

Get Winter Strong

We have had a fantastic uptake on this winter's flu and covid vaccines. We have vaccinated a total of 4,888 people against flu and 4,371 against COVID!

A total of 11.7 million people in England have had the flu vaccine so far, with 8.6 million taking up the COVID-19 booster.

If your child is aged between 2-3 and has still not had the flu vaccine please call to make an appointment.



Change our NHS



The NHS needs to change. Our local NHS wants to know what you think the biggest priorities are. Tell us your thoughts by completing this short survey:

<https://www.smartsurvey.co.uk/s/OurNHS1/>

Online Registrations



We are now live for online registrations. This means you can register with us either via our website or by using the link below. It's a quick and easy way to register. You can even verify your ID with your NHS app and can complete the form for multiple or family members; if you are registering children under 16 it is important to register yourself first.

<https://gp-registration.nhs.uk/B82050/gpregistration/landing>



Register with a GP surgery



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

NY Recycling Community Equipment

If you have benefited from equipment loaned to you that you no longer need, Medequip can arrange a free collection, to recycle and help others in need. To find out more visit returning equipment or contact Medequip on 01423 226240 or email north.yorks@medequip-uk.com.



Working in partnership with



Help your local NHS and Social Care Services help others by returning equipment.

Local NHS and Social Care Services lose thousands of pounds each year due to missing equipment. All items returned will be assessed, safety tested and either repaired and reused or stripped down for recycling.

Look for equipment label

Contact Medequip to request a free and safe collection:

Call **01423 226240**

Email **north.yorks@medequip-uk.com**



Over 90% of returned equipment recycled nationwide.



Prescriptions
7,880
processed



Documents
400
processed



DNAs
46
missed appointments

Hutton Rudby Surgery Workflow

We have been working like busy bees last quarter (July to September) taking over 4,000 calls, processing 400 documents and processing nearly 8,000 prescriptions!



Face to Face Appointments
803



Telephone Calls
4,498



Referrals sent
132

We saw 803 patients in face to face appointments. Please help us to increase this further by cancelling any unwanted appointments. Thank you!

World Diabetes Day

World Diabetes Day (WDD) is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in over 160 countries. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.



There are 2 main types of diabetes:

Type 1 diabetes – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin properly.

Type 2 diabetes is far more common than type 1. In the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as gestational diabetes. It usually goes away after giving birth.



For more information about diabetes visit www.nhs.uk/conditions/diabetes/

Breast Cancer Awareness



In October we were raising money for breast cancer awareness.

Staff raised money with a sweepstake, raffle, guess the weight of the cake and a wear pink day on Friday 18th October.

A big thank you to everyone who donated. We managed to raise £150.05!

Remember, it is important to check yourself (whether you are male or female) regularly for lumps or changes. How to do this correctly can be found at www.nhs.uk/conditions/how-to-check-your-breasts-or-chest/

You can sign up for a self-check monthly reminder at www.breastcanceruk.org.uk/check-your-breasts/



The Hub

The Hutton Rudby Hub, in the Methodist Chapel TS15 0DA, is a warm and welcoming space for individuals or groups. Do call in for a cuppa, cake and chat.

Weekly: Computer Friends (technical help with your devices), two Knitting Together sessions, beginners bridge, storytime and a parent pop-in session.

Monthly: A fun afternoon quiz.

For more information see The Hub's facebook page @thehub.huttonrudby

For volunteer opportunities please call in with your contact details or email thehubandzacs@gmail.com



Opening times (subject to volunteer availability)

Monday 2-4pm

Tuesday 10-12noon

Wednesday 10-12noon

Thursday 10-12noon and 1:30-4pm

Friday 10-12noon

Saturday 10-12noon

Climate Corner

How big is your environmental footprint?

Our world is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with WWF's UK based environmental footprint calculator.

WWF have created an online calculator to help us understand our own individual impact on the environment. It is a short online questionnaire which asks various questions about the way you live broken down into the "home", "food", "travel" and "stuff". Your carbon footprint will then be calculated and advice given on how you can lower your footprint.



[Visit: www.footprint.wwf.org.uk](http://www.footprint.wwf.org.uk) to calculate your carbon footprint

