



Autumn Flu and Covid Update



A national decision has recently been taken to change the eligibility for those getting covid vaccinations this Autumn.

COVID-19 vaccinations will be offered from 1st October to:

- Those aged 75 years
- Those who are immunosuppressed

Flu vaccinations will be offered from 1st October to:

- Those aged 65 years and over,
- Those in clinical risk groups, carers, & close contacts of immunocompromised individuals

Pregnant patients, and children aged 2-3 years or children who are in clinical at risk group can be vaccinated from September 1st.

We will be contacting eligible patients closer to the time to book into clinics at Mowbray House in Northallerton and at the Village Hall at Hutton Rudby.

There is no need for you to book these elsewhere.

Mounjaro

Following the headlines many of you are asking us to prescribe Mounjaro (Tirzepatide) for overweight and obesity reasons.

Mounjaro is not available to everyone right away. It is being rolled out gradually across England. We are in an area where this has not yet been rolled out and have been asked by our ICB to not prescribe Mounjaro for obesity at this time.

We are asking you not to make an appointment to request that we prescribe this medicine for you as we are currently unable to do so.

More information about prescribing for weight management in our area can be found here: <https://letsgetbetter.co.uk/weight-management/>

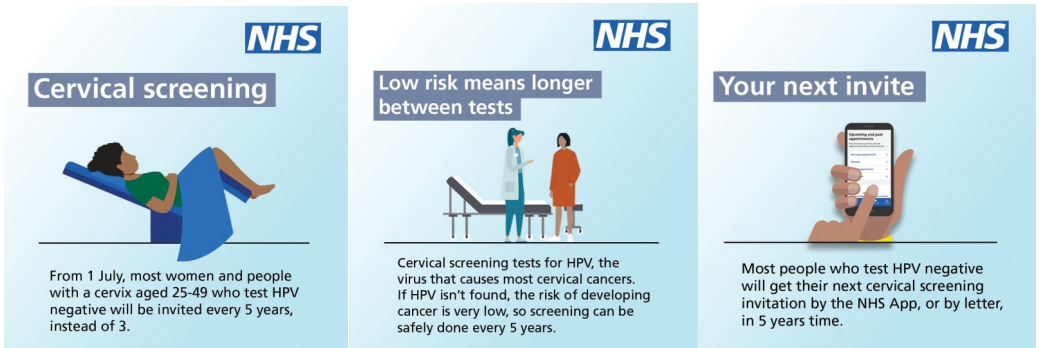


Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

Cervical Screening



The image contains three panels from NHS. The first panel, titled 'Cervical screening', shows a woman lying on a gynecological examination table. The second panel, titled 'Low risk means longer between tests', shows a doctor in a white coat talking to a woman in an orange dress. The third panel, titled 'Your next invite', shows a hand holding a smartphone displaying a text message about a cervical screening invitation.

NHS
Cervical screening

From 1 July, most women and people with a cervix aged 25-49 who test HPV negative will be invited every 5 years, instead of 3.

NHS
Low risk means longer between tests

Cervical screening tests for HPV, the virus that causes most cervical cancers. If HPV isn't found, the risk of developing cancer is very low, so screening can be safely done every 5 years.

NHS
Your next invite

Most people who test HPV negative will get their next cervical screening invitation by the NHS App, or by letter, in 5 years time.

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Making Every Contact Count

Make Every Contact Count (MECC) enables the delivery of consistent and concise health and wellbeing information and encourages individuals to engage in conversations about their health at scale across organisations and populations.

MECC is intended for anyone who has contact with people to “Make Every Contact Count” and develop public health knowledge.

For individuals, MECC means seeking support and taking action to improve their own health and wellbeing.

This simple tool can help improve access to the right support at the right time, empowering you to make informed choices. It provides quick access to information about local services and organisations that support physical and mental health and wellbeing.

Available at www.mecclink.co.uk.

Making Every Contact Count

An interactive learning resource to support people develop the knowledge and understanding to make every contact count by asking others about their health and wellbeing



Parent Carer Voice



parentcarervoice
NORTH YORKSHIRE
WORKING TOGETHER FOR POSITIVE CHANGE

Are you the **Parent/Carer** of a Child or Young Person with SEND (0 - 25 years old)?
Parent Carer Voice can support you.

We are the Parent Carer Forum for North Yorkshire, supporting families with children and young people (0-25 years old) with Special Educational Needs and/or Disabilities (SEND).

What we do:

We ensure that parents and carers voices, opinions and experiences are accounted for throughout North Yorkshire's SEND, health and social care services. Some of the workstreams we are involved in during 2025/26 are:

- All Age Carers Strategy
- Digital EHCP Consult
- Inclusive Practice Framework
- North Yorkshire Adult Learning
- Preparing for Adulthood
- Partnership for the Inclusion of Neurodiversity in Schools (PINs)
- SEND Employment Forum
- Dingley's Promise
- Re-design of NYC's Local Offer

What we offer:

Peer support,
Signposting and training,
Wellbeing events,
Information on all aspects of SEND,
and most importantly, a platform to have your voices and experiences heard where it will make a difference.



Use the QR code for more information and to join us, or:
www.parentcarervoiceuk.org / info@parentcarervoiceuk.org

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CRISIS Team

Need urgent mental health support?

Call 111
Select
Mental Health Option 2

We're here for you 24/7.

NHS

HERE TO HELP

On 3rd June, the existing 0800 crisis line number was deactivated. This means there will be no voicemail on the line and the calls will not be transferred.

Anyone experiencing a mental health crisis must call NHS 111 and select the mental health option.



Psoriasis Action Month

Psoriasis is a skin condition that causes flaky patches of skin which form scales.

These patches normally appear on your elbows, knees, scalp and lower back, but can appear anywhere on your body. Most people are only affected with small patches. In some cases, the patches can be itchy or sore.

Psoriasis affects around 2 in 100 people in the UK. It can start at any age, but most often develops in adults between 20 and 30 years old and between 50 and 60 years old. It affects men and women equally.

The severity of psoriasis varies greatly from person to person. For some it's just a minor irritation, but for others it can have a big impact on their quality of life. Psoriasis is a long-lasting (chronic) disease that usually involves periods when you have no symptoms or mild symptoms, followed by periods when symptoms are more severe.

For more information visit: www.nhs.uk/conditions/psoriasis/

Climate Corner

Take a look at our eco friendly tips for the summer:



- Use ice-cream cones instead of a bowl—you will use less ice-cream and less washing up!
- Use natural light and save energy. Natural light also boosts Vitamin D, decreases seasonal depression and can improve sleep and health.
- Be conscious of your water usage by taking shorter showers, don't leave taps running and check for leaky taps.
- Use a reusable water bottle! Its saves money, keeps you hydrated in the hot summer and reduces waste.
- Travel sustainably. Walk or bike where you can instead of driving. You will save fuel and get fit!
- Shop sustainably for summer clothes. Fast fashion is not good for the environment. Look out for organic and sustainable materials when shopping or buy second hand to top up your wardrobe.



**Greener
Practice**