



Staff update

Dr Kwabe, Dr Aguilar have moved on to their next training post and we wish them all the best to luck with their future carer in the NHS. This month we welcome Dr Mark Burrell and Dr Mo Elshinnawy.

NHS App

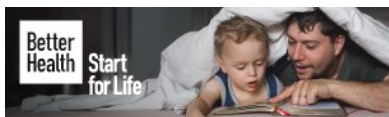
We are currently working with Community First Yorkshire on a Digital Project. A member of their team will be coming into Mowbray House Surgery each week to help assist our patients in setting themselves up on the NHS App and also in getting the most out of it. If you are interested in coming along please contact a member of our team to check which days they will be in.



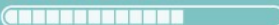
Little Moments Together

The more we chat, play and read with our kids, the more we help build their brains. Any time, anywhere, whether at home or out and about, it all adds up. There's no need to buy lots of toys or have big days out. Wherever you are, simply chatting back and forth, answering your child's questions and sharing special moments together all help their brain to grow and develop secure and strong connections. Just what they need to get off to the right start at school. The Start for Life website is packed with simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for you to do together with your child at different ages, as well as links to find further support in your local area.

Please visit: www.nhs.uk/start-for-life/early-learning-development/



LOAD THEM UP...



NHS

90% of brain growth happens by age five. What you do together can make a difference. Search Start for Life for tips and advice.



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Tinnitus Awareness Week

Tinnitus is the sensation of hearing a sound when there is no external source for that sound. It is unique to the person experiencing it. Someone with tinnitus may hear ringing, buzzing, hissing, throbbing, whistling or other noises. You may hear these sounds in 1 or both ears, or in your head. It is not usually a sign of anything serious and may get better by itself.

It is not always clear what causes tinnitus, but it is often linked to some form of hearing loss, meniere's disease, conditions such as diabetes and thyroid disorders, anxiety or depression and taking certain medicines.

Things you can try to help cope with tinnitus:

- Try to relax - deep breathing or yoga may help
- Try to improve your sleep - such as sticking to a bedtime routine or cut down on caffeine
- Try to avoid things that can make tinnitus worse, such as stress or loud background noises
- Join a support group - talking to other people with tinnitus may help you cope. For local support groups visit www.tinnitus.org.uk/how-we-can-help/support-groups/



For more information visit www.nhs.uk/conditions/tinnitus/

Dementia Group

Hambleton Community Action are running a new group every Tuesday afternoon for dementia sufferers and their carers. The group is held upstairs at "Up Front" every Tuesday at 1.30pm – 3pm (opposite Argos – corner of Romanby Road).



There is no charge for the group, and all attending will be offered tea and coffee. Although there is no food on offer (at present), attendees are welcome to bring their own snacks/packed lunch. It's a lovely social opportunity for a chat and meet new people.

Please note that carers must stay present throughout the afternoon.



Breast Screening

North Yorkshire Breast Screening

What is Breast screening?

The National breast screening service is free and all women aged from 50 years up to their 71st birthday are invited

How do I get an appointment?

When the screening service is in your area you will receive a letter inviting you for breast screening.

Please ensure your GP has your correct contact details so you can receive your invite.

If you have recently moved to a new GP practice or have recently moved to the area please contact us on 01904 725590 01904 725591 or email NorthYorkshire.BreastScreeningService@YORK.NHS.UK

Please Note:

Women Over 71years old may self-refer. Please remain breast aware. If you notice any changes that are unusual for you, speak to your GP as soon as possible.

Climate Corner

Love that planet this Valentine's Day and ditch the balloons, plastic wrapped cards and themed gifts! There are many other ways to show you care including:

Going for a romantic walk

Cooking a lovely meal from scratch

Do something crafty—draw a picture of something they love

Take the time out to spend time together with undivided attention. So put the phones away and give the gift of time!

