



Byron Medical Practice

Summer Newsletter 2025

Byron Medical Practice
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Practice updates



- Dr Izeqbua Umolu and Dr Mohamed Abdelaziz joined the practice on the 6th of August as our new GP registrars.
- Unfortunately, Dr Nanda and Dr Olu have left the practice.
- Mandy will unfortunately be leaving the practice on the 29th of August.
- Lauren Watson joined the practice on the 11th of August, as a practice pharmacist
- Rachel Owens joined the practice as Social prescribing link worker

The practice is closed on the following days

25th August 2025-
Summer Bank
Holiday



Protected learning time

The practice will be close on the **afternoons** of the following dates:

- Thursday 24th of July 2025 – pm
- Thursday 25th of July 2025- PM

Protected learning time creates an opportunity for healthcare professionals to learn about new clinical developments, get updates to guidance and best practice whilst sharing experience and knowledge with colleagues.

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 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://www.byronmedicalpractice.co.uk/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/gethelp) 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 better

In an emergency, go to A&E immediately or call 999.



Did Not Attend Appointments

April- 135 DNA

May- 132 DNA

June-183 DNA

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.

Mental Health Awareness week

During Mental Health Awareness week, the practice shared information of different service available. We also had a raffle, to raise money for a Mental Health Charity. This year we have chosen to donate the money to Andy's man's club for Mens Mental Health.



South Durham Health Federation Awards

We recently attended the South Durham Health Federation Awards night, after being shortlisted for Outstanding Clinical Support Team.

A huge congratulations to the Nursing team who were in the final for this award! The nursing team always go above and beyond to provide excellent patient care!



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>

Patient Information: Right to Choose Referral and Medications

You have asked your GP to refer you for an ADHD or ASD assessment and/or treatment service provider under your 'Right to Choose' (RTC). Your GP will write the referral and provide it to you, or send it directly to your nominated provider at your request. If you have any queries about the appointment, please contact the provider directly.

Right to Choose Providers are usually private provider companies that hold an NHS contract with one or more NHS commissioners. When choosing a Right to Choose Provider it is important to consider the following points

Choice

Your GP cannot choose for you. You need to research the options and make the choice yourself then contact your GP to inform them of your chosen provider and they will advise you on how to proceed. One point of reference for RTC providers is ADHD UK: <https://adhduk.co.uk/>

Referral

The number of RTC providers is large and each provider may have its own referral process. It is not practical for your GP to complete a different referral process for every patient who chooses a different provider. Most providers need a core set of information so your GP may ask you to complete a questionnaire, and an ADHD self-assessment score as part of a standardised referral. If the provider needs additional information, they can request it from the practice or by asking you directly

Diagnosis and follow-up

Most RTC providers exclusively perform remote and/or online assessments and local NHS ADHD services may not have sufficient confidence in these diagnostic processes to accept their diagnoses. They may not take over your care unless they have completed their own assessment and diagnostic process. Therefore, your diagnosis may not be universally accepted, and you may find you cannot seek treatment and follow-up directly with local services following an RTC diagnosis.

Prescriptions

If you are diagnosed with ADHD the RTC provider may suggest medications for you. The medications used for ADHD are restricted so that GPs cannot routinely prescribe them. The specialist service is responsible for prescribing them. They can request that your GP prescribes them under an agreement called a 'shared care agreement' but it is unlikely that your GP will be able to enter into this agreement for reasons of patient safety and resources. It is not safe for GPs to try to keep up with so many providers, each with their own contact details and processes when prescribing such safety critical medications.

Due to the nature of RTC providers, if the business stops trading for any reason or if they have their NHS contract removed then their care, and any prescriptions would more than likely cease which is another reason your GP may not feel it is safe, or good practice to enter into an agreement to prescribe for them.

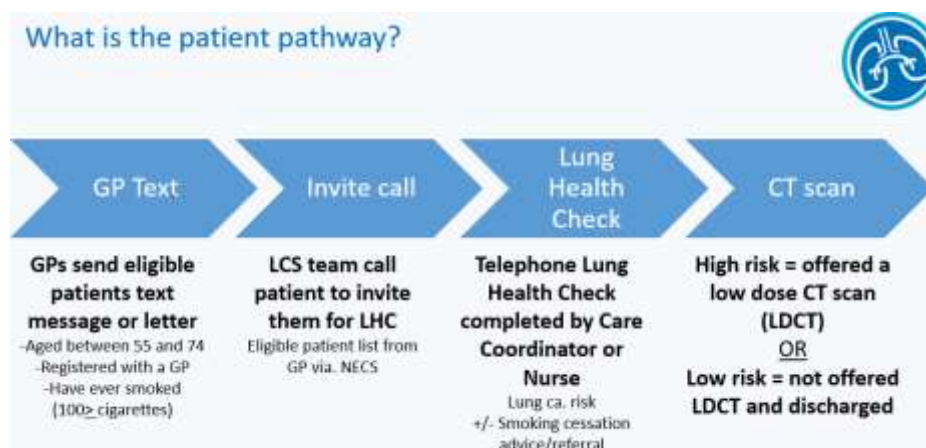
When you are choosing your RTC provider you may find it useful to use this information to support your decision making and also to share with your chosen provider so that they are aware that their duty in prescribing, in particular, is unlikely to be taken over by your GP.

Practice Updates/Reminders

1. **NHS Obesity Medication Pathway (Mounjaro):** Eligible patients have been identified and sent messages to ask if they would like to enrol on the programme. Those who have responded have been sent links to book an appointment. Dr Chealikani will start seeing eligible patients over the next couple of weeks.

Lung Cancer Screening Programme – our patients will be invited from October.

The programme aims to support the early detection and treatment of lung cancer. Patients between the ages of 55 and 74 who are current, or former smokers will be invited. Patient pathway:



Frailty Service

Community Frailty Service: the service has been established to proactively identify, assess and support housebound patients living with frailty.

Housebound patients are being identified and will soon be sent letters introducing the service and giving them the option to opt out. Visits to patients will then be organised.

1. What is the Frailty Service?

The Frailty Service is a new initiative designed to support housebound patients living with frailty by providing comprehensive geriatric review and coordinated care. It includes both virtual and community-based components to ensure flexibility and accessibility.

2. Who is eligible for the service?

Patients identified across Easington and Sedgefield as housebound and living with moderate to severe frailty will be considered for review by the Frailty Service. Initially, the focus will be on those with severe frailty.

3. How are patients contacted?

Patients will receive letters informing them about the Frailty Service and offering the option to opt out. These letters will be sent 8 months from their birthday, and approximately one month prior to any planned telephone contact to book an appointment, provided the patient has not already opted out. The contact number included in the letter will be dedicated specifically to the Frailty Service.

Family and Friends

Patients used our Friends & Family questions, to tell us about their experiences at the practice. 97% 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.

Comments included **"Welcoming smile from everyone always kind. They never make me feel I'm wasting their time. That goes for the cleaner too"** and **"Clinicians and staff always polite and friendly. I always feel I will get answers to my questions."**



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 and 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>

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>

