



Staff update



Vicki

There have been some new faces join our wonderful nursing team this month. Helen and Amanda are both reducing their hours to enjoy a well-earned work life balance re jig. Chloe also starts her maternity leave at the end of this month. So you may see some new faces around. Vicki has joined the team as our diabetic specialist nurse and Jess will join the practice nursing team later this month. Chris Edwards has also joined our team for the next year, as a respiratory nurse offering appointments to support our patients with Asthma and COPD. Kirsty and Jenny will be covering Chloe at Hutton Rudby for the duration of her maternity leave.



Dr Allsop

We have also welcomed some new GPs. Dr Matt Allsop has joined the team as a new Salaried GP and Dr Anna Clarke has joined Mowbray House Surgery as part of her training rotation.

Upcoming Closures

The surgery will be closed for the early May bank holiday on Monday 6th May and will re-open on Tuesday 7th May at 8am. We will also be closed for the Spring bank holiday on Monday 27th May, re-opening on Tuesday 28th May at 8am.

We will also be closed for team training from 12pm on Tuesday 18th June.

Please remember to order your prescriptions in plenty of time. If you require medical attention please visit the urgent treatment centre, your local Pharmacy or call 111 for advice.



NHS Prescription Charges

From May 24 a prescription will cost £9.90 for each medicine or appliance dispensed.

The 3 month pre-payment certificate will cost £32.50 and the 12 month pre-payment certificate will cost £114.50. If you pay for your prescriptions and have more than 2 prescription items each month you may wish to consider obtaining a prescription pre-payment certificate.

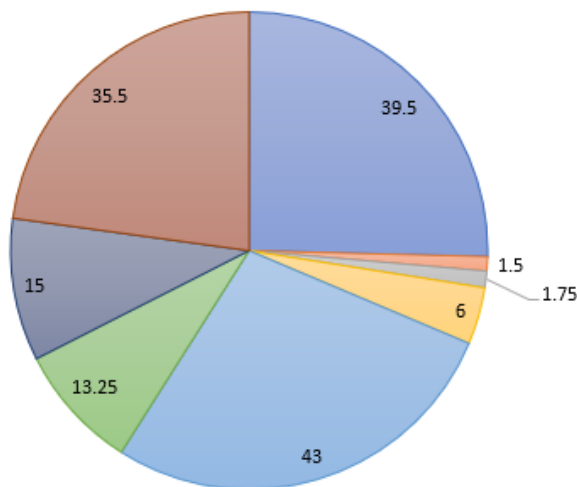
The hormone replacement therapy (HRT) pre-payment certificate will cost £19.80, an increase of 50 pence.

This is because the rate is set at twice the single prescription charge.



DNA appointments

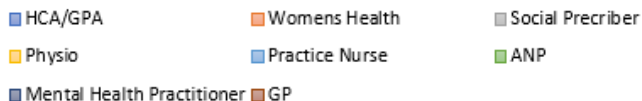
Mowbray House Surgery
Hours of DNA'd appointments Dec23 - Mar24



There were 155.5 hours of appointments between Dec 2023 –March 2023 which were not attended.

If you no longer need your appointment please remember to cancel. This means that we can offer it to someone who needs it.

Thank you.



Say you served

It's important to 'say you served'. It does not matter how long someone served for or when they left the Armed Forces, veterans should let their GP surgery know this information, as it may be relevant to their health and care, now or in the future. You are a veteran if you have served in the UK armed forces for at least 1 day. Non-mobilised reservists are also regarded as veterans.



Mowbray Group Surgeries are an accredited Veteran Friendly Practice. This means we have dedicated clinicians who have specialist knowledge and experience of service related health conditions. We can support you with your healthcare in many ways, including:

- having medical staff with military healthcare backgrounds
- having staff trained to treat health problems that commonly affect veterans
- having knowledge of specialist NHS services designed specifically for members of the armed forces

WOMEN GET INTO GOLF



THIRSK & NORTHALLERTON GOLF CLUB

FREE GROUP TASTER SESSION FOR BEGINNERS

A FUN INTRODUCTION TO GOLF

SATURDAY 11th MAY 2024

10:30am-12:30pm or 1pm-3pm

All equipment provided

FOR MORE INFORMATION OR TO BOOK YOUR PLACE

PHONE: 01845 525115 or EMAIL: secretary@tngc.co.uk

GET INTO GOLF



Women Get into Golf

Thirsk and Northallerton Golf Club are offering a free group taster session for beginners on Saturday 11th May 10:30am-12:30pm or 1pm-3pm.

Established in 1914 and extended from 9 holes to its present 18 holes in 1997, Thirsk & Northallerton Golf Club is a Family Friendly golf club. Situated close to both the A19 and A1, Thirsk & Northallerton Golf Club is easily accessible from all directions.

For more information and to book your place call 01845 525115 or email secretary@tngc.co.uk.

Park run take over

We're proud to be a parkrun practice. Last month the team at Mowbray House Surgery took over the Northallerton Park Run. It's always such good fun and a pleasure to try and help the hard working team who volunteer each week. Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along – if you've not tried it before why not give it a go?!



Climate Corner



We celebrate world bee day on 20th May 2024

The Food and Agriculture Organisation of the United Nations states that there are 100 crop species that provide 90% of food around the world and 71 of these are pollinated by bees!



Life without bees would be a disaster.

What can we do?

For ideas on how you can help visit 10 Ways to Save the Bees - The Bee Conservancy (<https://thebeeconservancy.org/10-ways-to-save-bees/>)



including planting a bee garden, creating a bee bath and ways to protect ground nesting bees.

