



# NEWSLETTER

Spring 2022

**LUMLEY SURGERY**

"Is spring coming?" "What is it like?"  
"It is the sun shining on the rain and the rain falling on the sunshine"

**Dr Sheard  
Dr Briggs**

## Meet the Staff!

**SURGERY OPENING TIMES**  
Monday 8:15—8pm  
Tuesday—Friday 8:15am—5:45pm  
Saturday 8am—1pm  
Sunday 8am—1pm

**TELEPHONE HOURS**  
Monday—Friday 8:00am—12:00pm  
And 2:00pm—6:00pm

**Welcome Tanya, our new Health Care Assistant:**

Hi all,  
My name is Tanya and I live in Hetton with my husband, three girls and Boris the bulldog.  
I have worked in the NHS for 8 years, mainly in A&E and GP practice.  
On my days off I enjoy spending time with friends and family.  
I like holidays and weekends away in the caravan when the weather allows.  
I am looking forward to meeting new patients and getting to know you all and the lovely staff here at Great Lumley Surgery.

Welcome to the team Tanya!

**Meet Deborah, our newest GP:**

Thank you all for having me! I qualified as a GP in February 2020 and was practicing in Durham City until moving to Great Lumley surgery. I lived and trained in Dundee for 10 years before returning to the North East in 2013. I have undertaken all my junior doctor jobs in the region and particularly enjoyed working in hospice care and in Care of the Elderly at UHND. Outside of work I enjoy travelling, reading and running (badly!).

Welcome to the team Deborah!

**St Cuthbert's Hospice!**

Thank you to everyone who donated in our St Cuthbert's Hospice counter box. Last year St Cuthbert's counter boxes in the community raised nearly £12,000. Every penny raised will help to provide free care and support to people with life-limiting illnesses, those approaching the end of life and to families that are bereaved. Our counter box is situated in reception, we thank you in advance for your kind donations.



**Prescriptions!**

The best way to order medication is online via online access. If you haven't already got access, pop into the surgery and complete a form so we can get you set up! You can also order by telephone between 10am-12noon and 2pm-4pm. Please nominate a pharmacy of your choice for collection!

**Staff Training Closures!**

We will be closed from 12 noon on the following days:

- Thursday 21st April 2022
- Thursday 19th May 2022
- Thursday 16th June 2022
- Thursday 21st July 2022
- Thursday 18th August 2022
- Thursday 15th September 2022
- Thursday 20th October 2022
- Thursday 17th November 2022
- Thursday 15th December 2022

For medical advice whilst we are closed which cant wait until the next working day, please call NHS 111. For life threatening emergencies please call 999.

Check our surgery website for surgery updates!  
[www.greatlumleysurgery.co.uk](http://www.greatlumleysurgery.co.uk)

**Extended Access**

Great Lumley Surgery will be the hub for Chester-Le-Street practices on a Saturday and Sunday morning. Both clinics will run from 8:00am—1:00pm. You can book your appointment by calling the surgery Monday—Friday.  
**Please note we cannot accept any walk-in patients.**

**Dr Sheard  
Dr Briggs**

The Surgery  
Front Street  
Gt Lumley  
Chester-le-Street

Telephone:  
0191 3885600  
Website:  
[www.greatlumleysurgery.co.uk](http://www.greatlumleysurgery.co.uk)



### ManHealth

ManHealth runs peer support groups in and around County Durham and the North East of England for men. ManHealth is ran by people with experience of depression and strive to support each other towards a better wellbeing.

For more information email:  
[info@manhealth.org.uk](mailto:info@manhealth.org.uk)

Or phone:  
01388 320023



### The first call for help takes Courage!

#### Op COURAGE: the Veterans Mental Health and Wellbeing Service

The first step to getting help is to contact Op COURAGE or ask your GP, a charity or someone else such as a family member or friend to do this on your behalf.

North East: 0800 652 2867

If you are still serving you, you can also call the Military Mental Health Helpline on 0800 323 4444

### Heaven's Kitchen Mini Market!

Heaven's Kitchen Mini Market is a community ran organisation which aims to help stopping good food go to landfill. Everything is donated by kind local people and businesses then packed by volunteers. Heavens Kitchen Mini Market is open to the public between 2:00pm and 3:00pm each weekday at Great Lumley Methodist Church.

Check out their Facebook page for more information!

### Check your score!

#### Mostly A's

Sounds like your managing pain well. Try and include a new activity to help distract from any pain flare ups. Keep up the good work.

#### Mostly B's

Have you tried occasional days without medication? Speak to your GP about the best way to manage this to prevent building a tolerance. Try to introduce more activity where you can like swimming or gentle walking.

#### Mostly C's

Sounds like you have built quite a tolerance to pain medication. Your body may be dependent. Speak to your GP to discuss how pain is affecting your daily life.

#### Mostly D's

Speak to your GP. It sounds like you may be struggling to cope and are highly dependent on pain medication.

Long term pain medication  
isn't your only option!

<https://painkillersdontexist.com/>

#PainKillersDontExist

# TAKE THE PAIN QUIZ!

## Q1. How often do you take pain killers?

- A. Only now and again when I have a flare up in pain
- B. Every day, but not the maximum dose
- C. The dose it says on the box, every day
- D. The dose it says on the box and possibly a bit more

## Q2. Where do you get your painkillers?

- A. Over the counter at the local pharmacy
- B. Just get them on repeat prescription from the GP
- C. The GP and sometimes get medication from a friend or family member, who has stronger medication
- D. I go to different doctor or chemists to get what I need

## Q3. How active are you?

- A. Reasonably active most days
- B. Not as active as I'd like to be, the pain stops me
- C. Not very active, I have to be persuaded to leave the house
- D. Not all active, I barely leave the house

## Q4. How social are you?

- A. I love catching up with friends and family
- B. Social enough, happy to see friends and family
- C. Not social, my partner has to drag me out of the house
- D. I cant remember the last time I did anything sociable

## Q5. How do you sleep?

- A. Fine, not a problem
- B. Okay, occasionally wake up
- C. Not great, I'm very tired in the day and often nod off
- D. I have no routine, struggle to sleep and I can sleep in a chair rather than bed and can spend hours awake at night

