

Practice Newsletter

Issue No 29



MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries

Staff Update

Last month saw some more GPs of the future join the practice. Dr Thompson and Dr Bailey left to move onto their next training post. Dr Bateman, Dr Owczarek, Dr Idowu and Dr Jones join the practice team and we're delighted to welcome them!

Our lovely Advanced Nurse Practitioner Alana Bingham leaves us early September to pastures new -we wish you all the best for the future. Julie Elstob will be returning to the Practice working Fridays.

Hutton Rudby dispensary team has seen a lot of changes in the past few months so you may notice a few new faces there as we welcome new staff members to the team in the coming weeks and months. Although Jade Schofield has sadly left the practice she promises to come back and keep the Hutton Rudby Practice garden in check! Thank you to any patients who have donated items to the cause.



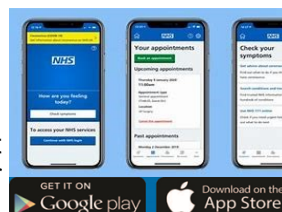
Flu Clinics

Invitations have gone out to patients eligible for the flu vaccine this winter. Those with consent for SMS messaging will receive a unique booking link to book into their preferred clinic. For those who do not have this preference set up we have written to you detailing how you can book in for vaccine. To ensure our phone lines remain as free as possible for patients needing urgent care please stick to the telephone times detailed in your letter. We're delighted to say that patients of Hutton Rudby will be able to access their vaccine via the Village hall again this year. We have hosted our clinics from here for the past few years with great success. As this goes to print it is uncertain who the provider of the covid vaccine will be this Autumn. As soon as we have information on this we will be publishing this on our website and social media channels so please keep your eyes peeled for updates!

NHS APP

We can now send messages to you via the NHS App! Download the App and turn on notifications to see messages. We can send you appointment reminders, test results and surgery updates. We will only send you a message if we need to contact you, for example if we have an update about your care.

The NHS App is a simple and secure way to access a range of NHS services including ordering your repeat prescriptions, booking and managing your appointments and viewing your health record.



Join us on

Facebook www.facebook.com/MowbrayGroupSurgeries

NHS Care Volunteer Responders



Volunteer Responders

NHS Volunteer Responders is a flexible volunteering programme supporting the NHS and adult social care across England.

Available services:

Check In and Chat: Volunteers are available to provide a friendly phone call and a listening ear, the service is free, and you don't need to be referred by a doctor.

If you, someone you know, or someone you care for would like support or have any questions about the Volunteer Responders programme you can call the contact centre staff to book your volunteer call and address any queries you may have.

Call 0808 196 3646 between 8am and 8pm, 7 days a week.

Community Response: This service is also available but will need to be requested by a professional referrer such as your GP. For volunteers to support with essential shopping and prescription delivery if a person has a current health need, for example are waiting for admission to hospital or recently discharged. The support is also available for people if their carer is unavailable for a period of time.

For more information, or if you would like to volunteer please visit:

www.nhscarevolunteerresponders.org

World Alzheimer's Month

Every three minutes, someone in the UK develops dementia. Alzheimer's disease is the most common form of dementia.

Age is the biggest risk factor for developing Alzheimer's disease. It affects one in 14 people over the age of 65, and one in six people over the age of 80. However, it can also affect people under the age of 65 (this is known as young onset dementia). In the early stages, the symptoms of Alzheimer's disease are often very mild. The most noticeable symptom is usually memory loss. The person might forget recent events or conversations, misplace items or put them in the wrong place, forget appointments, forget names of people, struggle to find the right words and repeat themselves.

For more information please visit <https://www.nhs.uk/conditions/alzheimers-disease/>



Children's Health Services



NORTH YORKSHIRE 0-19 CHILDREN'S HEALTH SERVICES

Monday - Friday 9am - 5pm

0300 303 0916



Virtual Clinic

Monday - Friday
2pm - 4pm

Please call us to
find out more!



Follow Us on our Facebook Page
'Growing Healthy 0-19
North Yorkshire'



Scan the QR code or search for
'Children's Health Service HDFT
App'



teamHDFT
At our best

NHS
Harrogate and District
NHS Foundation Trust

Skills for Life

Hambleton Community Action have the following free courses upcoming.

Learn some new skills and meet new people at the same time:

Stay Safe Online:

Thursday 7th September 10am-12pm

Fun with food:

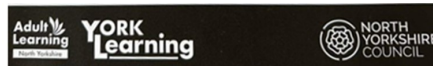
Wellness with food—21st September
10am-12pm

Soup and Smoothies—28th September
10am-12pm

Taste of Italy—5th and 12th October
10am-12pm

Air Fryer—19th and 26th October
10am-12pm

To book please email:
upfront@hambletoncommunityaction.org
or call 01609 780458



National Eczema Week



National Eczema Society is raising awareness of the true impact of eczema during National Eczema Week this year (9-16 September 2023).

Living with eczema can be physically uncomfortable, but it also takes an emotional toll. The persistent itching, pain, and visible appearance of eczema patches can lead to feelings of self-consciousness, low self-esteem, and social anxiety. People with eczema may experience frustration, embarrassment, along with greater anxiety and depression due to the constant struggle with their skin condition – it really is **More than “just an itch”**.

For more information please visit <https://eczema.org> where you can find advice on living with eczema, useful resources and local support groups.

Access the Dales



Access the Dales
Making the inaccessible accessible




What is Access the Dales?
Access the Dales is a charity which aims to make the inaccessible accessible! Access the Dales exists to break down the barriers that prevent people living with limited mobility from enjoying the great outdoors either independently or with their friends and family.

Who can use Access the Dales?
Anyone and everyone!
Our mission is to make the Yorkshire Dales accessible to all. This leaflet provides information about how you can book one of our mobility scooters at our hubs, anyone can book these free of charge.

How are you making the countryside more accessible?
We will do this wherever need, demand, and our capacity allow, by making all-terrain mobility vehicles available to borrow at outdoor locations in the Yorkshire Dales. We call these locations 'hubs' and this is where you go to borrow our scooters.



Where are the hubs?
We currently have four hubs located across the Yorkshire Dales. For each hub we list the address, the grid reference for OS maps, and the what3words which you can use on their app, so there are plenty of ways to find us! Some of the hubs are accessible via public transport, however other hubs require the use of a car.

Note: Our Newbiggin hub isn't yet open as of May 2023.



Photo credit: Google images, 2023

Access the Dales is a charity which provides all-terrain mobility vehicles available to borrow at outdoor locations in the Yorkshire Dales. There are currently four locations (hubs) where you can go to borrow their scooters.

Visit their website www.access-the-dales.com for more information and hub locations.

How can I hire a scooter?

You can book one of our scooters by accessing our website. Either go to www.access-the-dales.com or use the QR code!



Climate Corner

We have introduced a new way for visitors and guests to check in to the Surgery. This is for any contractors, guests attending meetings etc. Guests can now sign in using a QR code which they will scan at the front desk. This will replace the paper visitors book, helping us to save paper.



Greener Practice