

Mowbray Messenger

Joint, Muscle or Back Pain

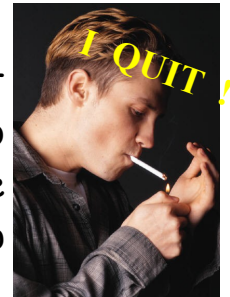
*Physio Direct is a service for patients over the age of 16 with any musculoskeletal problem, including back and neck pain, acute injuries (eg. sprained ankle) or joint problems. This allows you to contact them directly without seeing a GP first. You will get through to an appointment line and will be given a specific time and number to ring. Then you will speak to a senior physiotherapist who will ask about your condition. This call may take up to 20 minutes as the physiotherapist assesses your condition and gives you advice on managing it. The number to call is **01609 783388** 9am-4pm Monday to Friday*



Website www.mowbrayhousesurgery.co.uk tel. 0844 499 6978

Stop Smoking Campaign

Now couldn't be a better time to stop smoking. The Government are providing lots of help in the form of medication and support to those wishing to give up. Please contact the surgery if you require an appointment with the "stop smoking advisor" or ring the Stop Smoking Service tel. **0300 3031 603** for advice .



There are also Quit Kits available from some Chemists and films to watch on **www.nhs.uk/gosmokefree**

Minor Surgery

For many years the practice has provided a minor surgery service to our patients. These include operations on small skin cancers, cysts, ingrowing toenail operations and also for cosmetic reasons such as unsightly skin tags. This year the PCT have stated that they are unwilling for practices to do minor surgical procedures that are felt to be purely cosmetic and requested that GP's suggest that patients arrange for them to be removed privately.

We are still more than happy to see people to reassure them if they are worried something could be more serious eg. a skin cancer, as many of these lesions can look fairly minor initially, so if in doubt please make an appointment.

The reception staff have a list of qualified private surgeons available in the area.

Dr Waldron



GP Registrar Dr Latin

Hi, my name is Alison Latin and I'll be working in the practice as a GP registrar for 6 months. I was born in Gibraltar but have lived in the UK for the past 9 years, since meeting my husband. I've been working at the Friarage Hospital for the past 2 years and very much look forward to joining Mowbray House Surgery. I enjoy travelling and reading but I suppose my biggest passion is baking - well they do say the best way to a man's heart is through his stomach!

Health Visitors , Gibraltar House, Thurstan Road, Northallerton tel. 01609 7511600

New to the District Nursing Team

The District Nursing team welcome Catherine Mowbray to their ranks. She will be with them from now until the end of August, and is covering Tracey Hoyland, who is on a course.



Dr Kate Evans

Will be returning to the surgery on 5th March after her maternity leave.

She will be here Monday and Wednesday all day, and Thursday mornings.

When telephoning for results.

The Doctors would like to stress to patients and family members that due to "patient confidentiality" staff are **only allowed to give test results to the patient concerned, unless prior consent has been given** by said patient.

The fact that you are the wife/husband/partner, etc does not allow them to automatically divulge this information.

All the villages in the word search are within the practice area.

Northallerton	KirbySigston	Ingleby	Silton	Streetlam
Borrowby	Ellerbeck	Crosby	Newsham	Eryholm
Brompton	NewbyWiske	Rounton	Kepwick	Swainby
Birkby	Warlaby	Maunby	Scruton	
Over Silton	Knayton	Potto	Winton	Hornby
DanbyWiske	Cowton	Great Smeaton		

Repeat Prescriptions

Please make sure when you are wanting a repeat prescription that you leave 2 working days between the request and collection. The request has to be authorised and signed by a Doctor before it can be issued and we deal with over 8,000 repeats a week. There are various ways you can order your medication, by phone between 9 -11.30am or 2- 4.30pm, Monday to Friday, on the website or by posting your slip through the letter box. Please do not be disappointed if you are declined your medication having not allowed sufficient time for processing.
Thank you



A	M	G	R	E	A	T	S	M	E	A	T	O	N	Q	T	Y	J	E
C	O	W	T	O	N	S	N	O	T	N	U	O	R	J	B	L	O	S
U	E	N	O	T	N	I	W	S	C	O	T	B	C	A	B	U	N	I
R	K	O	T	N	W	O	R	F	U	P	H	C	L	S	E	S	C	L
H	S	T	R	E	E	T	L	A	M	S	L	R	I	S	F	P	L	T
G	I	L	L	R	E	E	S	O	L	J	A	L	U	Q	H	O	U	O
N	W	I	P	Y	F	L	R	S	H	W	K	S	C	R	U	T	O	N
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T	B	R	K	O	N	O	T	R	E	L	L	A	H	T	R	O	N	D
S	W	E	F	L	B	R	U	M	W	L	O	E	E	S	Y	L	M	H
G	E	V	A	M	Q	R	M	Y	B	E	L	G	N	I	R	W	O	L
I	N	O	S	E	C	O	L	X	D	R	P	E	S	N	R	R	L	M
S	J	C	Y	F	S	W	A	I	N	B	Y	S	R	E	N	I	J	A
Y	N	O	B	D	J	B	M	C	H	S	U	L	X	B	V	M	L	H
B	W	A	K	U	W	Y	B	N	U	A	M	G	Y	K	E	D	O	S
R	R	C	R	O	S	B	Y	N	E	B	N	A	P	L	D	C	N	W
I	Z	X	I	S	R	O	C	R	D	A	N	B	Y	W	I	S	K	E
K	C	E	B	R	E	L	L	E	D	W	L	K	N	A	Y	T	O	N