



December Closures - Mowbray House and Hutton Rudby Surgeries

Mowbray House and Hutton Rudby Surgeries will be operating usual opening times and delivery dates except for the dates and times listed below.

- Wednesday 7th December phone lines closed 12pm and surgery closed 12.30pm.
- Saturday 24th December CLOSED
- Monday 26th December CLOSED
- Tuesday 28th December CLOSED
- Saturday 31st December CLOSED
- Monday 2nd January CLOSED



The Gap at Swainby

Swainby Village Hall is 'FILLING the GAP'

Did you know you can now get to meet your friends and neighbours over a coffee on a Wednesday morning?

The GAP, in Swainby Village Hall, aims to fill the gap when no other coffee shops are open in the village.

We are offering a full range of barista style coffees as well as tea, cold drinks, scones, cakes and tea cakes, all at very reasonable prices.

Come in and try us out, you won't be disappointed. We would love to see you.

As the mornings get colder, our centrally heated, comfortable and pleasant surroundings will get your day off to a good start.

We're open from 10 am to 1 pm. Well behaved dogs are welcome.

Don't forget the Post Office is open next door for cash withdrawals, and all the other usual items.

If you'd like to volunteer for an occasional Wednesday morning, or to help with some baking, we would appreciate your help. Call in to discuss how you can support us with this community project.



Medical Student

We now have appointments available with our medical student Naz. You may be offered an appointment with her for acute, on the day problems.

As a teaching practice we are passionate about training the doctors of tomorrow.

When having an appointment with Naz you will see her first then a GP will come in to consult with you and Naz for the second half of the appointment.

First Contact Mental Health Practitioner

The practice have a mental health practitioner Jacqui Scotting who has both face to face and telephone appointments.

These appointments are to help those with mild to moderate mental health needs that are over the age of 18 years.



You may be offered an appointment with Jacqui as a first point of contact to help with any problems you may have.

We can support with advice, self-help resources, direction to community based resources, safety planning and if required a referral to more specialist services if needed for example Secondary Care Mental Health Services and IAPT.

Flu Vaccinations

We have vaccinated and protected 4600 patients against flu so far this year.

If you are still requiring your flu vaccination we will be sending out text links to book these. Alternatively please call the practice to ensure we can book you into a clinic.

If you are coming for an appointment with us, ask your clinician at the time and they will be able to give your flu vaccination then.



Day of Remembrance

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. This year it is on Sunday 13th November.

We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those that have lost their lives as a result of conflict or terrorism.

The National Service of Remembrance, held at The Cenotaph in Whitehall on Remembrance Sunday, provides the nation with a physical reminder of all those that have served and sacrificed, with British and Commonwealth soldiers, sailors, airmen and women represented, together with members of the emergency services and civilians, ensuring that no-one is forgotten.

We are an accredited Armed Forces Veteran friendly practice.
We have a number of GPs with previous military experience.

More than half of veterans (52%) have a long-term illness or disability, yet research suggests many may be reluctant to seek support for their issues, particularly if they feel they may not be understood. With an estimated two million veterans in the UK, the average general practice sees a veteran patient every day. Being able to identify and support veteran patients is



National Stress Awareness Day

On 2 November 2022, Stress Awareness Day will be highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.

Some stress can be helpful. Too much stress may make you ill.

Stress affects everyone differently, but there are common signs you can look out for, these are stated below. There are many different causes of stress. Stress is not an illness itself. But it can make you unwell if it is very bad or if it lasts a long time.

You might not be able to avoid stress but there are things you can do to manage it.

How to spot the signs of stress

Stress can manifest itself physically and emotionally. It can also affect our behaviour and thinking.

Physical symptoms include:

- Muscle aches, dizziness, chest pain, nausea and headaches

Emotional symptoms include:

- Feeling irritable, overwhelmed, angry, restless and scared

Behavioural symptoms include:

- Avoidance, changes in eating habits, using alcohol

Cognitive symptoms include:

- Racing thoughts, memory lapses, indecisiveness

Visit mentalhealth-uk.org/stress for advice on managing stress



Mental
Health
UK

5 self-care strategies to help reduce stress

1. Establish your priorities - be it in work or daily life
2. Complete your own stress bucket to identify your stressors and how to manage them
3. Reach out to family and friends
4. Spend time exercising or out in nature
5. Once a week, try to set time aside for a hobby you love or try something new

mentalhealth-uk.org/bucket



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Self Care Week

Self Care Week is the annual national event that raises awareness of what we can all do to improve our physical health and mental wellbeing. This year, the theme is Exercise Self Care for Life

Self Care Week is a perfect time to think about how we live our lives and maybe make some small changes that will improve our health and wellbeing, and our family's. Those changes could mean looking at what we eat or drink, or how much exercise we do or how much sleep we are getting. They could be about our work-life balance, because staying connected to our friends and family is also vital to our wellbeing, and theirs.

Knowing what to do and where to go for help is an important part of practising self care for life. Remember, it isn't just the GP practice that can help, pharmacies are also health experts. They are on every High Street and can help with all sorts of ailments. Pharmacists can also signpost you to the right place for additional health advice or treatment.

