

The Green House Surgery
Autumn 2025 Newsletter
www.thegreenhousesurgery.co.uk



Welcome to our Autumn 2025 Newsletter

We would encourage our patients to read our newsletter as it contains some useful information, some of which you may not be aware. You are welcome to take a copy home with you. However, an electronic copy is available on The Green House Surgery Website www.thegreenhousesurgery.co.uk

Mounjaro Injection Update

The Practice has been given strict guidelines on who we can prescribe this weight loss drug to. This is based on the criteria stated below, if you do not meet this criteria, please do not ask as we will not be able to override the NHS England guidance.

For eligibility, patients need to have a BMI of 40 and over, and at least 4 out of 5 of the stated co-morbidities:

- Hypertension
- Type 2 Diabetes
- Dyslipidaemia
- Obstructive Sleep Apnoea
- Cardiovascular Disease
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You must also be between the ages of 18 years - 75 years of age.

If you meet the criteria above and wish to have this prescribed you should also be aware you will be expected to attend a Healthier You: NHS Behavioural Support for Obesity Course.

Once we start prescribing you will be expected to attend the course stated above and a monthly face-to-face appointment where your weight will be checked to ensure the medication is working and the dose is adjusted accordingly.

25/26 Autumn/Winter Flu vaccinations

The following cohorts are announced and authorised to be eligible to receive a flu vaccination:

From 1 September 2025:

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- primary school aged children (from Reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to less than 18 years

From 1 October 2025

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the [Green Book, Influenza chapter 19](#))
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants

25/26 Autumn Covid Booster Vaccinations

The Joint Committee on Vaccination and Immunisation (JCVI) has updated its [advice for the autumn 2025 COVID-19 vaccination programme](#), which has been accepted by ministers. The focus of the programme is shifting towards targeted vaccination of those at highest risk of serious disease.

For autumn 2025, COVID-19 vaccination will be offered to:

- adults aged 75 years and over
- residents in care homes for older adults
- individuals who are immunosuppressed aged 6 months and over

If you are eligible for flu vaccination and covid vaccination we aim to co-administrate both vaccinations at the same time (subject to covid vaccine availability). If you are eligible for vaccination, please feel free to make an appointment in one of our vaccination clinics.

Did you know the Contraceptive pill is now available directly from local Pharmacies?

Women in the North East and North Cumbria can now get the contraceptive pill directly from their local pharmacy, without needing a GP appointment.

Pharmacies can already treat simple urine infections for women, and now they can offer the contraceptive pill too – whether someone is starting it for the first time or continuing with their regular prescription.

The service is free and confidential and offers more choice about where and how to access contraception, making it quicker and more convenient while also helping GP surgeries, and sexual health clinics, by freeing up appointments for those with more complex needs.

A short check-up will still be needed once a year, which will take place at the pharmacy when the next supply is collected. If any unusual side effects occur and do not go away, it is important to speak to a pharmacist or GP straight away.

The service is available to all women, including those under 16. Personal details will only be shared with parents or carers if there are serious safety concerns.

You can find your nearest participating pharmacy at:

<https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/>



Health Care Team at The Green House Surgery

GP Partners

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| Dr Jesus Enrique Gonzalez-Castro GP Partner Male | LMS 1990 Universidad de Oviedo Clinical interests: Mental health, Respiratory disease, Dementia, Hypertension, Learning Disabilities and Palliative Care. |
| Dr Prinul Gunpath GP Partner Male GP Trainer | MBBS (Newcastle), MRCP (Edinburgh) MRCGP Clinical Interests: Joint injections, Dermatology, Gastroenterology, Urgent and Emergency Care. |
| Dr Nicola Hall GP Partner Female | BMedSci, BMBS, MRCGP, DRCOG DFSRH Clinical Interests: Family Planning, Women's Health, Sexual Health, Dermatology, Military Medicine and Minor Surgery. |
| Dr Angel Carrasco GP Partner Male | LMS 1993 Universidad de Granada Clinical Interests: Family Planning, Substance Misuse, Palliative Care and Section 12 MHS GP. |

Clinical Staff

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| Dr Andrew Harbit Salaried GP | MB BS 2015 University of East Anglia MSc (DKSHTM) BSc Clinical Interests: Palliative care and Public Health |
| Fiona Curry RGN Nurse Practitioner Female | RGN Clinical Assessment Skills Non-medical Prescribing |
| Poppy Ingledew RGN Nurse Practitioner Female | RGN Clinical Assessment skills Non-medical prescribing Diabetes Management |
| Julie Calver RGN Nurse Practitioner Female | RGN Clinical Assessment skills Non-medical prescribing |
| Sam Chapman RGN Trainee Nurse Practitioner | RGN – currently undertaking clinical assessment skills and non-medical prescribing training. |
| Tina Weyer Practice Nurse, RGN Female | RGN Respiratory reviews, spirometry, travel health, smears, injections, ROS dressings, INRs, dopplers and childhood imms |
| Diane Devine Practice Nurse, RGN Female | RGN COPD/asthma management, diabetes management, travel health, childhood imms, smears, dopplers, injections, INRs, ROS dressings, spirometry. |
| Lisa Baxtrem Advanced Health Care Assistant Female | Health checks, venepuncture, dressings, dopplers, immunisations, INRs. |

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| Fiona Lawman Advanced Health Care Assistant Female | Health checks, venepuncture, dressings, dopplers, immunisations and INRs |
| Rebecca Wray Health Care Assistant Female | Health checks, venepuncture, dressings, dopplers, immunisations, INRs and spirometry |
| Leanne Porritt Health Care Assistant Female | Health checks, venepuncture, dopplers, INRs, immunisations (flu, shingles, pneumo, RSV and B12). |
| Natalie Wright Health Care Assistant Female | Health checks, venepuncture, dopplers, INRs, immunisations (flu, shingles, pneumo, RSV and B12). |
| Gemma Blyth Phlebotomist | Venepuncture |

ARRS STAFF

The additional roles reimbursement scheme (ARRS) funds a range of roles beyond traditional GPs, including clinical pharmacists, pharmacy technicians, mental health practitioners, and more. The ARRS staff are health care professionals funded by the scheme to expand the workforce in general practice and improve patient care. Patients can also direct book an appointment into the services without the need to see a GP. If our staff feel it appropriate for you to be referred to an ARRS they will suggest so. This will ensure you are seen within a timely manner and could save a GP appointment for something that can only be dealt with by a GP.

First Contract Practitioner (FCP)

Muhammed Mubeen is a first Contact Practitioner (FCP) and is a Musculoskeletal Physiotherapist working in an extended role to assess and manage patients who contact the surgery with Musculoskeletal (MSK) conditions. Our FCP can see patients with conditions affecting bones, joints, muscles, tendons and ligaments without the need to seek advice beforehand by a GP or Nurse Practitioner.

Clinical Pharmacist

Clinical Pharmacists work closely with our providers and care teams to optimise medication management, support chronic disease management and ensure safe and effective use of medications.

Pharmacy Technicians

We have two Pharmacy Technicians at the Practice Amy and Angela who manage prescriptions, conduct medicines reconciliation, conduct medicine audits, counsel patients on medicines and support structured medication reviews.

Care Co-ordinators

We have two Care Co-ordinator (Michelle and Sarah) who assist with the care of our patients needing regular contact or requiring complex care. They are the named contact for patients with some life limiting conditions or some patients needing extra support in managing their own care. Michelle and Sarah are also the named contact for some patients with Learning Disabilities and some forms of Dementia or other cognitive impairment. They will liaise with clinicians on behalf of the aforementioned patients with queries relating to various aspects of their care.

Social Prescribing Support Practitioner (SPSP)

We have Social Prescribing Support Practitioners (SPSP) linked to the Practice. Social Prescribing can provide short term support with social isolation, loneliness, emotional wellbeing, long term conditions, loss of confidence/purpose, poor health linked to housing or housing conditions, financial issues, substance/alcohol misuse, domestic abuse and support with accessing work, training or volunteering. To access the Service please ask one of our Medical Administrators for a referral.

Mental health Support for under 18 yr olds

We have a Clinical Nurse Specialist who can offer mental health support for patients under 18 years of age.

What is available:

- Brief Psychosocial Assessment/Screening face to face (6 – 18 yrs only)
- Brief Intervention/Psychoeducation (6 – 18 yrs only)
- Support with onward referrals for short or long term support
- Signposting
- Multiagency Liaison
- Advice and Consultation

Patient Participation Group

Your Voice matters at The Green House Surgery. Apply to join our Patient Participation Group.

We're looking for enthusiastic patients to join our Patient Participation Group.

The PPG is a group of patients who work with the practice team to:

- ✓ Share patient perspectives
- ✓ Help improve our services
- ✓ Suggest new ideas
- ✓ Promote health and wellbeing in the community

Please Contact the Practice for further information on 01642 475157 or e-mail nencicb-tv.greenhouse-surgery@nhs.net

Thanks for reading our Autumn newsletter. We look forward to providing a further newsletter in the Winter. Please keep checking in with us via our website at www.thegreenhousesurgery.co.uk as things change constantly.



