

Practice Newsletter

Issue No 22



MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries

Staff Updates

The end of January sees our current GP trainees move onto their next training post. We wish Dr Glory Ben and Dr Ogoma Osanyinlusi all the best of luck with their next rotation. Congratulations to Dr Mike Holder who has finished his training with us and starts his career as a GP.

In February we greet two new trainees and welcome Dr Amala Nsofor and Dr Benjamin Thompson.

This month we welcome Alex Meeks to our team. Alex is working alongside Jacqui Scotting as our First Contact Mental Health Worker. You can book in to see Alex both face to face or speak over the telephone. 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.



Child Flu Vaccinations

The uptake of the flu vaccine for at risk children this year has been nationally low.

If your child is eligible for the flu vaccine we strongly recommend they receive it – it's the best way to them from serious illness.

All our at risk children have been invited. If you are yet to take up this invite please contact the surgery as soon as possible to book in.



Help Protect Our Planet!

As part of our Green mission we are constantly looking at ways to reduce our practice carbon footprint.

As part of this our admin team are looking to reduce the amount of printing we do as a surgery. So we are asking do we have your up to date email address? Having this information means that we can send any referral information or paperwork to you electronically via email. This speeds up the process for the patients, reduces costs and is more environmentally friendly than our traditional methods. Next time you contact us just let our team know your email address and we can add it to your records.



All inhalers should be returned to your dispensary or pharmacy to be disposed of safely. Inhalers should not be put in waste bins. Landfill disposal is harmful to the environment both in material waste and in greenhouse gas emissions as the residual gas from canisters is released into the atmosphere. Your old inhalers can be safely despoised by our dispensers.

Please hand your old ones over when you collect your new ones!

Eating Disorder Awareness Week

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS. They affect 1 in 50 people in the UK.

An eating disorder is a mental health condition where you lose the control of food to cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can get an eating disorder, but teenagers between 13 and 17 are mostly affected.

If you or people around you are worried that you have an eating disorder please call the practice to discuss symptoms with one of our GPs. A GP may ask about your eating habits and how you're feeling, plus check your overall health and weight. They may refer you to an eating disorder specialist or team of specialists.

It can be very hard to admit you have a problem and ask for help. It may make things easier if you bring a friend or loved one with you to your appointment.

You can also talk in confidence to an adviser from eating disorders charity Beat by calling their adult helpline on 0808 801 0677 or youth helpline on 0808 801 0711.

Why does the receptionist ask what's wrong with me?

Reception staff are trained to ask certain questions in order to ensure that you receive the most appropriate medical care from the most appropriate health professional at the most appropriate time.

We have lots of services and clinicians available within both of our practices. The GP may not be the most appropriate person for you to see.

Reception staff, like all members of the team, are bound by confidentiality rules and anything you say will be treated as strictly confidential.

However, if you feel your issue is very private and do not wish to say what this is, then this will be respected.

As a practice we do not tolerate abusive and rude language over the phone or at the reception desk. Please remember that we are here to help you. All we ask is that our patients act reasonably and are considerate of the demands they make of us.



Time To Talk Day

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

We are pleased to announce Time to Talk Day 2023 will take place 2 February 2023, run by Mind and Rethink Mental Illness, in partnership with the Co-op and with support from Time To Change Wales, See Me and Change Your Mind / Inspire.

We know the more conversations we have, the better life is for everyone. Talking about mental health isn't always easy, but a conversation has the power to change lives. Explore this site for ideas on how to take part in Time to Talk Day, from organising an event in your local library or hosting a lunch and learn session to simply sharing information on social media or texting a friend.

Make space in your day for a conversation about mental health this Time to Talk Day.

We have mental health practitioners within our surgeries. Alex and Jacqui are based at Mowbray House Surgery but can be booked for phone calls and face to face appointments.





Anti-biotics Information

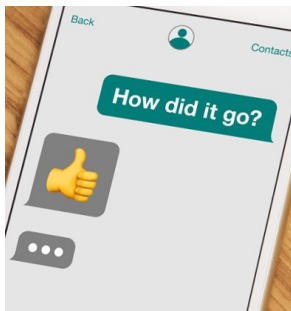
Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them.

Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from spreading. But they do not work for everything.

Many mild bacterial infections get better on their own without using antibiotics. Ways to help treat coughs and cold yourself are; rest and sleep, drink plenty of water to avoid dehydration and gargle with salt water to soothe a sore throat (not suitable for children).

Antibiotics do not work for viral infections such as colds and flu, and most coughs.

When it comes to antibiotics, take your doctor's advice on whether you need



**“My cervical screening
was nothing to worry about”**



Book an appointment with
your GP practice now.



Help us
help you

Raynaud's Awareness Month

Each February is Raynaud's Awareness Month. Raynaud's phenomenon is common and does not usually cause severe problems. You can often treat the symptoms yourself by keeping warm. Sometimes it can be a sign of a more serious condition.

Raynaud's affects your blood circulation. When you're cold, anxious or stressed, your fingers and toes may change colour. Other symptoms can include pain, numbness, pins and needles, difficulty moving the affected area.

Things you can do to help Raynaud's

Keep your home warm. Wear warm clothes during cold weather, especially on your hands and feet. Exercise regularly – this helps improve circulation. Try breathing exercises or yoga to help you relax. Healthy, balanced diet.

See a GP if your symptoms are very bad or getting worse, Raynaud's is affecting your daily life, your symptoms are only on 1 side of your body, you also have joint pain, skin rashes or muscle weakness, you're over 30 and get symptoms of Raynaud's for the first time or if your child is under 12 and has symptoms of Raynaud's.