



Update

A big welcome to Dr Tom Briske who joins us in December as part of his GP Training programme.

Winter Strong



Get Winter strong! We have now vaccinated a total of 5098 people against flu and 4494 people against COVID.

We had 15 missed appointments in November. Please help us to be able to offer much needed appointments this time of year by cancelling any appointments that are no longer needed.

Thank you for your help!

You can register with a GP online



A new online service called 'Register with a GP surgery' makes it easier to register with our GP surgery. It's a quick online form and you can find it on the web or in the NHS App.

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

The service is designed and run by the NHS, so your personal information will be kept safe.



Scan here to register →



Register with us online

Our online service makes registration easier for patients.

As a new patient you just need to fill in an online form to get started. You do not need proof of address or immigration status, ID or an NHS number.

Paper forms are still available for people who need them.

The service is designed and run by the NHS. It aims to cut practices' workloads and make GP registration easier for the public.

If you live within the practice catchment area, please complete the form on our surgery website:

mowbraygroupsurgeries.co.uk
or use the QR code.



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries



Staying well this winter

Cold weather and winter bugs can affect our health, but there are things we can all do to keep well. Apps can be a good source of information, advice and motivation.

Here is a selection of apps to help you manage your health concerns common for this time for year.

Download one today.



Digital Health Passport

If cold air affects your asthma, there are apps that can help you look after your asthma in winter and all year round. Used within the NHS, Digital Health Passport is a free app

that helps you understand and manage your asthma.



KOKU (Keep On Keep Up)

The cold and reduced activity in the winter can reduce muscle strength and put you at greater risk of falling. But you can reduce your risk of falling if you look after your body's strength,

balance, and flexibility as you age. KOKU (Keep On Keep Up) is a free app that lets you specify what your mobility concerns, usual abilities and goals are, be guided through three exercises that have been selected for you, track your progress and be notified when you need to exercise again.



Wysa: Mental Health Support

If you need help with your mental wellbeing, but feel stigma about opening up, or have no one to speak with, the Wysa Mental Health Support app may be able to help you. It lets

you anonymously chat about whatever is on your mind with an emotionally intelligent chatbot, that uses AI to react to the emotions you express.



Move Mood

Developed for teenage mental health charity stem4, Move Mood is a free app designed to help young people who are experiencing low mood or depression.

Completely anonymous, it lets you set tasks that you want to achieve each day, be accompanied by an animated companion, to be there and motivate you, keep track of your progress and receive rewards.



Christmas at the Hub

Christmas Events at The Hub and Chapel

- 1 DECEMBER** Santa's Grotto
1 PM TO 4.00 PM
£5 per child
Book at www.huttonrudybymethodistchurch.co.uk/events
Christmas Crafts 1-3.30pm and Café open.
- 2 DECEMBER** Christmas Tree Light Switch on
6pm
Tat the Christmas Tree outside the hub.
Free hot chocolate!
- 14 DECEMBER** Acoustic Band 'Rudby Rattlers'
10am-12pm
Get in the Christmas spirit at the Hub and enjoy some Christmas music with your delicious drink and cake!
- 22 DECEMBER** Christmas Story Time
4pm
The Wonderful Anne Hepburn will be hosting a special Christmas storytime. Free Mince Pies and mulled wine
- 22 DECEMBER** Carols on the Green
7pm
Join us as on the green for Carols with our whole community
- 25 DECEMBER** Christmas Day Service
10am
Join us for Christmas service. All welcome especially children!

More info:

www.facebook.com/thehub.huttonrudy

Wag & Co

Volunteer with your dog...

...and help end loneliness in older dog lovers.



We're a community of dog owners sharing our dogs with older dog lovers across the North East.

There are thousands of lonely pensioners who can no longer look after a dog of their own and miss them terribly.

Just a couple of hours a week for a chat and a cuddle with your special dog makes all the difference to someone else's life and probably yours too.

Apply online today, we'll make it safe and easy to volunteer.

find out more about volunteering at wagandcompany.co.uk

#WeAreWag



CatZero Veterans' Programme 2025

CAT ZERO® VETERANS' PROGRAMME 2025

Helping you to get where you want to be!

01482 333303 / 07773 895932

Scan here to read about our veterans' programmes:



www.catzero.org



The CatZero team will support veterans to increase self-belief, confidence and motivation. You will have the opportunity to meet new friends and people who can support you by way of team building and group activities. CatZero also offers support with social anxiety and social isolation. Our 'Once CatZero, Always CatZero' ethos ensures continued support for participants.

Veterans' programme content

A 3-day residential in the Yorkshire Wolds inclusive of command task team-building activities, night hikes, communal cooking, games and water sports.



A 3-day residential in the Peak District, with co-designed activities from arts and crafts to caving. Bespoke according to the group's requests and requirements.

An 8-day voyage on our 72-foot Challenge yacht CatZero. Enjoy a unique and exciting journey with our highly experienced skipper and crew.



A 3-day follow-up residential, celebrating personal and group achievements, with activities and future planning. Destination TBC.

Once CatZero, Always CatZero





Womens Health North Yorkshire

Women's Health
What matters to you?

Share your views



North Yorkshire Council want to hear what really matters to you to help improve the health and wellbeing of women and girls in North Yorkshire.

Share your views by completing this short survey before 15th December 2024.

<https://northyorks.gov.uk/WomensHealthNY>

Climate Corner

In the United Kingdom, approximately 35,000 individuals undergo pacemaker implant surgery each year, costing around £5,000 - £10,000 a time. When a pacemaker user dies, the device is buried with them, or, if the deceased chooses to be cremated it is discarded either as medical waste. In the developing world around 2 million people die every year due to inaccessibility to medical healthcare and the prohibitive cost of lifesaving devices and pacemaker surgery.

In the 21st century, the healthcare disparities between the industrialized world and those in under-developed countries have become all too apparent with cardiovascular disease having an increasing impact on death rates. Innovative methods of delivering normally costly healthcare to impoverished countries are required. Pace4Life is responding to this situation by undertaking a project that will see thousands of discarded pacemakers sent to needy individuals, using creative methods of delivering costly healthcare to impoverished countries. Instead of the wasteful practice of binning pacemakers, Pace4Life is seeking to establish a process whereby people donate old pacemakers to Pace4Life to be tested, and either reused or recycled.

To register to donate a cardiac device visit:

<https://heartrhythmalliance.org/aa/uk/programs/pace4life>



Our mission is to recondition **cardiac implantable electronic devices (CIEDs)** for people in need in low and middle income countries (LMIC)