

## A Christmas Message from Mowbray Group Surgeries

As we approach the festive season, everyone at Mowbray Group Surgeries would like to extend our warmest wishes to all our patients, families, and the wider community.



This time of year gives us a chance to reflect on the challenges and achievements of the past twelve months. We are truly grateful for your continued support, understanding, and kindness towards our team. On behalf of everyone at the practice, we wish you a **Merry Christmas and a peaceful, healthy New Year.**

## Staff Update

We are very pleased to welcome Dr Heather Jenkins and Dr Julie Willis to our practice team.

Both doctors will be working three days a week and are looking forward to settling into the practice and meeting our patients. They bring with them a wealth of experience, enthusiasm, and a shared commitment to delivering high-quality, compassionate care.

We're delighted to have them on board and know they will be a great addition to the team. Please join us in giving them a warm welcome when you next visit the practice!

*welcome*



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## Stay well this winter



Winter conditions can worsen existing health problems, especially for people aged 65 and over, or those with heart disease, kidney disease, chronic obstructive pulmonary disease, asthma or diabetes.

But, there are lots of things you can do to stay well this winter.

If you are eligible make sure you have your winter vaccines including flu, covid and RSV.

Keeping warm can help prevent colds, flu and more serious health problems. Age UK and UK Health Security Agency suggest heating your home to a temperature that is comfortable for you, but at least 18°C in regular use rooms.

Financial support—there are grants, benefits and advice available to help make your home more energy efficient, improve your heating or manage energy bills. You can check eligibility at [gov.uk/benefits-calculators](https://www.gov.uk/benefits-calculators).

Keep active—Regular activity can improve your physical and mental health. Try to reduce the time you spend sitting during the day.

Prescriptions—Make sure you order your medications before your pharmacy closes for the holidays. You can order your medications via your NHS app.

Managing winter illnesses—if you do become unwell, manage your symptoms by staying warm, resting, drinking plenty of fluids and eating at least one hot meal a day.

Mental health support—we all feel down from time to time, no matter our age. You can find information and tips on keeping mentally healthy at [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters). If you or a loved one are experiencing a mental health crisis you can call 111 and select the mental health option for 24 hour mental health advice and support.

Look out for others- older neighbours, friends and family who may need extra help during the winter.

## Website



### **We're Reviewing Our Practice Website – Your Feedback Wanted!**

We are currently reviewing and refining our practice website to make it clearer, easier to use, and more helpful for our patients. As part of this work, we would really value input from our patients.

If you would be interested in sharing your thoughts, experiences, or suggestions as part of our **Patient Participation Group**, please get in touch with **Tracy Dewings (tracydewings@nhs.net)**, who is coordinating patient involvement in this project.

Your feedback will help us create a website that truly meets the needs of our patients, so we'd love to hear from you.

## Christmas events



## Climate Corner

### **We're Proud to Announce: Silver Award for Green Impact for Health!**

We are delighted to share that our practice has been awarded the **Silver Award** as part of the **Green Impact for Health programme**. This is a fantastic achievement and a real testament to the hard work, commitment, and passion of our entire practice team.

Green Impact for Health recognises GP practices that take meaningful action to become more sustainable, reduce their environmental footprint, and contribute to healthier communities. Earning the Silver Award means we have made significant changes across the practice, including:

- **Reducing waste and improving recycling processes**
- **Lowering our energy use** through smarter systems and everyday behaviours
- **Encouraging active and sustainable travel** for staff
- **Cutting down on paper use** and increasing digital processes
- **Promoting environmentally responsible prescribing practices**

These steps not only benefit the environment but also support better health outcomes for our patients and community.

We are incredibly proud of the team for their dedication and creativity in driving these changes. Achieving Silver is a wonderful milestone and we are already looking ahead to how we can continue improving and moving towards Gold.



**Greener  
Practice**

