

Flu & Covid Update



Our very own Flu Fighters here at Mowbray Group Surgeries are all hard at work here organising and filling this year's flu clinics. Providing our covid delivery arrives we aim to co-administer both at these clinics. All those eligible will have received their invitation and throughout October over FOUR THOUSAND of you have booked in to our many many clinics!!

We are delighted to say that we are expecting a delivery of Covid vaccines to arrive for this clinic and will administer this at the same time as your flu vaccine if you wish. Although we are extremely confident about supply the delivery of the Covid vaccines is not 100% guaranteed so we are unable to promise a Covid only vaccine at that appointment. Please bear this in mind if you choose to have your flu somewhere else.

DNAs

Last month 222 appointments were DNA'd . If you no longer need your appointment please remember to cancel it. You can also sign up to text reminders if not already done so to remind you.



Closed for Training

The Practice will be closed for staff training on Wednesday 11th October from 12:30pm along with all other practices in the area. We will re-open at 8am on Thursday 12th October.

If you need medical advice while we are closed please call 111 or visit your local Pharmacy.

TRAINING



Join us on

Facebook www.facebook.com/MowbrayGroupSurgeries

Jeans for genes day

On 20th September we participated in Jeans for Genes day. Staff wore denim to raise money for those living with a genetic condition and fund projects that make a difference to the lives of those affected.



Stoptober



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For help to stop smoking, contact Living Well Smokefree today

Telephone: 01609 797272

E-mail:
stop.smoking@northyorks.gov.uk

Website: www.northyorks.gov.uk/stopsmoking

Back Care Awareness Week



3rd to 7th October is Back Care Awareness Week. By looking after your back you can help to avoid preventable back injury. Back pain is now the world's leading cause of human disability, affecting some half of the adult population in a given month and almost 80% of people at some point in their lives.

The spine is one of the most important structures in the body. It helps to keep you upright, supports your entire body and allows a range of different movements. Almost every task we complete daily involves moving our backs.

A healthy spine prefers regular movement to static positions, and likes frequent changes of position as opposed to repetitive actions.

For more information visit www.backcare.org.uk

Pharmacy First

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact. You can treat lice without seeing a GP – find out more on the [NHS website](https://www.nhs.uk/conditions/head-lice/).

PHARMACY
FIRST

NHS

Does your child have head lice that need treatment?



Think Pharmacy!

Speak to the expert team in your local community pharmacy today

Warts and verrucas are small lumps on the skin that most people have at some point in their life. They usually go away on their own but may take months or even years. A pharmacist can help with warts and verrucas. Find out more information on the [NHS website](https://www.nhs.uk/conditions/warts-vernucas/).

If you would like a referral to a local Pharmacy you can request this by completing an online consultation via our [website](http://www.florey.accurx.com/p/B82050) (www.florey.accurx.com/p/B82050) stating which Pharmacy you would like to be referred to.

Feedback

We are collecting some information from patients around the practice experience.

If you have contacted the practice or had an appointment recently please scan the QR code, follow the link or ask for a hand written slip at the front desk.

The survey is 5 questions and should take a few minutes to complete .

We appreciate your feedback .



<https://forms.gle/256k5TYUxLn2nSs66>

Growing Healthy



NORTH YORKSHIRE 0-19 CHILDREN'S HEALTH SERVICES

Monday - Friday 9am - 5pm

0300 303 0916



Virtual Clinic

Monday - Friday
2pm - 4pm

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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

NHS App

Need help with the NHS App?



Contact the NHS App support team using the QR code below or by visiting: digital.nhs.uk/nhsapphelp



The team will be able to help you with all technical queries.

It's normal to experience some technical difficulties with the NHS App if your GP surgery is changing clinical systems or merging with another practice.

If you encounter any technical issues after these changes are complete, please contact the NHS App Team.

You can also find more help and information, here: www.nhs.uk/nhs-app



Do more with the NHS App!



- 🔗 Order repeat prescriptions
- 📞 Use NHS 111 online
- 📍 Find NHS services
- 📄 View your GP health record
- 📅 Book appointments
- 📧 Get reminders and messages

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Need help?
Get support in the app or visit nhs.uk/helpmeapp



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Climate Corner



Greener Practice

We are changing our search engine to Ecosia. For every 50 searches made, Ecosia will plant a tree!

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