



Updates

Our new cohort of future GPs have joined the practice for their training, Dr Josh Morrison, Dr Miriam Shipley, Dr Dissanyakakage (Samitha) Chithrananda and Dr Samuel Kawabe.

Dr Seb will be joining the team for good from October and will be available for appointments.

Debbie Tyson has also joined the team as nursing bank and you may see her helping to deliver some of our autumn vaccines this season.

We would like to say a big welcome to you all!

Welcome

RSV Vaccination

From September we will be holding clinics for the new RSV vaccine.

What is RSV?

RSV (Respiratory Syncytial Virus) is an infectious disease of the airways and lungs. It can make you become wheezy or short of breath and lead to pneumonia and other life threatening conditions.

If you are aged 75-79 you will receive a booking link or text or will be contacted by one of our team to book into one of our September clinics.

More information about the vaccine is available here:

<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

Every year, thousands of older people need hospital care for respiratory syncytial virus (RSV) infection.

RSV vaccination is the best way to protect yourself.

Your GP surgery will contact you to offer an appointment.



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Farming Community



What stops you getting help when unwell?

Your views can improve support for the **farming community**



healthwatch
North Yorkshire

Are you part of our Farming Community? Do you have 5 minutes spare to complete Healthwatch's survey to help improve the local support available?

Use the QR code above or visit <https://healthwatchnorthyorkshire.co.uk/news/2024-07-31/what-stops-farming-community-getting-help-when-unwell>

Hospital Appointments

You can now review your Hospital appointments and referrals via the NHS APP. You can view waiting times, book/change and cancel appointments and view notifications all on the APP.

If a patient is aged 16-17, they may not be able to view or manage some of their hospital appointments. This is because some NHS trusts require patients to be aged 18 or over to access these appointments.

Access your appointments in the NHS APP by clicking on the “appointments” icon at the bottom of the first screen then clicking on “Referrals, hospital and other appointments”. You will be able to see if any referrals need actioning/booking and your booked appointments.

Download the NHS APP from Google Play or the App Store.

View your hospital appointments in the NHS App



- ✓ view referrals and appointments in one place
- 📞 get details directly to your phone
- 🔔 see who to contact if you have questions

In this area you may also be able to:

- manage and amend appointments
- get reminders on your phone
- provide pre-appointment information
- access appointment and outcome letters
- select your paperless preferences

You can also use these services by logging in through the NHS website

Need help?
Visit nhs.uk/nhs-app



 
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#AskAboutAsthma

The annual NHS [#AskAboutAsthma](#) awareness campaign returns from September 9-15. #AskAboutAsthma is about making simple changes to children and young people's care to make a big difference to how they experience their asthma.

#AskAboutAsthma 2024: helping children and young people to live their **best lives**

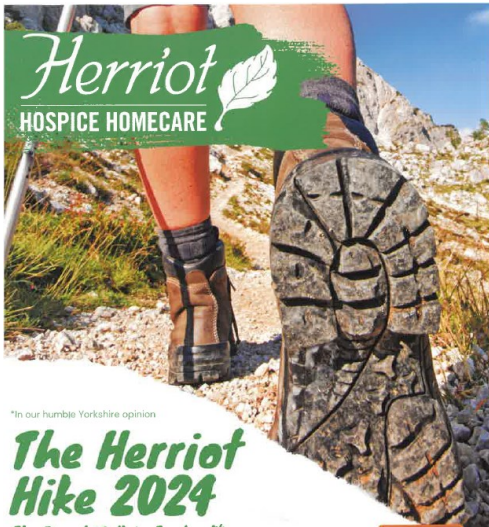
Good asthma control means having no symptoms:

1. Get an asthma action plan in place
2. Understand how to use inhalers
3. Schedule an asthma review - every year and after every asthma attack
4. Consider air pollution and its impact on lung health

For more information, search #AskAboutAsthma for visit:
www.transformationpartners.nhs.uk/ask-about-asthma



Herriot Hike 2024



Herriot
HOSPICE HOMECARE

*In our humble Yorkshire opinion

The Herriot Hike 2024

*The Finest Walk in England**

Saturday 5 October, 10am.
Sutton Bank National Park

9 miles. 1 day.

*Step out for local hospice care
& make every mile count.*



or visit
herrioth.org.uk

On Saturday 5th October colleagues from Mowbray House Surgery will be completing a 9 mile walk at Sutton Bank National Park to raise money for Herriot Hospice.

If you would like to take part visit:

<https://www.herrioth.org.uk/events/the-herriot-hike-2024/>

If you would like to sponsor our Team please visit:

<https://www.justgiving.com/page/chrissy-mallett-1725281514149>



Fairtrade Fortnight



Monday 9th-22nd September is Fairtrade Fortnight! This year, join us in urging everyone to 'Be The Change', by picking up Fairtrade products and speaking up for fairer trade.

As an international movement and in partnership with 2 million farmers and workers, Fairtrade has a vision of a world in which all producers enjoy secure and sustainable livelihoods, fulfil their potential, and decide on their future.

Fair prices provide an immediate lifeline for farmers and workers struggling with low incomes and disadvantaged by global trade.

At Mowbray House Surgery we are raising money and awareness by holding staff bake sales, raffles and quizzes.

For more information visit www.fairtrade.org.uk

No Smoking

Mowbray surgery is becoming a non-smoking/vaping site for patients and staff. We will be removing the smoking bins from the front and back of the building. There is obviously no smoking or vaping in any areas of the building inside. New signs will be added around the outside area in due course.



Climate Corner

If you have recently had any mail from us you may have noticed that we are reducing the amount of window envelopes we use to cut down on single use plastics and our carbon footprint. We will be using plain envelopes and hand-writing addresses on. We will still be using window envelopes when we send our long term conditions letters and any we send in batch numbers.

If you would like to help us reduce this further please provide your usual surgery with a mobile number or email address for correspondence including appointment reminders, surgery updates and booking links.

