



Staff update

We are delighted to announce the return of both Nurse Chloe and Team Leader Cally following their maternity leaves.

Welcome back!

Flu and COVID clinics

We will be holding flu and covid clinics for Hutton Rudby patients in the village hall again this year. A big thank you to the village hall for accommodating us.

Invites will be going out soon!

Buzz Us

Compass offers a confidential text messaging service to young people aged 11-18 across North Yorkshire.

Text **07520 631168** for confidential advice, support and signposting from a wellbeing worker within one working day via text.

When you text BUZZ US, you'll get a message back letting you know if we're open or closed. It'll also tell

you what you can do if we are not open and you need help in the meantime.

BUZZ US is a **text** messaging service run by **Compass BUZZ** for young people aged 11-18 who live in North Yorkshire

Text a wellbeing worker on 07520 631168

if you are experiencing any of the following:

- Bullying
- Anxiety
- Self Esteem
- Eating Problems
- Low Mood
- Stress
- Self Harm
- Emotions



NHS Cervical Screening Digital Results

In September, those who have a negative cervical screening test result will be notified of this by an NHS App message. It will also appear as an NHS App notification. If the NHS App message isn't read within 72 hours, a letter will be sent as a failsafe.



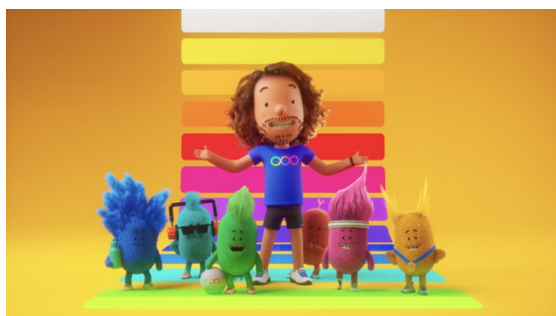
Abnormal result letters will continue for the time being to be delivered by post.

Activate with Joe Wicks

This summer, Joe Wicks has released a new animated physical activity series, *Activate*, which aims to get children moving and having fun. Co-created by Joe Wicks and Studio AKA (the makers of 'Hey Duggee'), *Activate* is backed by the government as part of a new partnership to reach families and schools across the country.

Activate is made up of short, five-minute episodes, each offering a burst of movement and energy. Parents and teachers can easily integrate these short exercises into their day at home, school or summer activity clubs. Physical activity is essential for growing bodies and minds. But over half (53%) of UK children are not meeting daily activity guidelines^[1]. *Activate* aims to make fitness fun and spark a love of movement in children, by bringing together bright and energetic new characters, alongside well-known upbeat music from exclusive music partner Universal Music UK.

Activate aims to turn screen time into active time and boost their physical and mental health – over the summer holidays and beyond.



The first episode is out now on The Body Coach YouTube channel, with new episodes out weekly over the summer.

Op Courage

OpCOURAGE

NHS
The Veterans Mental Health
and Wellbeing Service

OPEN DAY



WE WILL BE JOINED BY
VETERAN ORGANISATIONS

Veterans, families, friends, carers and professionals are all welcome to attend our open day for an opportunity to network and share information about our service.



TUESDAY 9TH SEPTEMBER 2025, 10AM-2PM
VERMONT HOUSE, WASHINGTON, NE37 2SQ



FREE MINDFULNESS GROUP
SESSION



SPEAKERS FROM THE OPCOURAGE
PROVIDER COLLABORATIVE
PARTNERS: CNTW AND TEWV NHS
TRUSTS. WALKING WITH THE
WOUNDED AND COMBAT STRESS

RAFFLE PRIZES
FOOD AND REFRESHMENTS



All enquiries can be sent to our email
OpCourageNorth@cntw.nhs.uk

Keep antibiotics working

Antimicrobial resistance is putting our antibiotics at risk. To help protect them for future generations, don't take antibiotics for colds and flu, don't save antibiotics for later, they don't work. Take them as directed by your GP, nurse or pharmacist.

For more information visit: www.nhs.uk/medicines/antibiotics

#KeepAntibioticsWorking



Hutton Rudby Digital Inclusion Hub



The aim of the Hutton Rudby Digital Inclusion Hub is to enable anyone, regardless of background or abilities, to have access to and use digital technologies such as computers, printers, the internet, and smartphones. We want people to have the confidence and skills to use the devices and data they need to participate in the digital world. The Hutton Rudby Digital Inclusion Hub is located inside Hutton Rudby Chapel Hub.

For more information contact: David McAsey 07810 465262

Email: davidmcasey60@gmail.com

Climate Corner

Email Inbox Housekeeping



Keeping your inbox free of lots of old emails is great for the environment because it reduces the amount of digital storage needed, which in turn lowers energy consumption.

By regularly deleting unnecessary emails, you help decrease the demand for this energy, which often comes from non-renewable sources. This small action contributes to reducing carbon emissions and lessens your overall digital footprint, making it a simple but effective way to support environmental sustainability.

