



Practice Updates

What an October! We have protected 5,000 people against flu and covid this month.

Thanks to our vaccine teams at both sites for giving up evenings and weekends and also to our patients for your support and cooperation throughout the campaign.

We still have a few mop up clinics left at Mowbray House so if you have not yet taken up your invite for the flu or covid vaccine it's not too late! We still have a few appointments available to book into throughout November.

FFT

Octobers 'Friends and Family Test' Results are in! 95.44% of you who visited us in October rated your experience as either Very Good or Good!

Some of our favourite comments were: ***"On time. Very friendly and extremely helpful and knowledgeable GP. It was all perfect"***

"Very pleasant and friendly nurse, always helps with any appointment. Everything was as good as it could be."

Thank you for taking the time to provide your feedback - we read all your comments and suggestions!

Christmas Opening Hours

We are closed from 18.30 on Friday 22nd to 8am on Wednesday 27th and also from 18.30 Friday 29th to 8am on Tuesday 2nd Jan.

Please be sure to put your repeat medication request in plenty of time and note our dispensary will be closed on the two Saturday's over Christmas and will not be open for collection.

If you receive medication delivery on any of our closure days these will be delivered the following week.



NHS Prescriptions



**Can you claim
free NHS
prescriptions?**

**Not everyone can
claim free NHS
prescriptions
in England.**

Check if you're eligible in less
than 5 minutes at
www.nhsbsa.nhs.uk/check



Check before you tick ☒

Movember

Since 2003, Movember has funded more than 1,250 men's health projects around the world.

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Grow a moustache and raise funds for men's health!

You can sign up and get involved by visiting <https://uk.movember.com>



Grace Gardner Trust



The Grace Gardner Trust aims to provide relief for older people living in the parish of Northallerton who are in conditions of need, hardship or distress.

If you, or someone you know, is experiencing financial or emotional difficulties, is over 55, and lives within the Northallerton parish boundary, you or they may be eligible for assistance.

For further information, please contact Hambleton Community Action or ask your support organisation to contact Northallerton Town Council.



reception@hambletoncommunityaction.org
01609 780458 (Monday to Friday, 9am-4pm)



admin@northallertontowncouncil.gov.uk
01609 776718 (Monday to Friday, 10am-1pm)

The Grace Gardner Trust is a registered charity (511030). For further information visit www.northallertontowncouncil.gov.uk/grace-gardner-trust/

Grace Gardner was the daughter of a prominent Northallerton solicitor and grand-daughter of a governor of Northallerton Prison. Following her death in 1966, her will bequeathed to Northallerton Urban District Council assets to be used 'for the benefit of aged and other persons'. If you, or someone you know, is experiencing financial or emotional difficulties, is over 55, and lives within the Northallerton parish boundary, you or they may be eligible for assistance.

For further information contact Hambleton Community Action or ask your support organisation to contact Northallerton Town Council.

reception@hambletontowncouncil.gov.org
01609 776718 (Mon-Fri 10am-1pm)

YorSexual Health



Free and confidential services across North Yorkshire and York



@YorSexualHealth
/YorSexualHealth
@yshyorkn.york

01904 721111
yorsexualhealth.org.uk
17 and under text line:
07973 775692



Condom Distribution Scheme

Our free online Condom Distribution Scheme is open to the following groups of people living in York or North Yorkshire:

- Anyone aged 16 - 24
- Men who have sex with men and young LGBT
- People from African communities
- Sex workers
- People who inject drugs

Counselling Service

We run a free and confidential counselling service for people living in York or North Yorkshire who wish to seek support around different aspects of their sexual health.



You can self refer via our website or phone 01904 725427 for further information.

Virtual Services

We can sometimes offer you a 'virtual' service in which a telephone appointment is arranged to avoid the need for you to attend a clinic.

Currently these are available for:

- Postal chlamydia treatments
- Consultations before having an implant fitted
- Consultations before having a coil (IUD/IUS) exchanged
- Telephone advice around contraception, STIs and HIV

LGBTQ+ Youth Group

Join a supportive, welcoming, inclusive, safe space to make friends, share experiences and have fun. Meetings are for 14 to 25 year olds and run every 2 weeks online and face to face. Contact Lilly via mobile 07855 171280 or email yhs-tr.scot@nhs.net

Drop in for Young People

Our young person's drop-in clinics in Scarborough, York and Catterick for people aged 17 years and under are up and running.

We also have a priority text number 07973 775692 for young people aged 17 years and under to make appointments.

Requesting a Testing Kit

If you are 16 years old and over and want to be checked for chlamydia, gonorrhoea, HIV and syphilis, you can order a postal test kit from our website

YorSexual Health provide a free and confidential service across North Yorkshire and York and offer a full range of specialist sexual health and contraception services.

To book an appointment or for further information you can either self refer via their website www.yorsexualhealth.org.uk or phone 01904 725427.

Friends of the Friarage Christmas Fair

Join in for a morning of festive shopping at the annual Christmas Fair on Wednesday 15th November at Northallerton Town Hall. There will be lots of wonderful stalls for you to buy the perfect Christmas gifts from, plus hot drinks and cakes too, don't miss it!

Proudly supporting the Friarage for 65 years - all funds raised go towards improving services at the Friarage hospital, now and in the future.



Join us at our

Christmas Fair

Wednesday 15th November
9am - 1pm

Northallerton Town Hall,
DL7 8QR

Go Orange!

October 9th-15th we went Orange for Herriot Hospice Homecare! We raised money by baking and raised a total of £53.41!

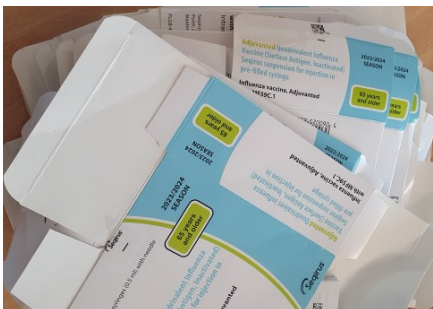
Herriot Hospice Homecare are a charity who can support you with the complex challenges living with a terminal illness may bring. Herriot's care does not depend on your ability to pay, but is totally focused on what is best for you.

Herriot's Wellbeing Network offers physical, practical, emotional, social and spiritual support, tailored to a person's individual needs. Together with health and social care partners across the region, Herriot Hospice Homecare is developing a range of outpatient services to help local people access the right support, at the right time, in the right place.

For further information please visit: www.herriothh.org.uk



Climate Corner



We have come to the end of our flu and COVID vaccine Winter programme. We delivered over 5000 Flu and COVID vaccines! The vaccines all arrive in cardboard packaging which has all gone for recycling.

