Practice Newsletter Issue No 30



Mowbray House and Hutton Rudby Surgeries

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.







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



"Lets take the first positive step together."

For help to stop smoking, contact Living Well Smokefree today

Telephone: 01609 797272

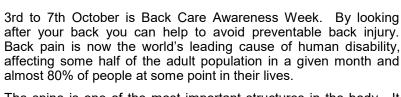
E-mail:

stop.smoking@northyorks.gov.uk

Website: www.northyorks.gov.uk/

stopsmoking

Back Care Awareness Week



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 children. They don't have anything to do with dirty hair and are usually picked up from head-to-head You can treat lice without seeing a GP - find out more on the NHS website.



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.

If you would like a referral to a local Pharmacy you can request this by completing an online consultation via our website (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 Please call us to find out more!



North Yorkshire

App Store











NHS App





Climate Corner



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

Practice Visit www.ecosia.org to add this to your own

