



## Dr Rogers is Retiring!



*Happy Retirement!*

After nearly 30 years, Dr Rogers is hanging up his stethoscope and retiring as a GP and Partner this month. The staff and patients will miss him enormously and we would like to take this opportunity to thank him for everything he has done for the practice. Our patients and team who have worked with him have been very lucky to have him. Now, we all join to wish him an amazing retirement, filled with the things he loves most.

## Flu and COVID clinics

Flu clinics are up and running throughout October and into November.

If you are booked into one of our joint clinics we will be offering covid at the same time.

You will have received a text to book in or a letter telling you how to book in if you are eligible.



## Baby news



A huge congratulations to our Team Co-ordinator Cally at Hutton Rudby and family who have welcomed a baby boy!

We can't wait to meet him!



Join us on

Facebook

[www.facebook.com/MowbrayGroupSurgeries](https://www.facebook.com/MowbrayGroupSurgeries)



# Stoptober 2024

**STOP SMOKING FOR STOPTOBER AND YOU'RE FIVE TIMES MORE LIKELY TO QUIT FOR GOOD**



**STOP** TOBER

**NHS**

**Stop smoking for Stoptober and you're 5 times more likely to quit for good.**

Better Health Let's do this

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign previously. Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death. Quitting smoking is one of the best things you can do for your health. That's why this year's Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – quit smoking for 28 days and you're five times more likely to quit for good. When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend. Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support from local stop smoking services. Simply search 'Stoptober' for more information or visit the Better Health Quit Smoking Website.

## Cervical Screening Walk-in

### **YorSexual Health – Cervical Screening Walk Ins**

YorSexual Health are running smear test walk in and wait clinics at the Friarage Hospital on the following dates;

Saturday 19th October 2024, 10:00am – 3:00pm

Saturday 1st February 2025, 10:00am – 3:00pm

**Anyone with a cervix who are due for their cervical screening, aged 25 to 64 can go to these clinics.**



# Keeping Warm & Well

Prepare for winter with the following tips on keeping warm, safeguarding your health and accessing financial support.

- \* Set your heating between 18-21°C to keep warm and bills low
- \* Get a flu jab
- \* Place orders for medication in good time
- \* Stock up on essential food items including non-cook foods and long-life milk in case of power cuts
- \* Try to reduce draughts (draught excluders can be fitted around doors)
- \* Layer your clothes
- \* Keep moving around at least once an hour, even if it's just wiggling your fingers

## **Warm & Well:**

Warm & Well is managed by Citizens Advice with the aim of reducing the number of cold homes. If you are unable to afford your energy bills, on a low income or benefits, a family with young children or have a physical or mental health issues you can get in touch for support by calling the helpline on 01609 767555 or visit [www.cany.org.uk/warmandwell/](http://www.cany.org.uk/warmandwell/).

## **Warm Spaces:**

Warm spaces are a place where you can go for free to warm up, have a cuppa and make new friends.



To find warm spaces near you visit: [www.warmwelcome.uk/#map](http://www.warmwelcome.uk/#map)

**Remember to look after yourself and others especially older neighbours, friends and family who may need extra support during cold weather.**

## Talking Therapies

A poster from the NHS Foundation Trust for Tees, Esk and Wear Valleys. The poster has a yellow background. On the left, it says 'Talking can help people who often feel worried' in blue text. Below this is the NHS logo and the text 'Tees, Esk and Wear Valleys NHS Foundation Trust'. In the center, there is a cartoon illustration of a man with a hand to his chin, looking thoughtful, with several question marks floating around his head. At the bottom left, it says 'Your NHS is here for you, whenever you're ready.'

**Talking can help people who often feel worried**

Your NHS is here for you, whenever you're ready.

NHS  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

Talking therapies can help you if you often worry or find yourself overthinking things. Your local IAPT team offers talking therapies. They are there to support you to feel less anxious. It's free, confidential and you can refer yourself online. <https://northyorkshireiapt.co.uk/> @TEWW

## Self Check-in System

Thank you to everyone who has been using our new appointment self check-in screen. We would appreciate your continued support; it's a super quick and easy alternative to visiting the front desk to confirm you have arrived for your appointment. This is a win win! It is quicker for our patients as you can avoid the queue, letting the Doctor know you have arrived for your appointment. It also provides our front desk team more time to deal with queries and dispensing matters.



## Patient Participation Group

We are re-starting our patient participation group (PPG) and would love to hear from you.

Our PPG consists of attending meetings, usually online by using a link, to help us develop and improve our services.

**Please get in touch if you would like to join our patient participation group.**

## Climate Corner

As the leaves start to fall and the weather grows colder we need to be mindful of wildlife in our gardens. Hedgehogs usually hibernate anytime between October and April, but in a warmer winter you may still see hedgehogs out and about in December!

Hedgehogs can be found in woodland edges, hedges, parks and gardens. Our rural hedgehog population has halved since 2000.

You can help local hedgehogs through hibernation by putting food in an accessible place and providing a safe shelter for them.

Hedgehogs need to weigh 500-700 grams to survive winter; if you spot a hedgehog that looks too small to survive contact the British Hedgehog Preservation Society for advice.

**Tel: 01584 890801**

**[www.britishhedgehogs.org.uk](http://www.britishhedgehogs.org.uk)**

