



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!

Saturday Opening Hours

We are open each Saturday from 8:30-12noon (**please note we are closed the Saturday over the Easter weekend in addition to Good Friday and Easter Monday**).

We are only open for prebooked appointments and prescription collections.

We are not open for queries or walk-in appointments. If you require medical attention please visit the urgent treatment centre, your local Pharmacy or call 111 for advice. Thank you.



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries



Paws 4 a cause



Bryn and Teddy, pictured below, managed to walk a whopping 130km throughout March (along with Linda and Dave!!) to raise money for St Teresa's Hospice!

They raised a fantastic £328!

Thank you for all donations made, they will make a huge difference.

£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.



Thank
you ❤️

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



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 carenting and ageing a happier, healthier and more engaged experience.

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




Find out more
www.carents.co.uk

It's free, available 24/7


MOWBRAY GROUP
Mental Health and Patient Safety 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.

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.

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**





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.



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.

For more information visit:

www.un.org/en/observances/earth-day

