

Practice Newsletter

Issue No 23



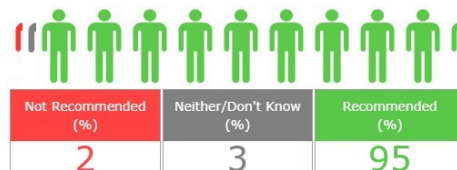
MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries

Friends and Family Feedback

Our January Friend and Family test results are in!

95% of our patients said that we were good or very good. Thank you to everyone that completed the text message survey after your appointment.



Here are some of our favourite comments:

"Seen face to face, on time, made to feel welcome, clear explanation given of examination process and of diagnosis and treatment. Prescription issued and collected before leaving. A very professional and reassuring process."

"I was given an appointment with a female doctor within hours of contacting the surgery. I was put at ease during my examination and will have a blood test on Monday morning. I am really thankful and lucky for the service Mowbray House provides."

Nutrition and hydration week

Nutrition and Hydration Week takes place every March.

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

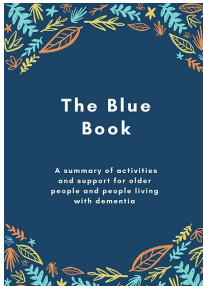


The key things to do are; eat at least 5 portions of a variety of fruit and vegetables every day, base meals on higher fibre starchy foods like potatoes, bread, rice or pasta, have some dairy or dairy alternatives (such as soya drinks), eat fish, eggs, meat and other proteins and drink plenty of fluids (at least 6 to 8 glasses a day).

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth. Plain tea, fruit tea and coffee (without added sugar) can also be healthy. If you do not like the taste of plain water, try sparkling water or add a slice of lemon or lime. Alternatively heat the water and infuse a tea bag, some coffee or a slice of lemon.

If you don't drink enough you could be at risk of dehydration. Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem.

The Blue Book



The Blue Book is a family ran information booklet which has distributed over 30,000 copies!

The book provides a summary of available activities, support and products for older people and people living with dementia in North Yorkshire and Northumberland.

Please visit www.the-blue-book.org.uk for a digital copy.

Young Carers Action Day

Make time for young carers!

Carers Trust works to transform the lives of unpaid carers. It partners with its network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes and raise awareness and influence policy. Carers Trust's vision is that unpaid carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.

For more information and to download your activity pack please visit:

www.carers.org

www.carersplus.net

No Smoking Day on Wednesday 8 March

Stopping smoking is one of the best things you can do for your health.

If you smoke you are more likely to get dementia. Every cigarette contains harmful chemicals which are bad for your brain. Smoking also leads to health problems such as cancer, heart disease and strokes.

The benefits of stopping smoking include;

better health, more money and cleaner air for those around you!

Quitting for good is much easier when you have the right support.

For further information, please see:

<https://www.northyorks.gov.uk/stopping-smoking> or
www.nhs.uk/smokefree

If you would like an onward referral to living well please let us know.



New Pregnancy Advice

What to do when you find out you are pregnant:

It is important to see a midwife as early as possible to get the care and information you need to have a healthy pregnancy. You don't need to inform your GP. Please call the midwife early bird service on 01609 763082.

Pregnant and don't know what to do?

If you need support and advice regarding your pregnancy the British Pregnancy Advisory Service (BPAS) can provide support and information to enable you to make decisions regarding your pregnancy. To book an appointment or request a call back please call 03457 304030 or visit www.bpas.org

Act F.A.S.T.

Stroke is a medical emergency and anyone experiencing symptoms should seek urgent help.

Early treatment not only saves lives but results in a greater chance of better recovery, as well as a likely reduction in permanent disability from stroke.

When a stroke strikes remember F.A.S.T for the signs. Face – has their face fallen on one side? Can they smile? Arms – can they raise both arms and keep them there? Speech – is it slurred? It's Time to call 999. The faster you act the better their chances. nhs.uk/actFAST



The poster is divided into two main sections. The left section has a dark background and features four rows of text, each with a large yellow letter and a corresponding image of a person showing a stroke symptom: 'FACE' with a woman's face, 'ARMS' with a hand, 'SPEECH' with a mouth, and 'TIME' with a hand holding a phone dialing 999. The right section has a bright yellow background and contains the text 'WHEN STROKE STRIKES, ACT F.A.S.T.' in large black letters, the NHS logo, the HM Government logo, and a small 'ACT F.A.S.T. Help us help you' logo at the bottom.

FACE
Has their face fallen on one side? Can they smile?

ARMS
Can they raise both arms and keep them there?

SPEECH
Is their speech slurred?

TIME
To call 999 if you see any single one of these signs

WHEN STROKE STRIKES, ACT F.A.S.T.

HM Government NHS

ACT F.A.S.T. Help us help you

Social Prescribing Day 9th March

Social Prescribing Day 2023 is a celebration of social prescribing which positively impacts people's health and wellbeing.

Medicine cannot treat everything that affects our health. Social prescribing can help with issues such as:

Loneliness

Bereavement

Befriending

Carers support



If you would like a referral or know anyone who would benefit from speaking to the social prescribers please contact the surgery in your usual way and we can arrange this for you.

We would like to introduce our Social Prescribers for our area:

Anneli - Hi There, my name is Anneli, and I am your social prescriber for Mowbray House and Hutton Rudby Group Surgeries. As a social prescriber, our job is to support patients with any issues they may be struggling with socially, whether it be isolation, loneliness, feeling anxious about leaving the house or just mixing with the outside world. It maybe that you wish to join a new social group or local activity, or you may be keen to help others, therefore we can signpost to the relevant services. Basically we aim to help with any need for social intervention which is not medically connected. We take referrals from any member of staff within the surgery. It maybe that you are having a chat with the person on the front desk and they pick up on your needs for social support, or it maybe a follow on from your 10 min consultation with your GP, and they feel that we could help you. As link workers, we aim to spend a few weeks working with you and get you on the right track for successful support and linking you to the relevant services in the Northallerton area. (Please note that we do adhere to a referral criteria depending on circumstance)

Myself and my colleague Rosie look forward to working with you.

Rosie - I am an ex-nurse who previously worked in the community with long term conditions patients. After retiring I have come back to work as a Social Prescribing Link Worker and work 3 days a week in the Hambleton area.

Easter Dispensary Opening Times

The Dispensary will be closed from Thursday 6th April at 6:30pm and will re-open on Tuesday 11th April at 8:30am. **Please order your prescriptions in plenty of time.**

