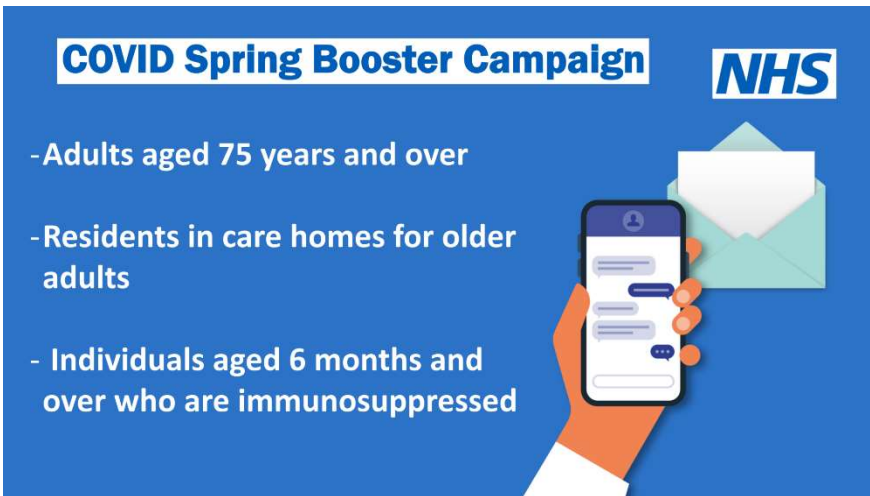


### Spring COVID Booster Clinics

#### Spring COVID Booster Clinics

A reminder that our Spring COVID booster clinics will begin at the end of April and continue into May.



**COVID Spring Booster Campaign** **NHS**

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed

The graphic features a hand holding a smartphone displaying a text message, with an envelope icon next to it, all set against a blue background.

- Text messages with booking links are being sent out to eligible patients.
- For those who cannot use mobile phones, letters will be sent with clear instructions on how to book an appointment.

### Website



## New Website

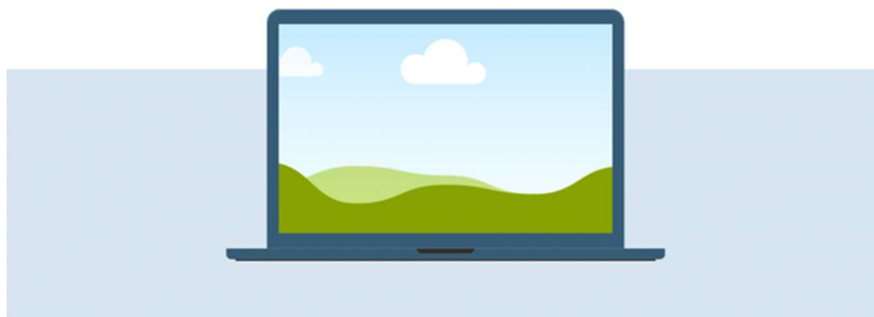
Same Practice. Fresh New Look.

We're excited to introduce our brand-new, easy-to-use website.

👉 Visit us at:

<https://www.mowbraygroupsurgeries.nhs.uk>

Don't worry, our old website link will still take you to our new site.



## Coffee if you Care

# Coffee if you Care

A friendly drop-in morning for unpaid carers  
Meet other local carers  
Chat with members of the practice teams from Mowbray House Surgery and Mayford House Surgery


Come along for:

- A warm drink and a relaxed chat
- Peer support from other carers
- Information, signposting and friendly faces
- A chance to connect with your local practices

Everyone welcome — just drop in!

17 **Wednesday 29<sup>th</sup> April**

 **1pm–3pm**

 **Up Front 159–160 High Street, Northallerton**



## Travel Health Appointments

Going on holiday soon? Don't forget your travel health appointment!

**If you're planning a trip abroad, please make sure you book your travel advice and vaccination appointment early. We can be booked up to 4 weeks in advance, so the sooner you get in touch, the better.**

Why you need to plan ahead:

- Many travel vaccines need multiple doses over several weeks.
- Some vaccines are available on the NHS, but others must be arranged privately at a travel clinic.
- Certain destinations require specific vaccine courses that take time to complete.

### **When should you book?**

Aim to contact us at least 6–8 weeks before you fly to make sure you have enough time for any required courses.



## Meningitis Update

UK Health Security Agency

# MENINGITIS + SEPTICAEMIA

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

## MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

## SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

**EARLY TREATMENT CAN BE LIFE-SAVING.**

Meningitis now

With the recent news coverage about meningitis, many patients, parents and carers are understandably feeling concerned. If you'd like to check whether you or your child is up to date with routine NHS vaccinations (including MenACWY and MenB), our team can help.

The MenB vaccine was introduced into the routine childhood immunisation schedule from 1st May 2015.

### **This means:**

💉 If you are a teenager or young adult born before 1 May 2015, you will not have received the MenB vaccine as part of the NHS schedule

💉 The MenB vaccine is now routinely offered to babies as part of the NHS childhood schedule at 8 weeks, 12 weeks, 12 months (1 year old)

There is currently no MenB vaccination programme for adults available as part of the NHS Vaccination Schedule. Unfortunately, this means the practice is unable to offer the vaccine to adults. Young people from age 14 are entitled to the Meningococcal groups A, C, W and Y vaccine to protect themselves and others. You can have this up to the age of 25 years.

### **Send us an eConsult and request a vaccination status check.**

Our clinicians can review your records and let you know if any vaccines are due.  
<https://accurx.nhs.uk/patient-initiated/b82050>

### **If a vaccine is needed, we'll send you the link to book an appointment at the surgery.**

Routine NHS vaccinations remain one of the most effective ways to protect against serious illnesses like meningitis.

For general information about meningitis symptoms and NHS guidance, you can visit the official NHS website. <https://www.nhs.uk/conditions/meningitis/>

## Accurx scribe

### AI Transcription Scribes Enhancing Your Healthcare

#### How AI Scribes Work



**Listening and Typing:** The AI scribe listens to your conversation with your clinician and types up relevant notes. This allows your clinician to focus more on you, ensuring a more attentive and personalised consultation. The scribe is only interested in medical information relevant to your care.

#### Simple and Effective AI



**Basic AI Technology:** Built by a team led by doctors, the AI scribe uses basic artificial intelligence to transform your conversation into clear and concise notes. This supports your care and helps save time.

#### Your Clinician Reviews Everything



**Oversight:** Your clinician will review and edit all the notes before they are saved to your medical record. The AI scribe does not add anything directly to your medical record, ensuring that all decisions about your care are made by your healthcare professional.

#### Privacy and Security



**Data Privacy:** The AI scribe technology adheres to all necessary UK data privacy rules and NHS standards. Your voice recordings are not stored within the scribe. Only the information your GP deems necessary is saved to your medical record.

#### Your Choice Matters



**Your Comfort:** If you are not comfortable using an AI scribe, ask your clinician for more information on how it works. If at any point you feel uneasy, you can request your clinician not to use the scribe during your consultation.

#### Enhancing Your Care



AI scribes are designed to make your GP visits more efficient and focused on your needs. They are a tool to enhance the quality of care you receive while ensuring your privacy and comfort.

At Mowbray Group Surgeries we are committed to providing high-quality care and making the best use of technology to enhance your experience during appointments. One of the tools we may use in some consultations is Accurx Scribe. This secure, NHS-compliant tool helps document your consultation so your clinician can focus fully on you.

#### What can you expect?

- ◆ Consent first - your clinician will always ask before using the scribe
- ◆ Smart listening - the tool listens to the consultation and creates a summary for your medical record
- ◆ Clinician checked - your clinician reviews and verifies everything before it's saved to ensure accuracy

**Please note: Your clinician remains fully responsible for your care and for the accuracy of your notes.** Want to learn more about how your data is used?

Visit our website: <https://mowbraygroupsurgeries.co.uk/index.php/your-data/>

## Climate Corner

### The Big River Watch

Take part in the Big River Watch 24<sup>th</sup> and 30<sup>th</sup> April 2026 and survey your river with the Big River Watch app to help restore rivers across the UK and Ireland.

Our rivers are far from healthy. They're polluted with sewage, plastic, chemicals and nutrients and just 15% of river stretches in England are in good overall health.

To restore them, we need more information about how they're doing.

For more information visit: [www.theriverstrust.org/take-action/the-big-river-watch](http://www.theriverstrust.org/take-action/the-big-river-watch)

and download the Big River Watch app to take part.

