus bras into our bra bank.

These get posted to breast cancer uk to be recycled and given a new lease of life. Also raising funds for research into secondary spread breast cancer.

You will also be helping small businesses across the African continent to sell them at affordable prices.

Menopause Awareness Month



Menopause is when your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55. It can sometimes happen earlier naturally.

Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards. There are things you can do to help with symptoms. There are also medicines that can replace the missing hormones and help relieve your symptoms.

For further information visit <https://www.nhs.uk/conditions/menopause/>

Stoptober

Stoptober is a major annual event to encourage smokers to quit for 28 days in October, with the aim of stopping smoking permanently.

Stoptober begins on 1 October and there's never been a better time to quit!

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit.

If you wish to stop smoking the NHS have a Quit Smoking app or you can speak to a care coordinator to be referred to Living Well Services for further help, support and advice around smoking aids to help you with any symptoms.



Sober October

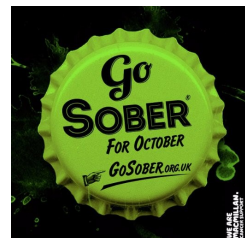
Sober October encourages people to go alcohol-free in October to raise money for Macmillan Cancer Support, who need your support now more than ever.

There are several health benefits of going sober. These include a clearer head, more energy, better sleep and weight loss.

The campaign works by going to <https://www.gosober.org.uk/> to sign up if you wish to do a fundraiser. Alternatively you can go sober for your own benefits.

Sober October is an 18+ fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. We would encourage people to drink responsibly and stick to the recommended daily guidelines for the rest of the year.

We advise heavy drinkers or people dependent on alcohol to speak with their GP before signing up to Sober October.





National Cholesterol Month

October is National Cholesterol Month, it is a campaign by HEART UK which aims to raise awareness on the importance of maintaining healthy cholesterol levels.

High cholesterol is a risk factor for coronary heart disease. Yet despite around half of UK adults having raised cholesterol, many do not realise they have it. In fact, recent research showed that almost a third of the UK population have never had their cholesterol levels checked, leaving a large number of potential diagnoses undetected. This means it's especially important to build understanding and knowledge on the risks of high cholesterol.

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also run in families. High cholesterol does not cause symptoms. You can only find out if you have it from a blood test.

You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine. Heart UK have heart healthy recipes on their website

<https://www.heartuk.org.uk/tasty-recipes/teatime-treats>



Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

NHS

MMR
vaccines
protect

Help us
help you