

Staff update

Dr Allan is retiring!

After 32 years here at Mowbray House Surgery Dr Janet Allan will begin a very well earned retirement at the end of July. Everyone at Mowbray Group Surgeries will miss her greatly, as will her patients who have been very lucky to have her as their GP here for the past three decades!

I am sure patients will join the team here in wishing her a very happy retirement spending time with the things and people she loves most.

Happy Retirement!

Phone line times

We have now had our new phone system for a month! Please see below our number options and their opening times:



Option 1—Appointments—8am-6:30pm

Option 2—Repeat Medication—10:30am-11:30am

Option 3—Test Results—12:30pm-1:30pm

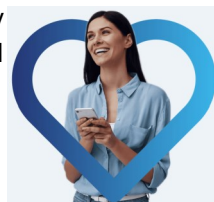
Option 4—Admin Team—9am-5pm

Option 5—Enquiries—8am-6:30pm

NHS Health App Finder

The NHS health app finder is an app library you can use to find apps to support your health and wellbeing. Thousands of apps have been reviewed so you can easily find the best for your needs. All the apps in your Health App Library have been tested (assessed) by the Organisation for the Review of Care and Health Apps (ORCHA)

It is easy to search for a condition you have or support you may want. This includes apps for things such as weight loss, mental health, diabetes, asthma, women's health, men's health and neurodiversity.



Find your apps by visiting: <https://hnyhealthapps.co.uk/en-GB>



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Summer

Travel

Vaccines: If you are planning a holiday abroad this year, remember to check if you need to have any vaccines for the area you are travelling to. You need to have the vaccines in plenty of time for the vaccines to take effect before you fly.

Diazepam: People often come to us requesting diazepam for fear of flying or assisting with sleep during flights. Diazepam in the UK is a Class C/Schedule IV controlled drug.

Mowbray House Surgery does NOT prescribe sedatives for fear of flying. There are a number of very good reasons why prescribing this drug is not recommended including increasing the risk of blood clots, adverse reactions and reduced oxygen saturation.

A number of airlines run fear of flying courses which can be found online below:

EasyJet: www.fearlessflyer.easyjet.com

British Airways: <http://flyingwithconfidence.com/courses/venues>

Virgin Atlantic: <https://flyingwithoutfear.co.uk/collections>

Hay Fever

If you are suffering from hayfever please visit your local Pharmacy where you will be able to buy remedies over the counter and advice can be given.

Staying safe in hot weather

While many people enjoy the warmer summer weather, hot weather can cause some people to become unwell. You can use the following steps to stay well in the heat:

Keep out of the sun between 11am and 3pm

Plan any physical exercise for the morning or evening when it is cooler

Keep the house cool by keeping windows and curtains closed

When outside wear a hat, sunglasses, seek shade and wear sunscreen

Drink plenty of water, limiting alcohol

Check on friends/neighbours who may be a higher risk of becoming unwell.



Healthy Living

Healthy Living is a free NHS online structured education programme designed to help patients learn more about and live well with type 2 diabetes. The easy-to-use programme includes information and advice about:

- **type 2 diabetes**
- **eating well**
- **becoming more active**
- **how to look after your body and mind**
- **other NHS services and support**
- **living with diabetes, including driving, working and travelling**

Sign up to the programme via the Healthy Living website:

<https://www.healthyliving.nhs.uk/>

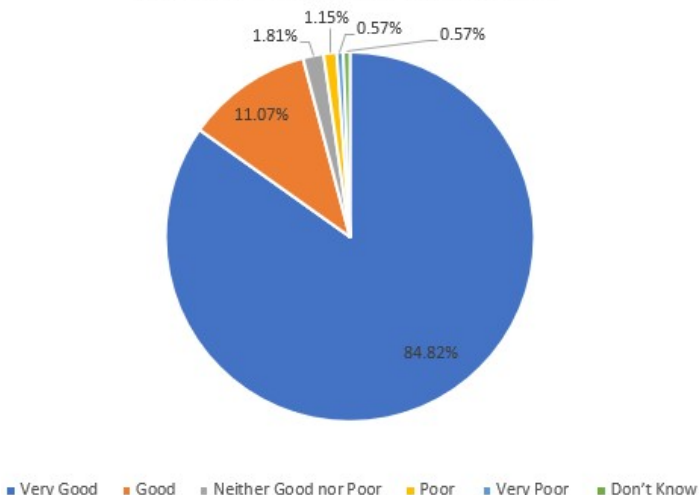


**Healthy Living for people
with type 2 diabetes**

Patient Feedback

Thank you to all our patients who have taken the time to provide us with feedback. In May 84.82% of our patients rated us as very good.

Friends and Family Results May 2024



Walking Tennis

Hutton Ruddy Tennis Club are introducing Walking Tennis as a new activity to participate in.

Walking Tennis is suitable for new or existing players who find tennis too energetic, people who are looking for a friendly outdoor activity or anyone recovering from an injury who is looking for a gentle exercise. Walking Tennis is a slower paced game where running isn't allowed and the emphasis is on the placement of the ball.

To register your interest contact john@jkitson.me.uk

For more information visit the club website <https://clubspark.lta.org.uk/HuttonRuddyTennisClub/Events>



Climate Corner

The four practices in our Primary Care Network in Hambleton North have done lots of work around greener inhaler prescribing. You may have been aware of this if you have recently swapped your type of inhaler.

The work we have done has reduced our carbon emission on inhaler prescribing dramatically. It equates to the equivalent of a car driving round the earth 55 times!!

Go Team Hambleton North!!!

