

Mowbray Messenger

Issue 24

Late summer 2013



Travel Appointments

The surgery has only a limited number of travel appointments so please complete the Travel Form and return to the surgery well before your travel dates so that we can offer you an appointment. If your travel plans are last minute you can visit or telephone a travel clinic we have a list available in the surgery or you can go online to the MASTA website

<http://www.masta-travel-health.com>

If you need medical advice fast but it is not a 999 emergency you can now call NHS 111. They will assess you, provide advice and direct you straight away to the local service which can best help you. It is available 24 hours a day, 7 days a week, calls are free including mobiles.

Just dial 111

Mowbray House Surgery, Malpas Road, Northallerton, DL7 8 FW
Telephone , 01609 778029 or 0844 499 6978

Web. www.mowbrayhousesurgery.co.uk

If you are seeing a nurse or healthcare assistant please ensure you have registered your arrival at reception when you arrive. A number of patients have been sat a long time in the green waiting room as they didn't check in.

Ear Syringing

If you ring up for an appointment for ear syringing with a practice nurse please ensure that you have been putting some olive oil drops in your ears 2-3 times a day for 5 days. This will help to soften the wax and make the syringing more effective.



New FY2 Dr Peter Lawrence



I completed my medical training in Durham and Newcastle in 2012, since graduating I have worked at both James Cook Hospital and the Friarage. I am originally from Leicestershire, but have enjoyed doing my training and working in the north and hope to continue working in the region after completing FY2.

North Yorkshire Breast Screening Service

Will be screening women aged 50-73 years, at The Friarage Hospital, Northallerton, later this year.

Women over 73 can request screening and be included if they complete a self referral form from reception.

If you require further information you can ring the breast imaging unit on 01904 725591 or for appointments ring 01904 725590.

Carers Direct on 0808 802 0202

Free, confidential information and advice for carers.

Lines are open 9am to 8pm Monday to Friday (except bank holidays), 11am to 4pm at weekends. Calls are free from UK landlines & mobiles or you can request a free call back.

Hambleton Community Car Scheme

Northallerton and Villages

E: carscheme@ndvsa.co.uk

T: 01677 425329

Stokesley and Villages

E: carscheme@stokesleycca.org.uk

T: 01642 710190

Flu Clinics

The letters inviting patients to attend flu clinics will be going out during September.



Alzheimer's Society

Call our helpline number 0300 222 11 22 for dementia support and information.

Stroke Forward

Rivendale Extra Care Housing

227 Bankhead Road

Northallerton

DL6 1HN

United Kingdom

Please call 0303 3033 100 for meeting times and location .

Heart Helpline

0300 330 3311

Information and support on anything heart-related.

Phone lines open 9am to 5pm

Monday to Friday.