



GP update

Dr Adam Kibirige

Dr Kibirige will sadly be leaving his role here as salaried GP at the end of August. Whilst the whole team, and our patients, will be very sorry to see him leave we are delighted to hear that he has been offered and accepted Partnership elsewhere. I am sure you will all join us in wishing him the very best in your new ventures! Patients who usually saw Dr Kibirige will be supported by our existing team who will take over your care.

Dr Ashleigh Lane

Our patients may have seen Dr Lane, who has been doing some locum clinics for us for the past year or so. From September Dr Lane will be regularly doing three days a week for us, and we're delighted to have her back doing regular license with us.

GP Trainees

August saw our last cohort of future GPs leave our placement to start their next. We welcome Dr Sam Kwabe, Dr Paul Whisson and Dr Ben Southward as they start their placement with us. They will be joining Dr Samitha Chithrananda who keeps his training placement with us.

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



Low Mood



Anxiety



Stress



Self Esteem



Self Harm



Eating Problems



Emotions



Join us on

Facebook

www.facebook.com/MowbrayGroupSurgeries

NHS Cervical Screening Digital Results

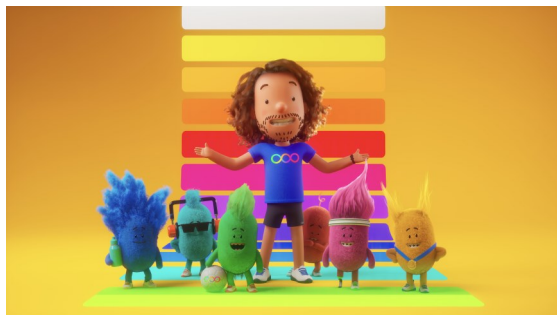
In September, those who have a negative cervical screening test result will be notified of this by an NHS App message. It will also appear as an NHS App notification. If the NHS App message isn't read within 72 hours, a letter will be sent.



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 guideline. *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 TEWW 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.

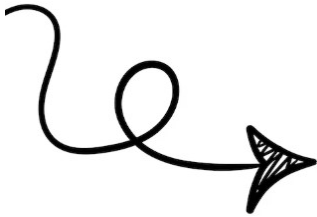
For more information visit: www.nhs.uk/medicines/antibiotics
#KeepAntibioticsWorking



Safer Surgeries

Did you know we are signed up to 'Safe Surgeries'?

This means we follow 7 steps to help make general practice a safe environment of everyone



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.

