



Byron Medical Practice

Winter Newsletter 2025

Byron Medical Practice
The Avenue, Seaham, Co Durham
SR7 8LF
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www.byronmedicalpractice.co.uk

Practice updates

- **Nichola Waters-** Sadly Nichola left the practice in January 2025
- **Dr Mike Holder-** Sadly left the practice in December 2025
- **Dr David Henderson** started on the 6th of January 2025

Protected learning time

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

- Thursday 20th March 2025 from 1pm
- Thursday 3rd April 2025 from 1pm
- Thursday 22nd May 2025 from 1pm
- Thursday 26th June 2025 from 1pm

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.

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.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](http://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 better.

The practice is closed on the following days

- Good Friday (Friday, 18th April 2025)
- Easter Monday (Monday, 21st April 2025)
- Early May Bank Holiday (Monday, 5th May 2025)
- Spring Bank Holiday (Monday, 26th May 2025)

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

December- **111** Patients

January- **147** Patients

Please cancel any appointments you do not need it. 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.

Spring Covid Booster Vaccinations

The aim of the COVID-19 immunisation programme is to prevent serious disease (hospitalisation and/or mortality) arising from COVID-19.

JCVI advises that the following groups should be offered **COVID-19 vaccination in spring 2025**:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed (as defined in the 'immunosuppression' sections of tables 3 or 4 in the [COVID-19 chapter of the green book](#))

(We will be contacting patients who are eligible in due time)

Digital Weight Management Programme

The **NHS Digital Weight Management Programme** could help you if you are living with obesity and also have diabetes, high blood pressure, or both. If this is you, you could benefit from this 12-week programme. It's free and easily available via a smartphone, tablet, or computer.

How to start the programme

To start your journey to a healthier lifestyle, you need to speak to your GP or a local pharmacist who can refer you to the programme.

Who can be referred to the programme?

- You must be 18 or over.
- You must have a BMI greater than 30. The BMI threshold will be lowered to 27.5 for people from black, Asian, and ethnic minority backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI.
- You must have diabetes, high blood pressure, or both.
- You must have a smartphone, tablet, or computer with internet access.

Speak to your GP practice or local pharmacist today to find out how the programme could benefit you. If you do not have diabetes or high blood pressure, you may still benefit from the [NHS Better Health programme](#).

What is an NHS Health Check?

The **NHS Health Check** is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

- [heart disease](#), [diabetes](#), [kidney disease](#), [stroke](#)

During the check-up you'll discuss how to reduce your risk of these conditions.

If you're aged over 65, you'll also be told about [symptoms of dementia](#) to look out for.

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease, chronic kidney disease, diabetes, high blood pressure (hypertension), atrial fibrillation, transient ischaemic attack, inherited high cholesterol (familial hypercholesterolemia), heart failure, peripheral arterial disease, stroke, currently being prescribed statins to lower cholesterol, previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

You should have regular check-ups if you have one of these conditions. Your care team will be able to give you more information about this.

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP every 5 years.

If you think you are eligible but have not been invited, contact your GP surgery to book an NHS Health Checks

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>



Weight loss Injection- Patient Self-Referral

You may have seen media coverage about a new drug which is expected to be made available to a limited number of patients over the coming year.

NICE – the National Institute for Health and Care Excellence, which advises the NHS on use of medicines - is expecting to approve Mounjaro (also known as Tirzepatide) for some patients from March 2025.

This will initially include only people who have the most serious need for this medication, based on body mass index (BMI) and having at least one obesity-related health problem. It will be provided along with extra support and advice to help patients improve their diet and exercise, which is vital to maintaining a healthy weight in the long term.

Criteria for referral:

- Live in the North East or North Cumbria;
- Are interested in Mounjaro (tirzepatide) and lifestyle changes to help you lose weight;
- Have a BMI (body mass index) over 35 – [calculate your BMI](#) (opens in new window);
- Have at least 1 health problem related to your weight.

Link for weight loss injections patient can read the information and self-refer by following steps right at the bottom of the site:

The form will take approximately **5-10 minutes** to complete. They will contact the patient within 4-6 weeks to invite them to an engagement session where they can find out more information about weight loss medicines and the next steps.

<https://cdn.inhealthcare.co.uk/nencmounjaro/index.html>

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 year, 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>

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>



Family and Friends

In January 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.



Telephone Statistics

7138 Incoming calls received by the reception team

324 incoming calls daily average

4399 Outgoing telephones calls made by the Practice Team

