

Staff Update

Dr Liz Clarke is leaving the practice after eight years as a salaried GP at Mowbray House. Everyone at Mowbray House and her patients will miss her greatly. We would like to thank Dr Clarke for everything she has contributed to the practice over the years, and we wish her every success and happiness in her new role. To ensure continuity of care for her regular patients following her departure we will be proactively contacting her regular patients to inform them that she is moving on and to advise them of the GP who will be taking over responsibility for their ongoing care.

HPV

Cervical screening is one of the best ways to protect yourself from cervical cancer, so it's important to take up your invitation when it arrives.

If you've missed your cervical screening, the NHS may invite you to take an HPV self-test instead. If invited, you can order a kit, take your sample at home or somewhere private, and return it for free by post.

For more info visit www.nhs.uk/tests-and-treatments/cervical-screening/how-to-book/



Compass Buzz



Compass offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. The service was named in conjunction with young people and is called BUZZ US. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.

Young people can text BUZZ US about any mental health or wellbeing concerns such as low mood, stress, eating problem, self harm, anxiety or self esteem.

If you need urgent help for your mental health call 111 and select the mental health option.

If someone's life is at risk call 999.

World Alzheimer's Month

September is World Alzheimer's Month, with World Alzheimer's Day taking place on 21st September each year.

Alzheimer's disease is the most common cause of dementia in the UK. Dementia is the name for a group of symptoms associated with an ongoing decline of brain functioning. It can affect memory, thinking skills and other mental abilities. The exact cause of Alzheimer's disease is not yet fully understood, although a number of things are thought to increase your risk of developing the condition.

These include increasing age, a family history of the condition, untreated depression, although depression can also be one of the symptoms of Alzheimer's disease, lifestyle factors and conditions associated with cardiovascular disease.

Alzheimer's disease is a progressive condition, which means the symptoms develop gradually over many years and eventually become more severe. It affects multiple brain functions. The first sign of Alzheimer's disease is usually minor memory problems.

For example, this could be forgetting about recent conversations or events, and forgetting the names of places and objects.

As the condition develops, memory problems become more severe and further symptoms can develop, such as:

- confusion, disorientation and getting lost in familiar places
- difficulty planning or making decisions
- problems with speech and language
- problems moving around without assistance or performing self-care tasks
- behaviour changes, such as becoming aggressive or suspicious of others
- [hallucinations](#) (seeing or hearing things that are not there) and delusions (believing things that are untrue)
- low mood or anxiety



For further information visit www.nhs.uk/conditions/alzheimers-disease/

Children's flu vaccine

The children's flu vaccine helps protect against flu. It's offered to children aged 2 to 3 years, school-aged children (Reception to Year 11) and children with certain long-term health conditions.

Why children are offered the flu vaccine

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia.

Each winter in the UK, thousands of children who do not have a health condition need hospital care because of flu.

Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.



Children aged 2-3 and 16-17 will be invited via the Surgery – watch out for this arriving soon. School aged children will have this via their School.

Adult flu vaccine

Mowbray Group Surgeries will begin offering flu vaccinations from October 2026. Our initial clinic dates are Saturday 3 October 2026, Saturday 10 October 2026 (Hutton Rudby) and Saturday 17th October 2026.

If we have a mobile number for you, you will receive a text message with a booking link towards the end of August/start of September.

Move More September

Move More September is a month-long UK campaign focused on the wellbeing benefits of physical activity. There are a number of ways to increase your physical activity this September for every fitness level:

- Take a daily step pledge – Set a step target with friends, even 7,000 to 10,000 steps a day can have meaningful benefits.
- Walk or cycle to work or school
- Try a new activity – From walking netball, chair-based yoga and park run
- Build movement into the working day – Introduce walking meetings, standing desks and lunchtime classes

The UK Chief Medical Officers recommend at least 150 minutes of moderate intensity activity each week, plus muscle-strengthening activities on at least two days. Even short bursts count.



Best Start in Life



Calling all parents and carers -Best Start in Life is here to help you and your child thrive, from pregnancy through to starting school.

Being a parent brings incredible moments of joy alongside natural worries and questions. Whether you're expecting your first baby, understanding your child's early health, navigating their first day in childcare, or preparing for school, the Best Start in Life website brings together a range of trusted information and support in one easy-to-access place.

How to access support:

- Explore the Best Start in Life
- Sign up for Best Start in Life emails and information and newsletter for regular updates and guidance
- Check a breakfast clubs map to see if your child's school offers free breakfast club
- Find out how you can save money on early education and childcare with the online childcare checker
- Follow @DfE and @DHSCgovuk on social media for news and tips today!

Don't Miss Out! Visit beststartinlife.gov.uk website for resources you every step of the way.

Climate Corner

Fairtrade Fortnight 2026 takes place Monday 21st September – Sunday 4th October and is a great opportunity to try a few swaps to support fairtrade. Look out for the fairtrade symbol on products such as bananas, cocoa, coffee, tea, flowers, sugar and wine. For more information on Fairtrade products, current challenges and how fairtrade makes a difference, please visit:

www.fairtrade.net/uk-en/products-and-producers/fairtrade-products.html

