



Byron Medical Practice

Newsletter March/April 2024

Byron Medical Practice
The Avenue, Seaham, Co Durham
SR7 8LF
Tel: 0191 300 9631 or 0191 5130884
www.byronmedicalpractice.co.uk

We are pleased to send you our Spring newsletter which contains practice news and wider primary care messages and announcements, which you can expect to receive on a quarterly basis.

We would like to thank you for your kind comments over the Christmas period and to receive many kind gifts.

We hope you enjoy this newsletter and look forward to the next copy in the Summer.



Spring Booster Vaccinations

Thank you for your support and commitment to delivering the 2023 autumn COVID-19 and flu vaccination campaigns. Following the governments acceptance of advice from the Joint Committee on Vaccination and Immunisation (JCVI), we are now planning the Spring Covid Vaccination.

Clinics will begin week commencing 22nd April 2024 and the programme will be completed by 30th June 2024.

Eligible cohorts in spring 2024

- adults aged 75 years and over.
- residents in care homes for older adults
- individuals aged 6 months and over who are immunosuppressed

The NHS and Byron Medical Practice will plan to invite and vaccinate those eligible for a spring dose by 30th of June, via a combination of local and national invitations.



Spring Bank Holidays



29 March

Good Friday

1 April

Easter Monday

6 May

May Bank Holiday

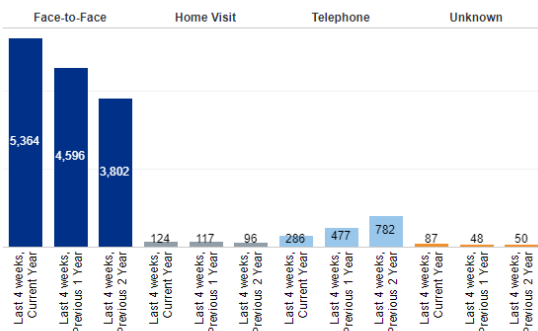
27 May

Spring bank holiday

Keep your mobile number up to date

Appointment Data

Why don't you have more appointments? Actually, we do, however the demand is outstripping the increase in appointment availability. The National appointment dashboard provides us with information about the appointments we are providing. As the graph shows, we are providing more appointments to our patients than in either 2023 and 2022 and this continues to increase. Our face-to-face appointments make up around 2/3rds of the appointments available.



It is important that you keep your mobile number up to date with the practice. This helps us send you any updates or changes that may be happening in the practice.



Did Not Attend Appointments

March DNA- 219

Please cancel any appointments you do not need. Repeated DNAs may result in you being removed from the practice list.

ANNUAL REVIEW REMINDERS If we have invited you for an Annual Review, it's never too late to make an appointment. Annual Reviews and Drug Monitoring are important - we can't keep prescribing some medicines without catching up with you.



New Services for Patients

New! Health & Wellbeing HUB

- Informal drop-in
- Wednesday's 10.30-12.00
- Seaham Leisure Centre, SR7 8NP

Access Information and support services to improve all areas of your Physical and mental health, in a caring, supportive environment.

Increased Activity- A healthy diet and regular exercise are the Cornerstone of good health, get help to be more active with exercise and other activities.

More confidence to manage your health- Take control of your wellbeing.



Durham County Carers Support

Young Adult Carer Support
County Durham

A young person aged 16-25 with caring responsibilities can be known as a **Young Adult Carer**. Young Adult Carers care for a family member, relative or friend who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

The Bridge Young Carers Service supports Young Carers and Young Adult Carers from the age of 5 up to 25. Durham County Carers Support (DCCS) support Adult Carers from the age of 18 upwards.

Please see below for an overview of what each service can offer. A Young Adult Carer can work with both services simultaneously.

Both services can offer:

- Signposting, information and advice
- Carers Discount Card
- Advocacy and support at meetings
- NHS Carer's Breaks applications

In addition, each service can also offer:

Durham County Carers Support

- Support groups
- Counselling
- Benefits, grants and bursaries
- Training
- Parent Carer Support – Parent Carer Needs Assessment (PCNA)
- Hospital discharge project
- Carers Emergency Discount Card
- Long term support, as and when needed

The Bridge Young Carers Service

- Young Carer Needs Assessment (for YACs under 18)
- Support plan
- 1:1 targeted support sessions
- Targeted peer support sessions
- Support with school, college or university
- Time limited support

County Durham Adult Social Care Services complete the statutory Carers Assessment for adults and Young Adult Carers over the age of 18

How to make a referral

Durham County Carers Support

Call: 0300 005 1213 Text service: 07800 005830

Email: admin@dccarers.org

Website:

Professional referrals: call or complete the referral form on the website <https://dcarers.org/make-a-referral/>

Young Adult Carers can register by calling the service or completing the form on the website <https://dcarers.org/sign-up-for-support/>

The Bridge Young Carers Service

Call: 0191 383 2520

Email: durhamyoungcarers@family-action.org.uk

Website:

Professional referrals: call or email for a referral form

Young Adult Carers, their family members or friends can refer by calling or emailing the service – we can support you to complete a referral form.

Young Adult Carer Support

The Bridge Young Carers Service supports Young Carers and Young Adult Carers from the age of 5 up to 25. Durham County Carers Support (DCCS) support Adult Carers from the age of 18 upwards.

Both services can offer:

- Signposting, information and advice
- Carers Discount Card
- Advocacy and support at meetings
- NHS Carer's Breaks applications

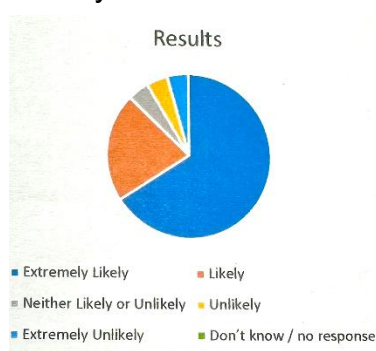
How to make a referral

Durham County Carers Support - Young Adult Carers can register by calling the service (0300 005 1213) or completing the form on the website <https://dcarers.org/sign-up-for-support/>

The Bridge Young Carers Service - Young Adult Carers, their family members or friends can refer by calling (0191 383 2520) or emailing the service – we can support you to complete a referral form.

Family and Friends

In March patients used our Friends & Family questions to tell us about their experiences at the practice. 94% were extremely likely or likely to recommend us to their friends and family which is lovely to read. Of the few respondents who were less happy, a handful gave useful feedback that we will reflect on in coming staff meetings.



New Telephone System

Practice has invested in a new, updated telephony system which allows for call recording, call monitoring, clinical system integration and automatic call back service for our patients. The system is due to be installed in the next few months, we believe this will greatly enhance our patient's experience of contacting the Practice.



New Patients Welcome!

We welcome new patients at Byron Medical Practice and our patient list is currently open to people living in the practice area.

Our catchment area covers Seaham and Murton (Please be aware we are unable to do home visits to patients living in Murton). Please use the link below to check if you are within the practice area.

<https://www.nhs.uk/service-search/find-a-gp>



Join Our Patient Participation Group!



A Patient Participation Group (PPG) Is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors, and staff. The NHS requires every practice to have a PPG. PPGs meet on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

If you would like to be part of our patient participation group, please contact Tracey Milburn Practice Manager or Ellie Thompson Assistant Practice Manager on 01913009631/01915130883

You can also apply for the PPG via our practice website.



Suggestions



At Byron Medical Practice, we are open to suggestion from patients, on how you think we can improve our service.

If you would like to make a practice suggestion; you can via the suggestion box in the reception area or via the link below.

<https://southdurhamhealth.limesurvey.net/851169?lang=en>

Facebook page update

Over the last few weeks, we have developed a Facebook page for Byron Medical Practice.

The Facebook page will display all practice updates and Seaham/Murton community information.

Please give the page a like or follow, to find out more!

