



Patient Newsletter – October 2025



Clinical team update

Since our last newsletter, the practice has welcomed several new members to the clinical team. This brings our clinical team to a total of;

7 GP's

3 Nurse Practitioners

3 Practice Nurses

1 Nurse Associate

1 Health Care Assistant

1 Phlebotomist

1 Clinical Pharmacist

Through our Primary Care Network (Greater Middlesbrough PCN), we are able to offer a wide range of services via the staff below;

Adult Mental Health Practitioners

Dieticians

First contact Physiotherapists

Social Prescribing Link Workers

For more information please visit
www.gretermiddlesbroughpcn.nhs.uk

Opening Hour changes

We would like to inform our patients of a change to our service provision during the final 30 minutes of our core operating hours. To ensure that patients continue to have access to appropriate care during this time, the practice will offer alternative arrangements for care between 6:00pm and 6:30pm, by telephone 01642 944229 and from Park Surgery Middlesbrough

COVID-19 Vaccine Clinic

NHS

**BE WISE
IMMUNISE**

Walk-in **Covid-19 Vaccination Clinics** are coming to:

COVID-19 Vaccine Clinic
Friday 14th November 10.00 – 16.00
All eligible groups can be vaccinated
Eligibility includes adults aged 75 and over and those who are immunosuppressed aged 6 months and over
**Thornthorpe Community Hub & Library Car Park,
Birkhall Road, Middlesbrough, TS3 9JW**

**No appointment
needed – just walk in!**



Patient Newsletter – October 2025



We are now on facebook!

Coulby Medical Practice now has a facebook page! We will use our page to share useful information regarding the practice and general news.

Please like and share our facebook page 'Coulby Medical Practice' so everyone is able to see our updates!

Please contact reception to request a 'Carers pack' and to your register as a Carer at the Practice.

Cervical screening 24 – 49 year olds



From 1st July 2025, most women aged 25-49 who test negative for HPV – meaning they are at very low risk of developing cervical cancer over the next 5 years – will be invited at five-year intervals rather than three.

This change is backed by clinical evidence and a recommendation by the UK National screening committee.

Carer Friendly GP Practice



We are proud to announce we are an accredited carer friendly GP Practice.

A Carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.



Patient Newsletter – October 2025

Patient feedback from September 2025

Thank you to all our patients who completed our Friends and Family Test for September 2025.

Below are the results for September 2025:

Very good – 328

Good – 16

Neither good or poor – 1

Poor – 5

Very poor – 3

Forms can be found on the reception desk or alternatively you can complete the online form on our website

www.coulbymedicalpractice.com

Influenza vaccination



We are now offering flu vaccination to eligible patients. If you are eligible, please contact reception to make an appointment or if you have received a text invitation, you can use the link, to self book your appointment.

PPG -Patient Participation Group

Coulby Medical Practice have a working Patient Participation Group.

Are you interested in finding out more about Coulby Medical Practice? Would you like to influence the development of the Practice and change within local health services?

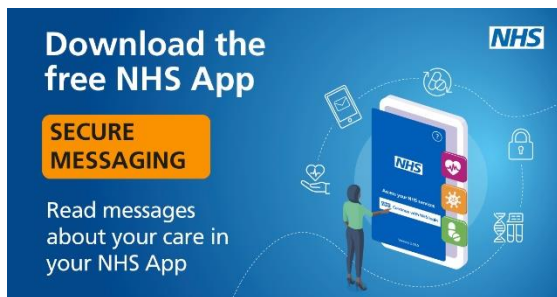
We are looking for patients who would like to join our meetings, or if you would like



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to know more about the Patient Participation Group, then please contact Lindsay Stevenson, Reception Manager.

NHS APP



You probably know about the NHA App – you might even be using it. But have you turned on your notifications?

Turning on your notifications means you'll see any messages we send immediately, rather than having to login to the app to see if we have sent you a message.

Messages received through the NHS App are free, so switching on notifications also helps NHS by saving SMS costs.

Go to your device settings to change your notification preferences.

REASONABLE ADJUSTMENTS

People with disabilities should tell health and care services what reasonable adjustments they might need to support them to access services. This includes people with a physical disability or a sensory disability, people with a learning disability or autistic people or people with a long-term condition such as dementia.

Reasonable adjustments are individual and should be tailored to the person. It is really important to speak to your health and care professionals and tell them about the reasonable adjustments you or your loved one may need.

With your consent we can record this on your record on the health care system.

Please keep on eye out for our updates on Facebook, our practice website and patient newsletters!



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