

### Friends and Family

Thanks to those of you who completed our Friends and Family survey last month. 750 patients took the time to respond about your recent experience at the Practice- 97% rated us very good or good which is amazing to hear.

Some our favourite comments were:

Excellent service from both the reception team and the GP. Both were professional but also approachable and understanding.

The practice physiotherapist answered all my questions clearly & suggested strengthening exercises to help alleviate some aspects of my kyphosis.

From call to reception through to the end of my appointment, the staff were professional and personable

I called up and was seen within the hour, I felt like I was taken seriously and the doctor took her time to explain everything

Coffee if you care - Thank you to those who attended our carers coffee morning. Those who attended met our Social Prescriber and carer champion and found it useful. We have arranged another meeting at Up Front, 159-160 High Street on Wednesday 29<sup>th</sup> July 1pm-3pm.

### Bank Holidays

Mowbray Group Surgeries will be closed on Monday 4<sup>th</sup> May and Monday 25<sup>th</sup> May for bank holiday. We will reopen as normal at 8:00am on the following days (Tuesday 5<sup>th</sup> and Tuesday 26<sup>th</sup> May)

If you need medical assistance while we are closed, please use the following services:

- Call NHS 111 or visit 111 online for medical advice
- Visit your local Pharmacy for minor illnesses and advice
- Attend an Urgent Treatment Centre (UTC) for non life-threatening conditions
- For emergencies, please call 999



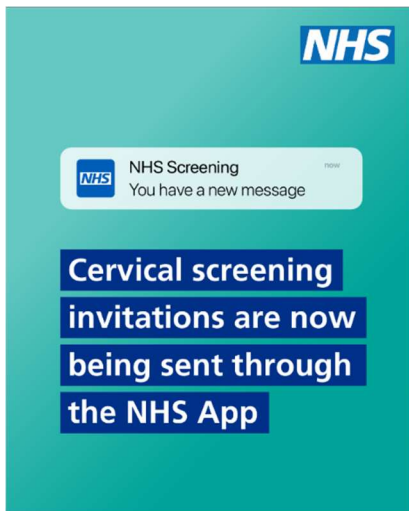
## Cervical Screening

**NHS cervical screening programme – all communications now available digitally**

The NHS cervical screening programme has now introduced all communications digitally. This includes invitations, reminders and all results.

You will receive an app message and notification; if unread within 72 hours or if you don't have the NHS App, a letter will be sent.

**Please make sure notifications are turned ON in the app so you don't miss reminders. Open the NHS App > Tap the person icon > Select Notifications > Switch them ON) – See further instructions below.**

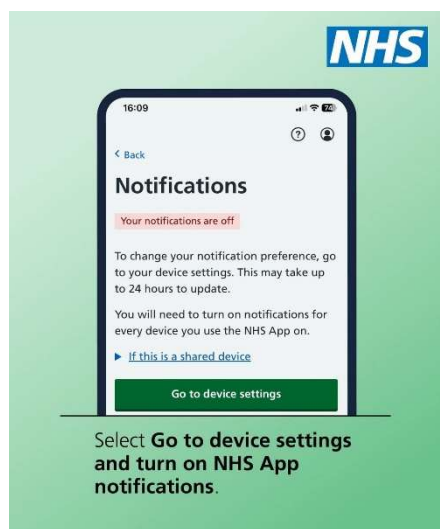
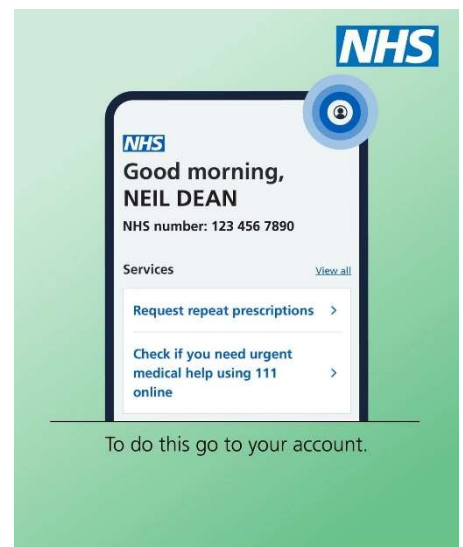


## NHS App notifications

Follow these quick steps to turn on notifications on your NHS App and stay on top of appointments, messages and reminders.



To make sure you get a notification when you have received a new message in your inbox, **you need to enable NHS App notifications via your device settings.**



## World Asthma Day



World Asthma Day takes place on 5<sup>th</sup> May 2026. Asthma is one of the most common chronic diseases that affects over 260 million people.

Asthma cannot be cured, but if it's well treated you should not have problems with symptoms.

Symptoms of asthma include:

- Wheezing
- Coughing
- Shortness of breath
- Your chest feeling tight

Asthma symptoms can be mild or severe. They usually come and go. They may be worse at night and early in the morning.

Using a blue inhaler? There's a better way to manage your Asthma.

Your blue inhaler helps quickly but doesn't last long.

There are now inhalers that can help keep your Asthma under better control.

Book an Asthma review with our Asthma team or ask at your next annual review to find out more.

## NHS Talking Therapies



If you're struggling with a mental health condition like anxiety, OCD or PTSD then help is available.

NHS Talking Therapies are effective, confidential and free treatments delivered by trained professionals, and can take place in-person, on the phone or as an online course.

You can refer yourself online at [www.nhs.uk/talk](http://www.nhs.uk/talk)

## Climate Corner



20<sup>th</sup> May 2026 is World Bee Day. Bees and other pollinators play a crucial role in keeping people and the planet healthy. Today, bees, pollinators and many other insects are declining in abundance. This day provides an opportunity for us all to promote actions that will protect and enhance pollinators and their habits, improve their abundance and diversity, and support the sustainable development of beekeeping.

### What can you do to help?

- Plant pollinator-friendly flowers
- Join the buzz for World Bee Day
- Establish bee houses for solitary bees
- Opt for organic, sustainable food choices
- Buy honey and bee products locally
- Avoid harmful chemicals and pesticides
- Leave nesting sites for ground-nesting bees
- Plant hedgerows



### Bee facts

- About 25,000 species of bees exist worldwide, inhabiting all continents except Antarctica
- Most bees are wild and solitary, only 8-11 species are honeybees
- Close to 75% of the world's major crops benefit from pollinators, particularly fruits, vegetables and nuts
- In the course of her lifetime, a single worker honeybee will produce 1/12<sup>th</sup> of a teaspoon of honey
- Honeybees flap their wings a whopping 230 times per second, and a worker honeybee can fly as fast as 21 to 28km/h

For more information visit:

[www.fao.org/world-bee-day/en/](http://www.fao.org/world-bee-day/en/)

