



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 221 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.



Act FAST

Even if it doesn't seem like it, any sign of stroke is always an emergency, so call 999 immediately if you or someone else experiences a single symptom. The first signs of a stroke include:

- Face weakness – it might be hard to smile, and one side of your face may droop (fall)
- Arm weakness – you may not be able to fully lift both arms and keep them there because of weakness or numbness in one arm
- Speech problems – you may slur your words or sound confused

Other symptoms that could be the first sign you or someone else is having a stroke include:

- Sudden weakness or numbness on one side of your body (including in your leg)
- Sudden loss of vision or blurred vision in one or both eyes
- Sudden difficulty speaking or thinking of words
- Sudden memory loss or confusion
- Sudden severe headache
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other signs.

**Act
FAST**

Help us
help you

Any sign of a stroke is always an emergency – at the first sign, call 999. Act FAST. Face or arm or speech, at the first sign, it's time to call 999. Visit www.nhs.uk/ActFAST for more information.

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>



Wag & co



Ending loneliness for older dog lovers

Wag & co are the only visiting dog charity befriending older dog lovers in their own homes as well as in care or in hospitals across the North East of England.

With an hour or two most weeks, our professionally assessed volunteers and their special pet dogs provide elderly people, often in poor health, bereaved and isolated, with something to look forward to, some human company

for a chat and a cuddle with that much missed furry friend.

For information on how to request a visit or to volunteer visit:
www.wagandcompany.co.uk

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>

