



Green Impact for Health Practice

At Mowbray Group Surgeries we are excited to be participating in the Green Impact scheme. This means that we are committed to becoming a greener practice. We need to enhance the health of our current population without compromising the health of future generations. Fortunately, most of the solutions for the planet also make our health better—for example engaging in active travel, avoiding smoking and reducing pollution. We have already taken measures to become more environmentally friendly and reduce our carbon footprint including the installation of solar panels, reducing paper use and recycling to name a few.

We will keep you up to date with any changes and improvements we make.



**Greener
Practice**

PPG Group


MOWBRAY GROUP
Mowbray House and Hutton Rudby Surgeries

We want to hear from you!



Join our Patient Participation Group (PPG) where we share ideas on how we can develop and improve our services.

To find out how to join the PPG please ask for details at reception.

We are re-starting our patient participation group (PPG) and would love to hear from you.

Our PPG consists of attending meetings, usually online by using a link, to help us develop and improve our services.

Please get in touch if you would like to join our patient participation group.



Join us on

Facebook www.facebook.com/MowbrayGroupSurgeries

Access to GP services



**There are three ways
to get in touch with
us at this surgery.**

**Go to our website and use an online
form, call us or visit us.**

Choose the option that's right for you to tell us
what's going on, then we'll get back to you with
the help you need.

For more information, visit the surgery's website.

Please follow Coronavirus infection prevention measures when visiting the surgery.



There are three ways you can access our services, complete an online form on our website, call us or come into the surgery.

You can request routine telephone and face to face appointments, continued fit notes or general queries via our online consultation service by clicking [here](https://www.florey accurx.com/p/B82050)

(www.florey accurx.com/p/B82050).

We aim to answer or redirect all consultations within 2 working days.

**If you need more urgent
care please call your usual
surgery.**

My Planned Care

If you have been referred for a hospital consultation, treatment or surgery you can visit the NHS website "My Planned Care" where you can find advice and support while you wait. The site is updated weekly and contains information about waiting times and other local supporting services.

The website has useful pages on how to prepare for your appointment and guidance for specific conditions/procedures for example hip replacement surgery and managing pain.

To visit the website click on the link below:

www.myplannedcare.nhs.uk

My Planned Care

**Helpful information for patients waiting
for clinical opinion, treatment, or surgery.**

Summer Reading Challenge 2023

North Yorkshire libraries and the Reading Agency are running the Summer Reading Challenge for children aged 4-11. This year's theme is sports. Children can sign up from 15th July with a deadline of 26th August and the challenge of reading 6 books must be completed by 9th September. There are free incentives to collect along the way and those who complete the challenge will receive a medal and a certificate to celebrate their achievement.

Read more about the 2023 Summer Reading Challenge and how to sign up at: www.summerreadingchallenge.org.uk



Cycle to Work Day 3rd August

Whether you've never cycled before, not ridden in a while or cycle every day, Cycle to Work Day is for you. It's a day to get in the saddle and experience the brilliant benefits every day cycling offers:

- Time saving: Cycling to work is quicker than driving in rush hour.
- Environmental: 133,442 tonnes of CO2 is saved each year by people cycling to work.
- Health: Cycling to work for just three days a week burns on average 1,000 calories.
- Financial: The average cost of cycling to work for a full year sits at around £396. Meanwhile, taking the bus costs £625 per year, skyrocketing to £3,727 to drive - that's a hike of more than 800%.
- Mental wellbeing: Research has shown that cycling to work reduces stress and anxiety, combats depression, increases self-esteem and even boosts productivity.

For more information on how to get involved please visit:

www.cyclescheme.co.uk/cycletoworkday





Stay well in hot weather

Hot weather can increase the risk of heart attack, stroke, lung problems and other diseases. Older people, babies and young children are more likely to be unwell from hot weather because their bodies are less able to regulate temperature. People with underlying medical conditions can also be vulnerable to the effects of hot weather.

Stay well in hot weather by drinking fluids, staying in the shade when the sun is strongest (11am-3pm) and limiting strenuous physical activity during the hottest part of the day.

The direct and indirect effects of hot weather


Increasing temperatures in excess of 25°C are associated with severe illness and excess heat-related deaths in vulnerable people.
Higher temperatures can affect your health in different ways.

 Direct effects	 Indirect effects
<ul style="list-style-type: none">• dehydration• heat cramps• heat rash• dizziness and fainting• heat exhaustion	<ul style="list-style-type: none">• heart attacks• heatstroke• increased risk of lung illnesses and other diseases• Increased demand on healthcare services• Power outages, affecting homes and healthcare services• Wildfires, and by association smoke inhalation


Makaton International Awareness Day

Doctor

Symbol



Name
Doctor



With index finger and thumb,
mime taking pulse

28th August 2023 is International Makaton Awareness Day. Today over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech. It is a simplified form of sign language that uses illustrated symbols and hand signs on top of everyday speech.

By using Makaton, children and adults can take a more active part in life, because communication and language are the key to everything we do and learn.

