

# Practice Newsletter

## Issue No 26



Mowbray House and Hutton Rudby Surgeries

### COVID Vaccination Spring Booster

We have very limited supply of covid vaccine which is completely out of our control. We managed to hold a small successful clinic but are still waiting on further supply of vaccines. We have been told to expect the majority of these in June. Those eligible are able to book online at a local pharmacy if you would prefer not to wait.

### Pharmacy

We would like to welcome our new pharmacist, Kate Pilling, who started at the end of May.

Our Pharmacy Team are available for appointments for medication reviews, medication queries and advice. They can assist with medication switches and changes as appropriate.

You may be contacted by the Pharmacy Team to invite you for blood tests or blood pressure checks to review your medications.



### NHS app

The NHS app allows you to access a range of NHS services. You can download the NHS app on your phone or tablet. You can also access the same services in a web browser by logging in through the NHS website. You must be aged 13 or over to use the NHS app and registered with a GP surgery in England or the Isle of Man.

Using the app can help us to reduce phone calls to the surgery ensuring those who need to speak with us can get through.

#### **What you can use the app for:**

You can order repeat medications

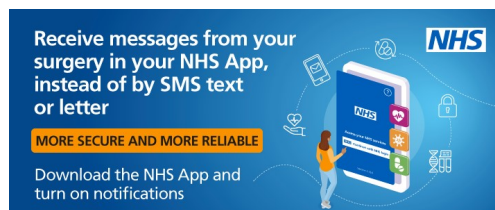
Book and manage appointments

View your record and test results

Book COVID vaccines

Register organ donor decision

If you need help to sign up, our admin team run digital sessions in person or on the phone and would be happy to help you.



Join us on

**Facebook** [www.facebook.com/MowbrayGroupSurgeries](https://www.facebook.com/MowbrayGroupSurgeries)

## Diabetes Awareness Week

12-18th June is Diabetes awareness week 2023. Diabetes is a condition that causes a person's blood sugar level to become too high. There are 2 main types of diabetes:

**Type 1 diabetes** – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin

**Type 2 diabetes** – where the body does not produce enough insulin, or the body's cells do not react to insulin properly

Type 2 diabetes is far more common than type 1. In the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as gestational diabetes. It usually goes away after giving birth.

Many people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is known as non-diabetic hyperglycaemia, or pre-diabetes.

We have an excellent diabetic team here at Mowbray House Surgery who help manage and support our patients with diabetes.

For further information please visit our [Mowbray Group website](https://www.mowbraygroup.co.uk/) or [www.nhs.uk/conditions/diabetes/](https://www.nhs.uk/conditions/diabetes/)

## Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. This can range from practical help to make day to day life easier to benefits like Carer's Allowance.

Taking care of your health and wellbeing is essential when you are caring for someone, but it can be hard to find the time to meet your own needs. You may struggle to eat and sleep well, find the time to exercise and manage your stress levels.

Our social prescriber, Anneli, is involved with supporting carers of patients in various ways and signposts to a number of external organisations as part of her process following internal referrals. If you would like to be referred please contact your usual surgery.



## Cervical Screening Awareness

## 1 in 4 don't attend their cervical screening test

A cervical smear test checks for abnormal cell changes in the cervix. Cervical cell changes are common and often improve naturally. Sometimes these changes need treatment because there is a risk they may develop into cancer. Abnormal cell changes in the cervix cause no symptoms. You will not know you have them unless you have cervical screening.

**Cervical screening is an effective way of preventing cervical cancer.**

Cervical screening is important to have, even if you have had the HPV vaccination. The vaccination protects against the most common types of high-risk HPV that cause cervical cancers but it does not protect against all types.

If you have a cervix and you're between the ages of 25 and 64 you will be offered a regular cervical smear test

If you have received a letter or are overdue your cervical screening please get in touch with your usual surgery and we can arrange an appointment for you.

## Free Sexual Transmitted Infection (STI) testing kits



If you are over 16 years old and want to be checked for chlamydia, gonorrhoea, HIV and syphilis you can collect a free testing kit from Mowbray House Surgery Reception. The kit is in a discreet brown box and once completed you can simply drop it into a post box. Alternatively, you can order a free testing kit online from [www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)

If you are under 16 you can still get tested but you will need to speak to a nurse, doctor or youth worker first. You can arrange this by calling Yorsexual Health direct on 01904 721111 or text 07973 775692.

## Closed for Training

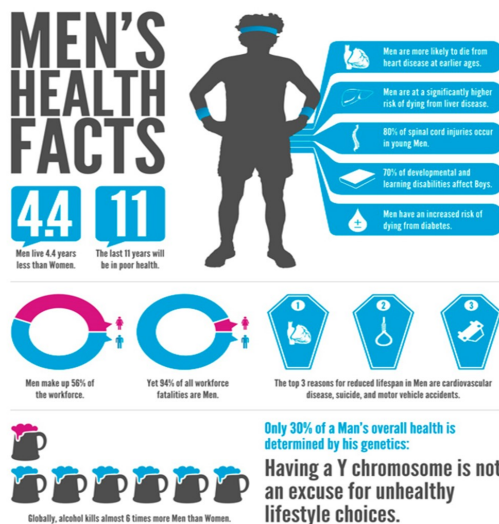
We will be closed for a training afternoon on Tuesday 20th June from 12noon.

# TRAINING

## Men's Health Week

12-18th June is Men's Health Week and the focus for this year is Men's Health and the Internet.

16 years ago the 1st iPhone was introduced. That means many born in 2007 have grown up with a computer on hand at all times. There are many benefits to this including being able to access health information when needed, however, there is a potential for addiction. Even an 'addiction' to a harmless app is going to cost time and attention we could have devoted to something meaningful.



The aim of Men's Health Week is to give all men and boys the information, services and treatment they need to live healthier, longer and more fulfilling lives.

For more information on how to get involved please visit the Men's Health Forum at [www.menshealthforum.org.uk/mhw](http://www.menshealthforum.org.uk/mhw)

If you feel as though you need help with your mental health you can book an appointment with our Mental Health Worker available at both Mowbray House and Hutton Rudby Surgeries by calling our Reception Team.

One man in five dies before the age of 65. Together we can change that!

**Community Mental Health Transformation**  
North Yorkshire and York

### First Contact Mental Health Practitioners



**Are you feeling sad, anxious and experiencing a low mood?**

Our First Contact Mental Health Practitioners are working in your GP surgery and are available to offer you some support.

**Our FCMHP can:**

- Support the GP to assess your needs
- Offer advice
- Introduce you to help and support in the community near you
- If necessary introduce you to specialist services
- For further information please ask at you GP surgery

Telephone or face to face appointments available

Supporting you, closer to home

**Humber and North Yorkshire Health and Care Partnership**