



Byron Medical Practice

Summer Newsletter 2024

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

Practice updates

GP Registrars

As a training practice we have GP Registrars placed with us.

Dr Altayeb Mohammed (Dr Mo) completed his placement with Byron Medical Practice in May 2024 and has moved to his next placement.

Dr Olaseni Salami has successfully completed his GP training and is now a fully qualified GP. He will complete his placement with us on 6th August 2024 and will begin his career as a GP.

Dr Tolu Ariba will complete her placement with us on 6th August 2024 and will move to her next placement.

We wish them all every success for their careers. The practice

Two new registrars will join the Practice on 7th August 2024 and will be with us for 6 months: **Dr Ademousu and Dr Adeyanji.**

Other staff updates

Jacqueline joined the practice as a Health Care Assistant in May this year.

Amanda joined the practice as a Practice Nurse in June this year.

This year the practice has also welcomed Ellie as Assistant Manager and Vikki as a Receptionist.

The practice is closed on the following days

**25/07/2024
(AFTERNOON)-**

The practice will be closed on the afternoon on the 25th of July for staff training

26/08/2024

The practice will be closed the 26th of August for the Summer bank holiday.



Did you know you can get help and advice from

Your Pharmacist

Pharmacists can give treatment advice for a range of minor illnesses and will tell you if you need to see a doctor.



Your GP Online

Contact your GP via a E-consultation, [Consult Online from Home - Byron Medical Practice \(webgp.com\)](http://webgp.com). Your query will be reviewed and answered by your GP within 48 hours, often the same day

NHS 111

Go to NHS 111 Website, [Get help for your symptoms - NHS 111](https://www.nhs.uk) or call 111 if you have an urgent medical problem and you are not sure what to do.

The sooner you get advice, the sooner you're likely to get

[In an emergency, go to A&E immediately or call 999.](#)



Keep your mobile number up to date

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

**April-169 DNA appointment
May-142 DNA appointment
June- 175 DNA appointment**

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

Respiratory Syncytial Virus (RSV) Vaccination

The JCVI has issued guidance for the delivery of two new RSV Vaccination programmes from 1st September 2024 for older adults and women during pregnancy for infant protection.

Programme for older adults aged 75 to 79 years old:

- All adults turning 75 years old on or after 1 September 2024 will be eligible on or after their 75th birthday.
- A catch-up campaign for those already aged 75 to 79 years old on 1 September 2024 should be undertaken with the aim of completing the majority of vaccinations by 31 August 2025.
- Individuals will remain eligible until the day before their 80th birthday, with the exception of people who turn 80 in the first year who have until 31 August 2025 to get vaccinated.

Programme for pregnant women to protect infants:

- All women who are at least 28 weeks pregnant on 1 September 2024.
- Pregnant women will become eligible as they reach 28 weeks gestation and remain eligible up to birth. The ideal opportunity to offer vaccination would be at the 28-week antenatal contact, following prior discussion at the 20-week antenatal contact appointment.

RSV is a common respiratory virus that can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults and in neonates and small babies, and it has a considerable impact on individuals and NHS services during the winter months.



We will begin contacting eligible patients in September.

Whooping Cough Vaccination in Pregnancy: Whooping Cough Cases are Rising

If you are Pregnant the whooping cough vaccine can help protect your baby. Getting vaccinated while you're pregnant is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life.

The immunity you get from the vaccine will pass to your baby through the placenta and provide passive protection for them until they are old enough to be routinely vaccinated against whooping cough at 8 weeks old.

The best time to get vaccinated to protect your baby from whooping cough is from 16 weeks up to 32 weeks of pregnancy. This maximises the chance that your baby will be protected from birth, through the transfer of your antibodies before he or she is born.

Contact the Practice on 0191 5130884 or 0191 3009631 to book an appointment



Autumn Booster Vaccinations

Thank you for your support and commitment during the 2024 Spring COVID-19 vaccination campaigns. Following the governments acceptance of advice from the Joint Committee on Vaccination and Immunisation (JCVI), we are now planning the 2024 Autumn Covid Vaccination.

In line with JCVI advice, Pregnant women and children will be invited for vaccinations from 1st September 2024.

All other at-risk groups will commence 3rd October 2024.

Patients who are eligible will be contacted via text message, phone call or NHS letter.

First Contact Physiotherapist

First contact physiotherapists (FCPs) are advanced practitioners working within primary care with extensive expertise in the clinical assessment, diagnosis and management of musculoskeletal (MSK) conditions.

- FCPs see patients with (suspected or diagnosed) MSK conditions as the first point of contact, instead of a GP, and can be accessed directly by contacting the practice's reception.
- A typical FCP appointment involves assessment, diagnosis and first-line treatment. FCPs can also refer patients for a course of physiotherapy treatment, order investigations or make referrals into secondary care services using the same pathways as GPs.
- As a person-centred service, most appointments include self-management advice, social prescribing, and discussions about physical activity and fitness for work.

To find out more information please see below link. The NHS YouTube channel which gives precise information about the role of FCP. <https://youtu.be/nkfGekREHeE?si=-MKjPbjxcAKaWTzq>



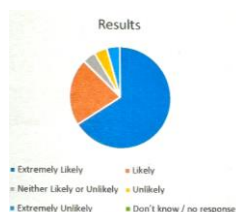
ANNUAL REVIEW REMINDERS

If we have invited you for an Annual Review, it's never too late to make an appointment. Reviews and Drug Monitoring are important - we can't keep prescribing some medicines catching up with you.



Family and Friends

In June patients used our Friends & Family questions to tell us about their experiences at the practice. 91% 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

The 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 has been installed; 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 register at Byron Medical Practice.

<https://gp-registration.nhs.uk/A83075>





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.

Facebook page update

Over the last few months, 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!



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>