



NEWSLETTER



June 2021

**LUMLEY
SURGERY**

**Dr Gooding
Dr Sheard
Dr Briggs**



**SURGERY
OPENING
TIMES**

**Monday - Friday
8:15am-5:45pm**

TELEPHONE HOURS

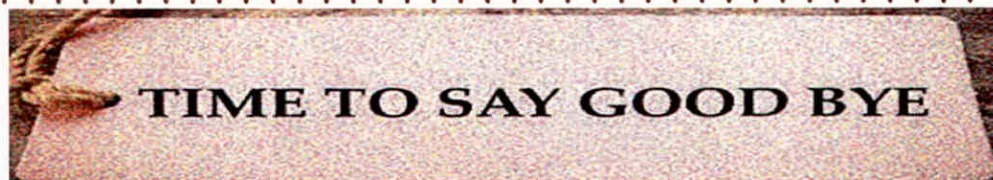
**Monday - Friday
8:00am-6:00pm**



**See our latest
COVID
achievement
overleaf**



* Summer is in the air! Tans may fade but the memories will last forever *



To All Of My Patients,

It is hard to believe that I have been here as a GP partner for over 18 years. This has passed so quickly, especially the last year, and this has brought so much change for us all.

Some of you may have heard that I am leaving the surgery at the end of June. Ideally, I would have preferred to share my news during face-face consultations with you all, however Covid scuppered that plan amongst many other things.

The pandemic has certainly impacted on the way we now practice clinical medicine. Here at the surgery, myself and my brilliant team adapted rapidly to the concomitant, imposed changes and the ever-changing rules of lockdown. However, I have greatly missed my face-to-face contact with you all very much. This remote style of General Practice is not my preferred way of working at all as I feel I am not able to use my skills and strengths as an experienced GP. I also feel I am no longer able to be the GP I was trained to be or the GP I want to be.

As you can imagine, my decision to leave the surgery was a very difficult one to make. I feel very sad about leaving all of you, my wonderful practice and my fantastic team.

I am very grateful to Dr Featherstone, who over 40 years ago, founded such a great GP practice here in Great Lumley. Dr Featherstone embodied the values of General Practice and was an excellent village GP. He placed the patient at the centre of what we do, providing continuity of care for the patient and their family. He also established a Primary Health Care Team who shared the same strong caring ethos as he did. These values and approach of our practice and team continue to be important as they drive our holistic approach to ensuring the quality of your care. Dr Fletcher and I, alongside our GP partners and team, have continued to build on Dr Featherstone's legacy within our practice, whilst adapting to the constant changes within the NHS.

I feel so fortunate to have been a GP trainee here in 1997 and to have been trained by Dr Fletcher. I was delighted to return when Dr Fletcher at that time offered me the post of a GP partnership in 2003. Returning here once again felt like coming home!

Thank you to all of my patients for allowing me to be part of this wonderful community within the village of Lumley and the surrounding areas of Chester-Le-Street, Bournmoor, Plawsworth and Fence Houses. It has been an honour and a privilege to be your General Practitioner during this time! My time here at the practice has been one of the highlights in my career and I shall miss you all and my team very much.

I am taking some time off to be with my family over the summer. I am looking forward to my new role, working as a coach with The Joyful Doctor, coaching and supporting other doctors at a time when they need it most as they recover from the impact of working during the pandemic.

My time here at Lumley Surgery and with you, my patients, will always have a special place in my heart. The future of the practice will continue to be in the excellent hands of Dr Sheard and Dr Briggs who will be supported by their brilliant Primary Healthcare Team and I wish them every success in the future.

So, take care of yourselves.

My Warmest Wishes to you all.

Michelle Gooding

Dr Gooding
Dr Sheard
Dr Briggs

COVID-19 Update

The Surgery
Front Street
Gt Lumley
Chester-le-Street

Telephone:
0191 3885600
Website:

www.greatlumleysurgery.co.uk



On the 25th May 2021, County Durham reached a major milestone as **half a million doses**

of the COVID vaccine have been given since the start of the vaccine rollout. This is a magnificent achievement and we would like to thank all staff and members of the public who have been involved.

A polite reminder to patients, if you are unable to attend your appointment please make sure you cancel your appointment so this can be offered to another patient.

You are now able to access your COVID vaccination history on the NHS app. The data will be pulled nationally. All patients have to do is download the NHS App and create a personal login or contact 119 for paper copies.



Delivered by Working together



MACMILLAN
CANCER SUPPORT



First Contact Physiotherapy!

We now have First Contact Physiotherapists working at the surgery. The role of First Contact Physiotherapists (FCPs) in Primary Care is to assess patients with an acute (less than six weeks) onset of soft tissue, muscle and joint pain and to decide the most appropriate management pathway. FCPs are physiotherapists with an expertise in the assessment and management of Musculoskeletal conditions. The FCP will assess the patient by telephone in the first contact and then decide on the clinical need if the patient needs to be assessed face to face and then signpost the patient to the appropriate treatment. Contact our reception team for more info!

We know that life can be tough sometimes and we may face difficult times. If you have been bereaved, affected by or are thinking of suicide yourself then please contact

If U Care Share
on 0191 387 5661 or visit
www.ifucareshare.co.uk/

Please remember, if you have any COVID symptoms you must organise a COVID test immediately. Lateral flow tests are used if you do not have any symptoms therefore, if you use lateral flow tests and have symptoms of COVID you **MUST** organise a PCR test. Please check the Government website for further info and updates

Need help with:

Benefits, tax credits and Universal credits? Work, employment rights and unemployment? Housing, poor living conditions, tenancy and landlords? We can refer you to Healthier and Wealthier for support and guidance.

Joining the dots!

Macmillan Joining the Dots County Durham is a free, personal service for people aged 18 and over who have been diagnosed with cancer. The service offers one-to-one support including support with: money advice, support around work, transport to appointments, emotional support and family and carer support. Contact 0800 876 6887 for more information.



Summer!

Does anyone else feel like they have been on a summer holiday the past couple of weeks with this amazing weather? Remember the British sun can be hot! So please remember to wear sunscreen and stay hydrated throughout the summer days.

Hay fever?

Symptoms include:

- Sneezing
- Itchy, blocked or runny nose
- Red, itchy, puffy or watery eyes,
- Itchy throat
- Headaches and sinus pain
- Fatigue

Speak to a local pharmacist to get advice on the best treatment for your symptoms.

