

Practice Newsletter

Issue No 10



MOWBRAY GROUP

Mowbray House and Hutton Rudby Surgeries

Staff update

Happy New Year!

Dr John Halliwell has recently become a Partner here at Mowbray Group Surgeries. Dr Halliwell has been a GP at the practice since 2019 and we are delighted to welcome him into the Partnership team.

Lots of new faces in our reception teams at both sites, we welcome Becca and Bethany to the team!

Workflow

Take a look at our workflow totals from October—December!



Prescriptions

7848

processed



Documents

4557

processed



DNAs

186

missed appointments



Face to Face
Appointments

1064



Telephone
Calls

5420



Referrals
Sent

369



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Quit Smoking for 2025

Better Health Smoke free

NHS

You know you want to quit. We know you can.

Get free support to quit smoking.



When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

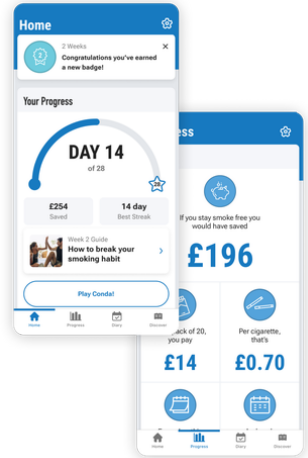
It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

You don't need to imagine a life without smoking, you can live it!

The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others

Once you reach 28 days smoke-free, you're much more likely to quit for good!



CAT ZERO 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:



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



Pharmacy First



If needed, your pharmacist can now provide some prescription medicines without seeing a GP.

The Pharmacy First service allows pharmacists to offer treatment, if needed, for the following conditions:

- Sinusitis (12 years old +)
- Sore throat (5 years old +)
- Earache (ages between 1 and 17 years old)
- Infected insect bite (ages 1 year +)
- Impetigo (ages 1 year +)
- Shingles (ages 18 years old+)
- Uncomplicated urinary tract infections (UTIs) (for women aged 16-64)

Pharmacists have the right clinical training to make sure you get the help you need and can

also signpost you to your general practice team, A&E or other relevant local service, where necessary.

Think pharmacy first.

Christmas Jumper Day



On Thursday 12th December we wore our best Christmas jumpers to raise money for Save the Children.

Funds were raised to help create a lasting change for children in the UK and around the world.

If you would like to donate please visit:
www.savethechildren.org.uk/christmas-jumper-day

Paget's Awareness Day



Paget's Awareness Day 2025 is a day dedicated to increasing awareness about Paget's disease of the bone.

This disease is characterized by the abnormal breakdown and formation of bone tissue, leading to weakened and deformed bones. It's important to shed light on this condition to encourage early detection and proper management.

It's a fairly common condition in the UK, particularly in older people. It's rare in people under 50 years of age. There are treatments that can help keep it under control for many years, but it can cause persistent pain and a range of other problems in some people.

Symptoms of Paget's disease of bone

Paget's disease of bone can affect 1 bone or several bones. Commonly affected areas include the pelvis, spine and skull.

Symptoms can include:

- bone or joint pain
- skin feeling warm over the affected bone
- changes in bone shape

a shooting pain that travels along or across the body, numbness and tingling ([peripheral neuropathy](#)), or balance problems

For more information visit: www.nhs.uk/conditions/pagets-disease-bone/

Climate Corner

All of our confidential waste is shredded by Shred-it. They provide us with a sustainable service by shredding and recycling confidential information. They have recycled 411,000 tonnes of paper!

This year we have saved an impressive 76 trees!



**Greener
Practice**

Shred-it®