

Happy New Year

The Partners and the whole team here at the surgery would like to wish our patients a very Happy New Year and thank you for all your support last year. Thank you everyone who sent us warm wishes, cards and generous gifts this Christmas too.



How you access your test results is changing!

To help protect our telephone lines for those that need to make appointments and urgent queries we are asking all patients to follow up results from their test results online. Test results can be accessed 24/7 via your online account. We have made a video detailing how you can do this and have posted it on our website. Your test results will be available here, along with the recommended action from your GP if appropriate. If you do not have access to a smart phone with the ability to download the app then please submit an admin e-consultation (link is available via our website) requesting information about your recent test results. A member of the team will then reply with the information you require. For those who do not have access to the internet then please contact the surgery and a member of team will be able to help you access your results.

MMR Vaccine



Measles - don't let your child catch it!

Numbers of children catching measles is rising -protect your family and get them vaccinated with the MMR vaccine.

Call today to get booked in!



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Hutton Rudby Opening Hours

Hutton Rudby Dispensary Collection and Front Desk Opening Times

From February 2024 the times Hutton Rudby Surgery will be open are changing.

The new times are as follows;

Mon – 8am-12.30pm and 1.30pm-6.30pm

Tues -8am-12.30pm and 1.30pm-6.30pm

Wed - 8am-12.30pm and 1.30pm-6.30pm

Thurs 8am-12.30pm and 1.30pm-6.30pm

Fri - 8am-12.30pm and 1.30pm-6.30pm



New Opening Hours

From February 2024 the times you will be able to collect your prescriptions at Hutton Rudby Surgery will be changing.

The front desk will not be open for medication collections or face to face queries between 12.30pm and 1.30pm.



Christmas Jumper Day

You may have seen us in our best Christmas jumpers on 7th December. We raised a total of **£66.40** for Save the Children!



Emergency Support

Local Assistance Fund The fund supports vulnerable adults to move into or remain in the community, and to help families under great pressure to stay together. Awards are made in-kind, for example, by supplying household goods and necessities.

The fund provides practical support for vulnerable people who are moving into or seeking to remain within the community; for example, you may have recently experienced a crisis and need a few basic essential items to help you cope. You may apply for up to two awards of emergency food and / or utility top-up in any 12-month period.

To be eligible for support, you must also be able to demonstrate that you: are 16 years or over; live in North Yorkshire; receive a means-tested benefit or have a household income below the low income threshold (currently £16,105) and less than £1,000 in capital; or have a need that cannot be met from other forms of support.

Please visit: www.northyorks.gov.uk/adult-care/social-care-adults/stay-your-home/local-assistance-fund

If you are wanting to apply for food and/or utility support, and it's your first time applying or you are applying for the temporary additional award described at the top of this page, you can contact the fund's administrator to apply on 01904 550030.

Warm & Well – North Yorkshire

This scheme is managed by Citizens Advice. Referrals can be made into the project if someone is living in or at risk of a cold home or fuel poverty, struggling to afford their energy bills, or worried about winter.

These can be made by professionals and by individuals themselves for further information about the project call the helpline on 01609 767555 – website - www.cany.org.uk/warmandwell/

Warm&Well
in North Yorkshire

Hambleton Foodshare provides a 3-day emergency food parcel to people in temporary financial crisis. – Should you need a parcel you are welcome to come along without recommendation for your first visit. Then we will direct you to one of our agency partners for future visits.

Request a parcel - [I need a food parcel - Hambleton Food Share](#)

Website - [Northallerton - Hambleton Food Share](#)

Tel [07514244158](tel:07514244158)

In a mental health emergency, call **Crisis Team** - : **0800 0516 171**

We are here to talk. The line is open 24/7 for people living in North Yorkshire and York.

Samaritans You can talk to the Samaritans any time you like, in your own way, and off the record - about whatever's getting to you. You don't have to be suicidal.

Telephone **116 123**

Email: jo@samaritans.org

Dry January



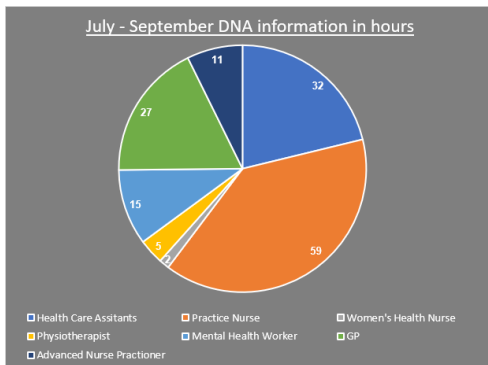
Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving time and money—there is a whole lot to gain this Dry January.

A month alcohol-free has a lot of benefits: research published in 2018, conducted by the Royal Free Hospital and published in the British Medical Journal, found that a month off:

- **Lowers blood pressure**
- **Reduces diabetes risk**
- **Lowers cholesterol**
- **Reduces levels of cancer-related proteins in the blood**

Visit www.alcoholchange.org.uk for more information and advice on how to get involved.

Appointment DNAs



At Mowbray Group Surgeries we offer a range of services, last quarter between July and September we had 657 DNA's to appointments.

Please remember to cancel any appointments which are no longer required.

Climate Corner

Make your New Year's Resolutions greener this year! Starting your eco journey can be overwhelming, but setting small goals for the year ahead is a great way to start. Remember you don't need to do everything perfectly, making small changes are easier to make part of your daily routine. Find some examples below of small changes with a big impact:

- Commit to using a reusable water bottle instead of buying plastic bottles.
- Swap your plastic shampoo bottle for a shampoo bar instead.
- Incorporate a meat-free day when planning your weekly meals.
- Help protect our wildlife—create a space for a bug hotel in your garden.

You don't need to spend money on a fancy hotel. Visit www.rspb.org.uk/helping-nature/what-you-can-do/activities/build-a-bug-hotel for tips.



**Greener
Practice**