

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

## Surgery news:

Did you know that we can offer you both daily and pre-bookable appointments with our clinicians?

We have at least 4 clinicians – this can be GP, registrar or advanced nursing practitioner with 10 appointments each daily. These need to be booked by calling the surgery at 8am or online.

We have 50+ appointments that are pre-bookable daily. These can be booked by calling the surgery or online. You can also use the accurx texting service for queries and non-urgent issues.

We also have daily appointments with our nurses, health care assistants and phlebotomist which can all be booked in advance.

Information about the surgery can be found on the surgery's website:

[www.glebehousesurgery@nhs.net](http://www.glebehousesurgery@nhs.net)

## Forthcoming health promotions:

Have you used the Humber and North Yorkshire health website – [hnyhealthapps.co.uk](http://hnyhealthapps.co.uk)? You are one click away from hundreds of apps that can help you with your health and wellbeing. All the apps have been tested (assessed) by the organisation for the review of Care and Health Apps (ORCHA).

July is Plastic Free month and Talk to Us month – check out these websites:

[www.plasticfreejuly.org](http://www.plasticfreejuly.org) a green initiative to stop us using single use plastic

[www.Samaritans.org](http://www.Samaritans.org) – and the Samaritans helpline 116 123, you can call anytime day or night.

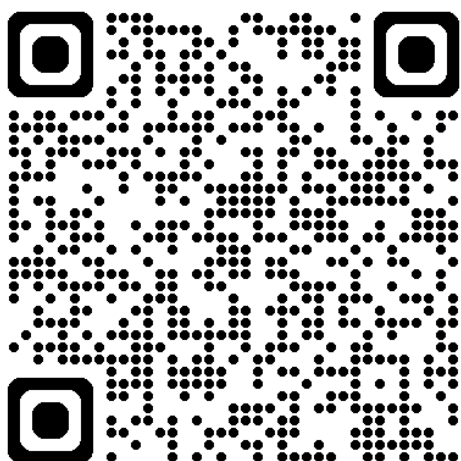
## Pharmacy news:

Community pharmacies offer a more convenient way to access healthcare that includes support with healthy eating, exercise, stopping smoking, monitoring your blood pressure, contraception, flu and covid vaccinations.

The following table shows 7 conditions pharmacists can also manage across various age ranges.

Clinical pathway	Age range
Acute earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

## Online registrations:



If you wish to sign up to be a patient at Glebe House surgery you will now need to do it online. Scan the barcode which will take you to the online registration form you will need to complete. If you've had a GP in England before, you will have an **NHS number**. Please try and find it for us. It helps us find your medical record which will make your registration quicker.

Here are four ways you can find an **NHS number**:

- the national find your NHS number service
- on NHS letters
- on prescription papers
- on the NHS app or on a child's baby red book

## New Events Directory Aims to Improve Mental Health and Well-Being in Hambleton & Richmondshire

A new, innovative, online directory has been launched in the area with the aim of improving community mental health and well-being by connecting local groups and organisations with those who will most benefit from their services.

CompassEhub aims to provide a place for any organisation, no matter how big or small, to easily promote itself and give key information about the support it provides.

It is already proving to be a valuable resource for social prescribers and mental health charities. Social prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Organisations that have already signed up include MIND in Ham & Rich, North Yorkshire Citizens Advice and Law Centre, CarersPlus, Dementia Forward and local community charities such as Hambleton Community Action and Stokesley Community Association. Leisure and sporting groups are also included and listing activities such as women's groups, craft sessions, coffee mornings and social sessions. You can also find volunteering opportunities and information fact sheets.

Signing up to Compass is free! [www.compasshub.com/compass-in-hambleton-and-richmond](http://www.compasshub.com/compass-in-hambleton-and-richmond)

Compass has the potential to have a huge impact on local health and social care, making local providers of community support more visible, giving them access to powerful online resources and providing organisations like GP practices an easy and effective route into a range of support that has often gone under the radar.

For more information contact: Cathy Cutler (CompassEhub administrator)

[Cathy.cutler@hambletoncommunityaction.org](mailto:Cathy.cutler@hambletoncommunityaction.org) 01609 780458