

NEWSLETTER

Autumn 2024

GREAT LUMLEY SURGERY

Working together to provide high quality cost effective primary healthcare services.

Autumn, the season that teaches us that change can be beautiful.



**Dr Sheard
Dr Briggs
Dr Skelton**

SURGERY OPENING TIMES

Monday

8:00am—7:00pm

Tuesday—Friday

8:00am—5:45pm

Saturday

9:00am—5:00pm

TELEPHONE HOURS

Monday—Friday

8:00am—6:00pm

Spotlight on!

We are introducing a "spotlight on" feature to the newsletter and this time we are highlighting the **First Contact Mental Health** service. Keep an eye on future newsletters for further information on other services offered by us.

First Contact Mental Health

Are you aged 18+ and struggling with your mental health? Low mood, anxiety and loneliness are just some of the things our First Contact Mental Health Service can support you with here at the surgery.

If you do not already have any involvement from other services or your GP regarding your mental health, you are able to make an appointment directly with our Mental Health Practitioner without the need to go through a GP first.

We will initially arrange a telephone assessment with the Mental Health Practitioner who will then work with you to make a plan for the best way forward. This could range from further appointments here at the surgery, signposting to other agencies or referrals into specialist services.

If you think we can help please contact Reception for further details.

Surgery Updates!

Meet Bev, our new GP Assistant:

Hi, my name is Bev and I began being part of the team in early August. Previously working on the ambulances as an Emergency Care Assistant, realising I am getting too old for night shift I made the decision to join the surgery as a GP Assistant. At work you will find me in reception, in clinic or upstairs helping with admin. In my spare time I enjoy being active, visiting the gym, getting outdoors and spending time with my two daughters. I have been given a lovely warm welcome from staff and patients, I am sure I will enjoy my time here!

Welcome to the team Bev!

Covid and flu season!

We have officially started our covid and flu clinics this Autumn! We will be vaccinating throughout October and November and we would greatly appreciate you supporting the practice by getting your flu vaccine with us so our vaccines don't go to waste.

As always along with the flu vaccines, we will be co-administrating the Autumn Covid booster. We plan the number of appointments in each clinic based on the stock we have so the vaccines don't go to waste. Once the vial of the covid vaccine has been opened, this must be used within 6 hours otherwise it will need to be thrown away.

Please help vaccine and money wastage by attending the appointment you have booked!

If you would like to decline the covid or flu vaccine, please let us know so we can update your records and prevent us sending further text reminders this season.

Prescriptions

We no longer accept prescription requests over the telephone. Please download the NHS App to enable you to request your medication.

Alternatively, you can fill out a request form in reception and place it in the request box.

Exceptional circumstances will be considered.



**Dr Sheard
Dr Briggs
Dr Skelton**

The Surgery
Front Street
Great Lumley
Chester-Le-Street

Telephone:
0191 3885600
Website:
www.greatlumleysurgery.co.uk



UTI's

Please note we can no longer accept urine samples at reception for a suspected urinary tract infection (water infection).

Worried you have a UTI?

Please use the "Pharmacy First" service. If you are not eligible for a pharmacy referral, you will be triaged by a GP who may then request a sample. Please note any samples handed in that have not been requested will be destroyed.

Menopause Awareness!

Friday 18th October marks **World Menopause Day**. Raising awareness for women who are feeling lost and going through Menopause and need support. Please reach out to our reception team to see what support is available to you.

International Men's Day!

November 19th is all about **International Men's Day**. A day to make a positive difference to the wellbeing and lives of men and boys. Sadly the male suicide rate was 17.1 per 100,000 in 2023 with males aged 45-49 years being found to have the highest suicide rate (25.3 per 100,000). With this in mind we want to share with you a support group for men based in Chester le Street.

The Men's Shed!

Whether you're seeking a place to share your thoughts, hear from others who understand, or simply want to connect with like-minded men, The Men's Shed is here for you. Their mission is to foster an atmosphere of respect, empathy, and open dialogue, ensuring that everyone's journey towards mental well-being is met with understanding and encouragement.

Meeting Details: Every Thursday @Bullion Hall , Chester-Le-Street from 6:00pm—8:00pm.

Contact Us: Have questions, suggestions, or want to learn more about The Men's Shed group? Feel free to reach out by using the contact information below:

Email: themenshed@outlook.com

Phone: 07563 262 984

Wear it PINK!

We are taking part in Breast Cancer Now's wear it pink day on Friday 18th October. Wear it Pink Day is one of the biggest fundraising events in the UK. Taking place during Breast Cancer Awareness month, thousands of amazing people wear it pink for the largest breast cancer charity, Breast Cancer Now. Together, we've been wearing it pink for over 20 years raising over £39million in the process. But we can't stop there! Every 10minutes, someone in the UK hears the words "you have cancer".

TOUCH your breasts—can you feel anything new or unusual?

LOOK for changes—does anything look different?

CHECK any changes with your GP

Common signs of breast cancer include...

- A lump or swelling in the breast, upper chest or armpit
- A change to the skin, such as puckering or dimpling
- A change in the colour of the breast (may look red or inflamed)
- A nipple change e.g. become pulled in (inverted)
- Rash or crusting around the nipple
- Unusual liquid (discharge) from either nipple
- Changes on size or shape of the breast

No matter what size or shape your breasts are, check them regularly. If you notice anything that looks or feels different for you, please make an appointment with your GP.

StopTober!

When you stop smoking, you can begin to see almost immediate improvements to your health. Stop smoking for 28 days and you're 5 times more likely to give up for good. We have a Stop Smoking advisor that works on a Friday here at the surgery. Make your appointment today!

Quitting Tips:

- List your reasons to quit
- Tell people you're quitting
- Remember what worked if you have tried to quit before
- Use stop smoking aids
- Have a plan if you are tempted to smoke
- List your smoking triggers and how to avoid them
- Keep cravings at bay by keeping busy
- Exercise away the urge
- Throw away all your cigarettes before you start.

You can do it!

Are you FALLing ill?

Cold and Flu season is upon us and we want you to be able to tell the difference between them.

COLD

- Appears gradually
- Affects mainly nose and throat
- Makes you feel unwell but you are ok to still carry on as normal.

See your local Pharmacy Team.

FLU

- Appears quickly within a few hours
- Affects more than your nose and throat
- Makes you feel exhausted and too unwell to do anything

See your GP.