

### Latest News

#### Staff update

Dr Banke has left his training post with us and Dr Ellie Talbot has joined us as she completes her GP training. Welcome aboard Dr Talbot!

Dr Nsofor starts her maternity leave at the end of this week and so finishes her placement with us.

#### Hutton Rudby Front Desk availability

The front desk at Hutton Rudby Surgery will be available for medication collections and face to face queries 8am-12.30pm and 1.30-6.30pm Monday-Friday.

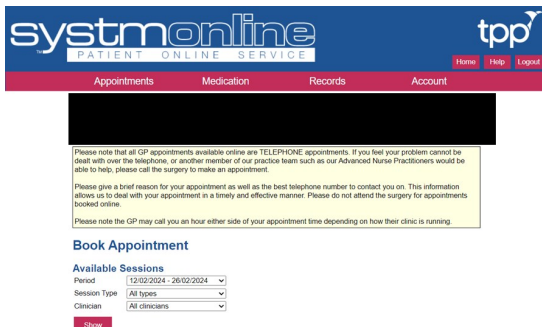


### Online Appointment Booking

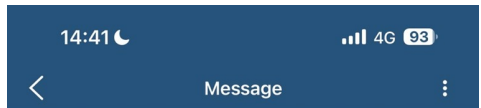
Did you know that you can book appointments via Systmonline, NHS app and the Airmid App? We offer bookable slots for GP appointments.

**These appointments are telephone consultations; if you require a face to face appointment please call the surgery as usual.**

#### Systmonline



#### Airmid App



Please note that all GP appointments available online are TELEPHONE appointments. If you feel your problem cannot be dealt with over the telephone, or another member of our practice team such as our Advanced Nurse Practitioners would be able to help, please call the surgery to make an appointment.

Please give a brief reason for your appointment as well as the best telephone number to contact you on. This information allows us to deal with your appointment in a timely and effective manner. Please do not attend the surgery for appointments booked online.

Please note the GP may call you an hour either side of your appointment time depending on how their clinic is running.



Join us on

Facebook

[www.facebook.com/MowbrayGroupSurgeries](https://www.facebook.com/MowbrayGroupSurgeries)

## Paws 4 a Cause 2024

Linda, our Admin Team Leader, and Dave, our Handyman are raising funds for St Theresa's Hospice in Darlington.

It's called Paws 4 a Cause. The challenge is to walk 130km during the month of March with your dog.

During 2023, St Therea's cared for 130 patients in their Specialist Inpatient Unit. This unit supports people with cancer or any other terminal illness by helping them to live as well as possible, for as long as possible.

£10 raised can pay for oxygen for one day for a patient.

£20 raised can pay for one hours care (in their own home)

£35 raised can pay for a child to have bereavement counselling session with the family support team.

A little note from Linda...

They helped support my mum 11 years ago through her illness, making a difference to her and our family, so it is my way of saying thank you to them by doing this walk.

I would appreciate any donation you can offer, please see the following link for my just giving page:

[www.justgiving.com/page/linda-ashman-1709291625952?utm\\_term=8mWwj93X](http://www.justgiving.com/page/linda-ashman-1709291625952?utm_term=8mWwj93X)

Many Thanks



## NHS App

Millions of people are using the NHS App to manage their health the easy way, from ordering a repeat prescription to checking their records. Start using the App today. Find out more at [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp)

Following our launch a few months ago we are asking patients to either check the results of their test results via the NHS or Airmid App or via submitting an e-consultation. Only those who have no access to digital alternatives are able to still call the surgery, after 10am, for their results. A video detailing how you can access your results online is available on our website.



## PPG



**We want to hear from you!**



Join our Patient Participation Group (PPG) where we share ideas on how we can develop and improve our services.

To find out how to join the PPG please ask for details at reception.

### We want to hear from you!

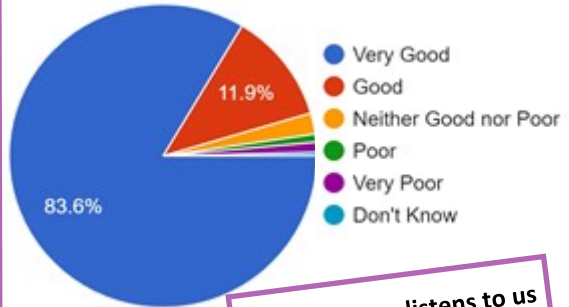
If you would like to join our patient participation group and have your say please get in touch.

This helps us to share ideas on how we can develop and improve our services.

## Feedback

Thank you for completing feedback for the surgery following your appointments.

The results from January 2024 are shown below:



Doctor always listens to us

Very informative consultation

Easy to talk

I cannot fault anything

## Endometriosis Month

March is Endometriosis awareness month.

Endometriosis is a condition where tissue similar to the lining of the womb grows in other places, such as the ovaries and fallopian tubes.

Endometriosis can affect women of any age, including teenagers.

It's a long-term condition that can have a significant impact on your life, but there are treatments that can help.

Visit [www.nhs.uk/conditions/endometriosis/](http://www.nhs.uk/conditions/endometriosis/)  
For more information

### Symptoms of endometriosis



Pain, especially excessive menstrual cramps



Painful urination and/or painful bowel movements during menstrual periods



Diarrhea, constipation and/or nausea lower back pain



Abnormal or heavy menstrual flow



Infertility



Pain during intercourse



Vaginal bleeding between periods



Fatigue



## Pharmacy First

Providing NHS services

We can help you with **seven common conditions** without needing a GP appointment



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Ask us for more information about this free\* NHS service

**Visit your Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied

Did you know that if you have any of the acute problems below you can attend one of your local pharmacies for a consultation and appropriate treatment? Over 10,000 pharmacies are signed up for this service.

For our Mowbray House Surgery patients, you can attend Day Lewis Pharmacy for help & for our Hutton Rudby Surgery patients you could attend Boots on Stokesley High Street. Or many more!

You can either simply walk in or you can be referred for an appointment there by one of our team.

## Climate Corner

If you have visited Mowbray House Surgery recently you may have noticed that we are collecting for Whitby Wildlife Sanctuary.

Whitby Wildlife Sanctuary are a charity who care for sick, injured and orphaned wildlife and rescue 6000 wildlife species a year!

### **Casualties admitted in 2023 = 2469**

We are collecting donations of cat/dog food, bird seed, newspapers, towels, cat litter, bin liners, wipes and hand soap (please see bin for full list).

If you would like to read more on the work Whitby Wildlife Sanctuary do please visit:

[www.whitbywildlife.co.uk](http://www.whitbywildlife.co.uk)



**Greener Practice**

