

Practice Newsletter

Issue No 20



Mowbray House and Hutton Rudby Surgeries

On behalf of all the Partner's and team at Mowbray Group Surgeries we would like to thank all our patients for support this year and wish you all a very Happy Christmas and prosperous New Year.

December Closures

Mowbray House and Hutton Rudby Surgeries will be operating usual opening times and delivery dates except for the dates and times listed below. If you are due a medication delivery on the 26th, 27th or 2nd please arrange for someone to collect this on your behalf. Alternatively this will be delivered on your normal delivery day when we are next open.

Wednesday 7th December phone lines closed 12pm and surgery closed 12.30pm.

Saturday 24th December **CLOSED**

Monday 26th December **CLOSED**

Tuesday 27th December **CLOSED**

Saturday 31st December **CLOSED**

Monday 2nd January **CLOSED**

Staff updates

At the end of December Fiona and Kay hang up their nursing tunics at Hutton Rudby. We would like to thank both Fiona and Kay for all their years of service to the patients of Hutton Rudby, you will be greatly missed by patients and staff alike. We will still see Kay from time to time when she comes in to cover team members at times of annual leave or sickness etc. Kay and Fiona - we wish you both all the very best for the future!

Dr Emily Hammond has finished her training post with us and has moved onto a training post in secondary care. Dr Emily Heaton begins her GP training with us in September – Welcome Emily!



Email Addresses

Do we have your up to date email address? More and more things can be communicated with patients electrically. Please speak to a member of our team to update your email address details on our system.



Staying warm and cost of living

Keeping warm over winter is essential for your well-being. The cost of living means some people are struggling to stay warm, there are plenty of ways to improve things that don't have to cost a great deal.

British Gas have advised 10 steps people can take to warm up their homes. These include; Pop on some pipe-lagging, Draught-proof your home, Bleed your radiators and Closing Curtains.

Full information can be found at <https://www.britishgas.co.uk/the-source/beat-the-weather/warm-home-winter.html>

The Guardian has a host of tips using everyday items that are already available in your home to help you stay warm for no additional cost. The full story can be found at <https://www.theguardian.com/lifeandstyle/2021/jan/14/cold-as-ice-how-to-stay-warm-without-whacking-up-the-heating>.

Highlights from this include— Draught proofing, central heating system advice, DIY information and embracing blankets around the home.

Staying warm is important for the body as in the winter it can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.



Christmas Donations

Each December we like to give to a chosen charity, this year is women's refuge. If any patients would like to donate items for women and children then please pass them over to a member of staff at front desk.

We are collecting items such as; nappies, toiletries, socks, food items, baby grows, blankets and sanitary products.

Menopause Management Service

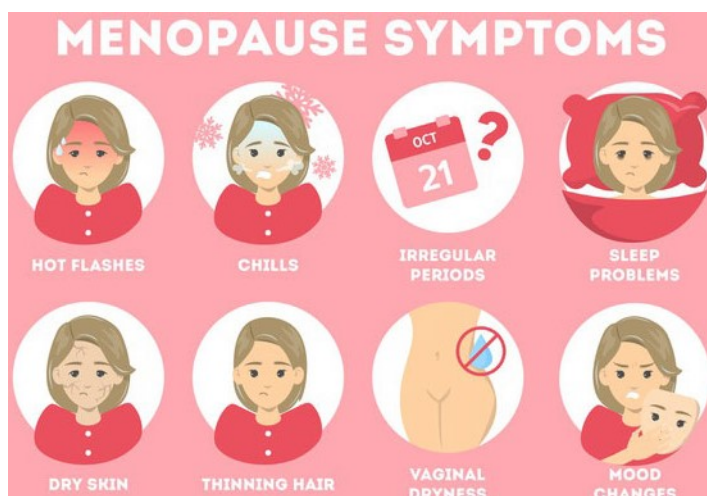
There is a new menopause service available for patients. If you would like to book an appointment please contact your practice.

To support women living in in Hambleton and Richmondshire we have a new service launching in our Better Access service on 3 December 2022.

This is a remote service and can be delivered either by phone or video call depending on the patient preference.

The Menopause Management Service will offer patients an extended consultation with a GP with a specialist interest in the diagnosis and management of the menopause.

The GPs in the service will prescribe any medication required and then follow-up with the patient until a long-term plan is agreed.



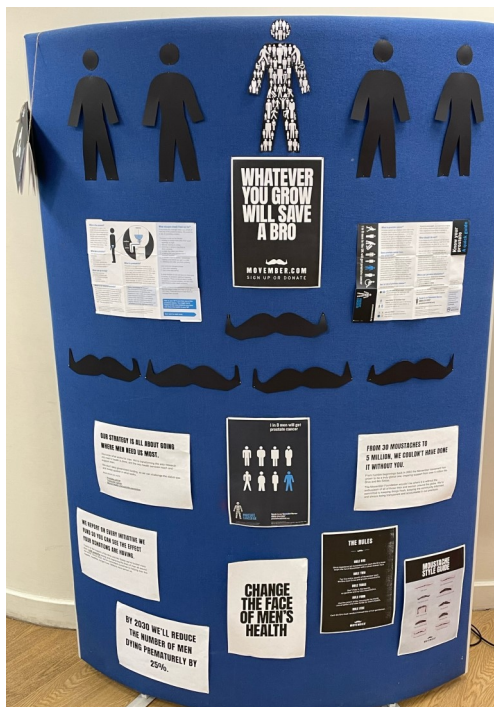
Men's Health Awareness

Our current notice board is all about men's health, we have information cards and leaflets at reception if anyone would like further information.

The information board covers Movember which supports men's mental health, suicide prevention, prostate cancer and testicular cancer. They have a live support team on their website. <https://uk.movember.com/?home>

We also have a charity donation box at dispensary reception desk of Mowbray House Surgery with pin badges. All money donated goes to Prostate Cancer UK.

Prostate Cancer UK have specialist nurse services, sexual support services, one to one support and online and face to face support groups.



Cervical Screening Information

If you are due or overdue a cervical screening and would like further information before you book.

You can contact us and book in to speak with a practice nurse. We have appointments weekdays, late nights and weekends at practices within the area.

Alternatively you can scan the QR codes below and it will give you further information.

Cervical screening:
helping you decide



gov.uk/phe/cervical-screening-leaflet

Cervical screening info
leaflets collection



gov.uk/cervical-screening-info