

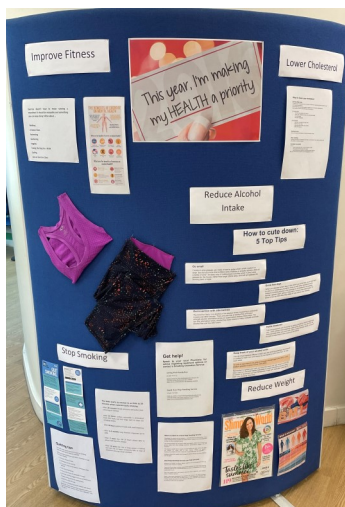
New Noticeboard

This month's notice board in reception is all about medication waste and improving health for the new year.

We have lots of information around the health benefits of improving fitness, stopping smoking, reducing weight, reducing alcohol and lowering cholesterol.

The other display shows a visual aid to how much medication is wasted by over ordering and stockpiling. This represents around 2% of what we get handed back within a year, not including what people give back to pharmacies or throw away themselves.

This has been made by our Dispensary Assistant Caroline.



Saturday Information

Mowbray House Surgery is open 8.30am - 12pm for pre-booked nurse appointments and dispensary only. We no longer have a GP on site on a Saturday so no appointments or urgent questions will be booked or resolved.

Please call 111 if any urgent problems over a weekend.

Our dispensary is for medication collections only on a Saturday. The reception desk will be closed on a Saturday.

All queries, questions or booking of any appointments need to be brought to the practices attention in our opening hours 8am -6.30pm Monday to Friday.

You can contact the practice via online consultation, calling reception or via the reception desk during our weekday opening hours.



Chat, play and read together. It sets them up nicely for school. For more support, search **Start for Life**

My two favourite things. Building stuff, **chatting** with mum.



Cervical Cancer Prevention Week

Cervical cancer week is 23rd-19th January 23.

Did you know just 1 in 3 women and people with a cervix take up their screening invite? Help us change this!

Cervical screening aims to identify whether you are at higher risk of developing cervical cell changes or cervical cancer. This means you can get any care or treatment you need early.

If you have had an invitation to book, you can book your smear online or call reception to be booked in.

We offer appointments during the week and also at surgeries in the area on weekends and evenings.



On the day appointments



We have on the day and routine appointments available to book with our GP's. These include both telephone and face to face options.

The on the day appointments are for acute problems only such as urine infection, migraines, chest infection etc..

You will be triaged by one of our receptionists when you call. These are booked in time order.

Our routine appointments are booked for other problems in advance throughout the coming weeks. These include ongoing issues you may have been having for a number of days/weeks. You can book routine telephone calls online, for routine face to face appointments please call reception at your usual surgery to book.

Better Access Appointments

We have appointments on a late night or weekend with multiple services such as GP, Nurse Practitioner, Practice Nurse etc..

The appointments are available at local practices across Hambleton. If you would prefer an out of hours appointment please request this when you call the practice.

If this service has sooner appointments than your usual practice you maybe offered this as a first option. You will be informed which practice you will be attending when you book your appointment.



Pre-book appointments, 6:30-8pm Weekdays
and between 8:30 - 12 noon Saturdays

**Click here or speak to a
receptionist to find out more**



IAPT - Local Therapy support

Talking therapies can help you with feelings of stress, low mood and worry.

Your local IAPT team offers talking therapies. They are there to help you lift your mood.

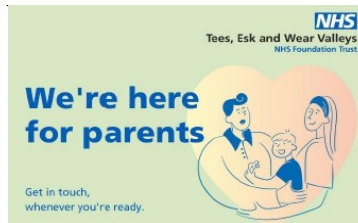
All talking therapies are available free on the NHS and you can refer yourself. Getting support early on, when you notice a change in how you've been feeling, can help you feel better faster.

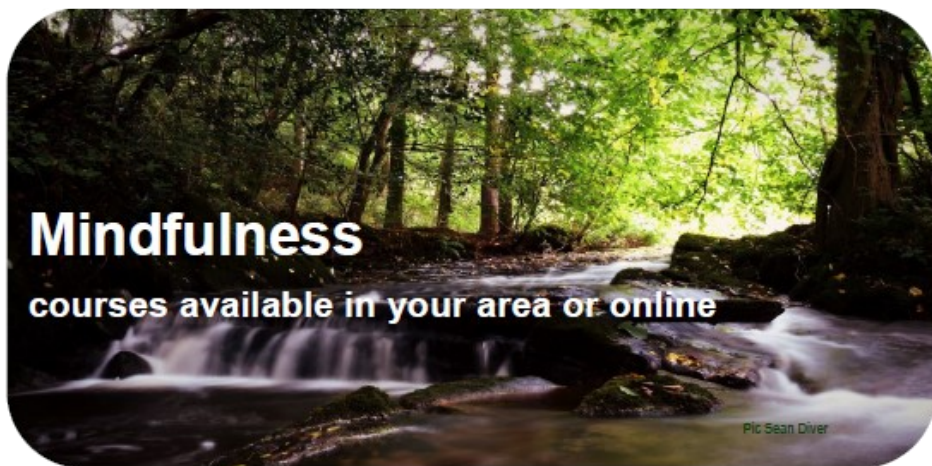
The IAPT team will work with you to support you in the way that feels best. For example, some people find guided self-help really suits them. Others find counselling can help to lift them out of depression.

We encourage anyone who is finding life's daily demands difficult to reach out. When you get in touch, there may be a waiting list. The IAPT team will let you know if this is the case and what to expect.

You can find out more and refer yourself on the IAPT website or speak to your GP, when you feel ready.

Refer yourself online here: <https://northyorkshireiapt.co.uk/>





Do you experience repeated episodes of depression?

Do you feel stressed by parenting or caring for someone with mental ill health or learning disability?

**Mindfulness Based Cognitive Therapy
(MBCT) may help**



Walk your dog month

January is Walk Your Dog Month and what better way to kick start your New Years Resolutions by getting out in the great outdoors and walking off some of that festive food and drink?

With health benefits for both you and your dog(s), this awareness month is a great way to help dust off the January blues, get out and about, meet other dog walkers and improve your own and your dogs well being.

Walking is a good way to get exercise, help with keeping healthy and improve mental health. Exercise can help with secondary conditions such as arthritis and high blood pressure.

Some things to consider include: Wearing brightly coloured or reflective clothing, leashes and collars, stay in well lit public areas and ensure your dog has access to plenty of fresh clean water during if on a long walk.

