



Patient Newsletter – June 2026

Patient feedback from May 2026

Thank you to all our patients who completed our Friends and Family Test for May 2026

Below are the results for May 2026:

Very good – 155

Good – 22

Neither good or poor – 3

Poor – 0

Very poor – 0

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

www.coulbymedicalpractice.com

Current Building Works

Due to ongoing building works near our practice and new parking rules, please make sure you are allowing extra time for travel and parking before your appointment. We cannot guarantee our team can honour your appointment if you are late. We understand it is frustrating however there is additional parking at the Parkway Centre & Tesco with a 4hr limit which is only a short walk away from the practice.



Follow & Share our facebook page!

Please like and share our Facebook page 'Coulby Medical Practice' so everyone can see our updates.

NHS App

The NHS App home screen has been updated! You'll find services and all your health information placed together in clearer categories with simpler navigation.

Some of the key benefits of the NHS App include:

- Easy access to health information and services
- Ordering repeat prescriptions
- Viewing appointments and health records
- Secure messaging and notifications

You can help your practice by turning on your NHS App notifications. You'll then 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.



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MMRV Vaccine

From 1 January 2026, the NHS is introducing a combined MMRV vaccine into the routine childhood immunisation schedule, replacing the separate MMR jab to include protection against chickenpox (varicella). **Children born on or after 1 January 2025 will receive the first dose at 12 months and the second at 18 months.** Children born between 1 September 2022 and 31 December 2024 have different, updated schedules (e.g., 18 months and 3 years 4 months).

Parents do not need to take immediate action; GP practices will contact you when your child is due for their vaccination.

Best Start in Life – Screen Time



'Little brains grow fast - and how they spend their screen time matters more than you might think. We've pulled together simple, practical tips to help your under-5 build healthy habits from the start. Visit Best Start in Life for more.

Being a parent of a young child can be challenging. Screens are part of modern life - but knowing what to put on, when to

switch off, and how your own screen habits shape your child's can make a real difference to their development. Visit Best Start in Life for practical guidance.

Helping your child develop a healthy relationship with screens starts earlier than you'd think. Explore our friendly, practical screen time guidance for under-5s - visit Best Start in Life for more.

Information from the Middlesbrough Health Protection Team

People aged 13 and over in Teesside can now access free sexual health products through a new pilot called Doink!. The pilot is delivered by Preventx, the UK's largest sexual health testing provider and aims to make accessing essential protection simple, discreet and convenient.

Through Doink!, users can order a range of free products, including condoms, dental dams and lubricants. Once registered with the digital service, individuals can choose the option that works best for them - either having items delivered directly by post or collecting them from local pick-up points across Teesside. This flexible approach is designed to reduce barriers and support safer sexual health practices.

In addition to free products, the service provides clear, accessible guidance on correct condom use and broader sexual



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health information, helping users to make informed choices and reduce the risk of sexually transmitted infections (STIs).

Young people aged 13 to 15 are also able to access Doink! following a brief “check-in” with a trained practitioner. This can be completed either in person or over the phone, ensuring that appropriate safeguarding measures are in place while maintaining accessibility.

Registration is quick and straightforward via the SH UK website, making it easy to sign up and begin accessing support - [Free Condoms Teesside — SH.UK](#)

RSV Vaccine

75 or over? Protect yourself from serious lung infection.

If you are aged 75 or over, and not already had RSV vaccine, we will be in touch to book you in for your free RSV vaccine.

👤 Tees Valley Getting Help service 👤

A Tees Valley mental health wellbeing service for 5 to 18-year-olds and their families, who are experiencing mild to moderate mental health difficulties.

This could include:

- Anxiety • low mood • obsessive compulsive behaviours • eating difficulties and challenging behaviour

- emotional and mental health challenges such as traumatic events, loss and bereavement

They work in schools, communities, and other settings across Tees Valley to provide a wide range of support. They work directly with children and young people, provide advice and guidance for families and training for parents and carers, school staff and other professionals.

For support contact them on 0300 2000 000 If you are in crisis and need urgent support with your mental health call NHS 111, option 2.

📱 Wysa app - Wysa is a free, confidential NHS-approved mental health app for young people aged 13 to 18 (or 11+ with parental support). It includes an AI chatbot, mood tracking and resilience tools.

How to Access: You can download the app for free on App Store or Apps on Google Play.

Once downloaded, you'll be asked to enter a referral code: tsiddecyp2025

Healthier Together app





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Healthier Together is a website and app developed by local healthcare professionals to help you decide where to find advice or treatment.

<https://www.healthiertogether.nhs.uk/>

You can also find the link on our website or Facebook page.

Think Pharmacy First

'Think Pharmacy First' is an NHS campaign encouraging people to use their local pharmacy as the first point of contact for minor illnesses instead of going to a GP. Through the new **Pharmacy First service**, pharmacists can assess and treat seven common conditions without a GP appointment or prescription. Patients can get advice or treatment for conditions such as

- sinusitis, •sore throats, •earaches, •infected insect bites, •impetigo, •shingles, and
- uncomplicated UTIs in women.

If your condition is more serious or requires a different kind of care, the pharmacist will refer you to your GP or another appropriate service

Many pharmacies are open in the evenings and on weekends, offering more convenient access than a GP appointment.

NHS Healthy Choices Quiz



Are you ready to improve your overall health and wellbeing, but not sure where to start? The free NHS Healthy Choices Quiz is here to help- and it only takes 5 minutes. Answer questions about your lifestyle to receive an overall score as well as personalised guidance to help you live a healthier life. Take the quiz now: <https://www.nhs.uk/better-health/healthy-choices-quiz/> or you can find the link on our website or Facebook page.

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

IRIS



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Our team are trained about domestic abuse and specialist workers are available to provide support. You can talk to doctors, nurses and other staff working here if you are being hurt or controlled by your current or ex-partner, are afraid of someone at home or a member of your family. You can also contact My Sisters Place and ask to speak to the IRIS worker, 'IRIS Advocate Educator'.

www.mysistersplace.co.uk 01642 241864

<https://www.womensaid.org.uk/cover-your-tracks-online>

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