

## Welcome to the Autumn edition of the Glebe House Surgery Newsletter

### Surgery news:

We are pleased to welcome Dr Atha back after her maternity leave. We also have two new registrars, Dr Burrell and Dr Loyn, two student doctors (M Mirzayee and T Akthar), a new nurse Jess Cambay as well as a new pharmacist Milly Lee. This means there will be more appointments available to deal with all your medical and prescription queries.

You may have noticed staff wearing their jeans to work recently. This was because we have been fundraising for a charity called Jeans for Genes. We will also be fundraising for the MacMillan coffee morning at the end of September. In October we will be fundraising for breast cancer charities – you may see staff wearing pink or other accessories.

Information about the surgery can be found on the surgery's website:  
[www.glebehousesurgery@nhs.net](http://www.glebehousesurgery@nhs.net)

Did you know we also have a Facebook page which tries to promote current health issues or newsworthy advice. Search for Glebe House Surgery.

- Please be aware that the surgery will be closed between 12:00 – 18:30 On Wednesday 16 October for essential training. Community services and Well Pharmacy will be open as usual.

If you need urgent medical help whilst the surgery is closed on 16 October, please either attend the Urgent Treatment Centre at the Friarage Hospital or ring the Out of Hours service cover on 01904 943777.

### Forthcoming health promotions:

October sees the Stoptober campaign run which aims to help smokers quit smoking. It is also national cholesterol month as well as breast cancer awareness month.

November hosts Movember, a campaign to support Men's health. Information can be found at <https://uk.movember.com>. We also have Stress awareness day on 6<sup>th</sup>, World Kindness Day on 13<sup>th</sup> and it is national self-care week 18 – 24<sup>th</sup>.

### Referral system:

Have you recently been referred for a clinical opinion, treatment or surgery? Please have a look at this website <https://www.myplannedcare.nhs.uk>. It can give you advice and support whilst you wait and helps you to prepare for your hospital consultation, treatment or surgery. This includes giving you information about waiting times at your hospital and other supporting and local services while you wait. This site is updated weekly and can be viewed by anyone, which means you, your family or carer as well as your NHS team can all see the latest information. Your hospital team will be in touch with you as soon as they can. If you are looking for an update, please check this website before contacting your hospital or GP.

### **Green News:**

Have you used our medicine blister pack recycling service yet? We encourage you to drop your empty blister packs in the box in the surgery when it is available. We are currently looking for a sponsor of the next box. Please ask at reception if you are interested in sponsoring a box. You could check out the website <http://myrefactory.com> for further information.

### **Autumn Vaccination programme:**

We have started our autumn vaccination programme which includes an extra vaccination called RSV (Respiratory Syncytial Virus) this year. RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms like a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose

Those that are aged 75 to 79 will be eligible for a free vaccine.

Nasal flu clinics are running at the surgery for children aged between 2 or 3 years on 31 August 2024. Please contact the surgery to arrange for your child to be vaccinated. Children attending school should be vaccinated at school.

Flu vaccinations will be offered from early October. These appointments will be for those that are eligible for flu only or who have decided that they do not want a Covid vaccination.

The Covid vaccinations will take place late in October. These appointments will be for those that are eligible for both covid and flu and will be given together.

We will be contacting eligible patients once the vaccination clinics are set up. Please wait for us to contact you.

### **Welcome in Masham:**

Have you heard about 'Wednesday Welcome' in Masham? It is held weekly on a Wednesday afternoon between 12.15 – 2.30pm. It is run by and held at Masham Methodist chapel 38 Park Street but has no religious overtones. It is for the elderly, disabled persons, people struggling with mental health issues and dementia. They also have younger people with autism. Carers too are most welcome. Soup, a roll and cake lunch are offered. Activities such as Rummeykub/Dominoes games can be played, singing with a keyboard being played can take place as can exercises to music. This is then followed by tea and cake in the afternoon. People from Bedale already attend and help. It is free but donations are accepted.