



Spring Booster 2024

We will be shortly launching the 2024 Covid Spring vaccination programme!

Eligible cohorts in spring 2024 will be adults aged 75 years and over, residents in care homes for older adults and individuals aged 6 months and over who are immunosuppressed.

We will be holding Spring Booster Clinics at Mowbray House Surgery and will be sending out invitations to those eligible soon - we are just waiting to hear about supply and delivery dates for vaccines.

Please help protect our phone lines and wait to hear from us about when these clinics will be - we will be contacting you, if you are eligible, to book into a clinic ideally via your phone or app! Thank you!

Park Run Takeover



On Saturday 27th April we are taking over Northallerton Park Run! We will be marshalling, scanning barcodes and running the course.

We look forward to seeing you all there!

Patient Participation Group

We want to hear from you!

If you would like to join our patient participation group and have your say please get in touch. Meetings will be held via Teams and gives you an opportunity to make a difference to the services we offer.

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

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.



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries



The Carents Room



ARE YOU LOOKING AFTER AN ELDERLY PARENT OR RELATIVE?

Information you need to
help you organise care &
support for those you love



Find out more
www.carents.co.uk

It's free, available 24/7

The carents room is a digital platform to help support adults caring for elderly parents/relatives. It is free to users 24/7 and is a growing catalogue of helpful tips and resources.

Their mission is to make caring and ageing a happier, healthier and more engaged experience.

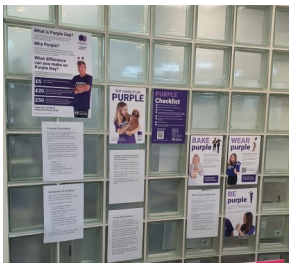
For more information please visit www.carents.co.uk

Purple Day



On 26th March we took part in Purple Day for Epilepsy raising money by wearing purple and a staff bake sale. We managed to raise a fantastic £74.28!

Epilepsy is a common condition that affects the brain and causes frequent seizures. Seizures are bursts of electrical activity in the brain that temporarily affect how it works. They can cause a wide range of symptoms. Epilepsy can start at any age, but usually starts either in childhood or in people over 60. It's often lifelong, but can sometimes get slowly better over time.



Hutton to Stokesley Shopping Trip

This is a trip provided by the Community Care Association which runs weekly.

The service runs every Friday at 9:30am and collects you directly from your door. The return journey is from Stokesley centre at 12noon.

There is a small fare of £4.

To book your place call 01642 710085.



Multiple Sclerosis Awareness Week

MS Awareness Week 2024 will run from 22 - 28 April. It's a chance for us to raise awareness and speak up together about the realities of life with MS.

What is MS?

Multiple sclerosis (MS) is a condition that affects your brain and spinal cord. In MS, the coating that protects your nerves (myelin) is damaged. This causes a range of symptoms like blurred vision and problems with how we move think and feel.

What causes MS symptoms?

The central nervous system links everything your body does, so multiple sclerosis can cause many different types of symptoms. The specific symptoms that appear depend on which part of your central nervous system has been affected, and the job of the damaged nerve.

Symptoms could be problems with your vision, balance, memory and thinking, emotions. But MS is different for everyone.

For more information visit www.nhs.uk/conditions/multiple-sclerosis/



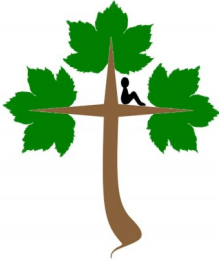
#MSWeek

**More than
130,000 people in
the UK live with
MS**

The Hub at Hutton Rudby

The Hub, based at Hutton Rudby Methodist church is a volunteer-run space for the whole community.

With fresh coffee and cakes, quiet reading spaces, free wi-fi and computers to take advantage of.



Hub Opening times:

Monday 2-4pm

Tuesday 10-12noon

Wednesday 10-12noon

Thursday 10-12noon and 1.30-4pm

Friday 10-12noon

Saturday 10-12noon

For more information please email: thehubandzacs@gmail.com

Climate Corner

On 22nd April 2024 we celebrate International Mother Earth Day!

It is celebrated to remind each of us that the Earth and its ecosystems provide us with life and sustenance. It also recognises a collective responsibility, as called for in the 1992 Rio Declaration, to promote harmony with nature and the Earth to achieve a just balance among the economic, social and environmental needs of present and future generations of humanity.

International Mother Earth Day provides an opportunity to raise public awareness around the world to the challenges regarding the well-being of the planet and all the life it supports.

Education is the foundation for progress. We need to empower everyone with the knowledge to inspire action in defence of environmental protection.



**Greener
Practice**

