



NEWSLETTER



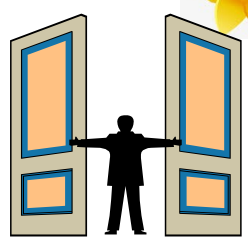
Spring 2021

LUMLEY SURGERY

**Dr Gooding
Dr Sheard
Dr Briggs**

Spring is here. Where flowers bloom and so does hope. Its been one year since our lives began to change but within that year we have overcome so much. Thank you for your continued support. Better days are ahead.

Congratulations Dr Portergill!



SURGERY OPENING TIMES
Monday - Friday
8:15am-5:45pm
and
Saturday
8am-1pm
TELEPHONE HOURS
Monday - Friday
8:00am-6:00pm

In August last year Great Lumley Surgery were delighted to celebrate Dr Portergill's 25 year long service with our surgery. What a huge achievement! But not only that, this month we have celebrated Dr Portergill's 30 years of NHS service too! Dr Portergill is a much valued and respected member of our team. She is a very experienced GP and is a pleasure to work with.

Dr Portergill has achieved these long service awards through her endurance, perseverance, dedication and commitment to the NHS, her profession of General Practice, our surgery and also our patients. Both awards are a testimony to her loyalty to our team and we would like to congratulate her on all of her hard work over the last 30 years. We look forward to working with her for many more years to come.



PUZZLE TIME Spot 10 differences



Update on our COVID-19 vaccine roll-out and our great achievement overleaf!

COVID-19 Recovery!
If you are recovering from COVID-19, you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time, some may take longer than others, but there are things you can do to help. Visit www.yourcovidrecovery.nhs.uk for help and support

Prescription requests!
Please remember we can only take prescription requests over the phone between 10am-12noon and 2pm-4pm

Dr Gooding
Dr Sheard
Dr Briggs

COVID-19 Vaccinations

The Surgery
Front Street
Gt Lumley
Chester-le-Street



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



On Saturday 20th March the **20,000th COVID vaccine** was given at the Pelton Hub! We are extremely proud of this achievement. Since the start of 2021, NHS staff across the Chester-Le-Street area and members of the public have collaborated together and worked numerous hours (on top of their working hours) to ensure our patients are vaccinated safely.

We would like to say a huge thank you to all involved!

Please continue to help us by ensuring we have a correct and up-to-date mobile number to speed up the booking process. We are currently well underway with administering second COVID vaccines—please remember to bring your vaccine card to your appointment! We hope our next vaccination up-date will be another successful one!



**Armed Forces veteran
friendly accredited
GP practice**

Armed Forces!

Here at Great Lumley Surgery we are proud to be an accredited "Armed Forces and Veteran Friendly" GP Practice. To any of our armed forces patients we would like to divert you to our surgery website, click on the armed forces logo on the home page and this will take you to a full page of useful information and contacts for you.

Don't wait!

Make 2021 the year you quit smoking! A number of people have stopped smoking due to the risks associated with COVID-19, however, not all smokers. Make today the day! Smoking remains the leading cause of premature death, killing nearly 80,000 people a year in England. So stop smoking for your health, to save money and to help your family! Visit www.todayistheday.co.uk

ManHealth provides services to support men with mental health issues. All **ManHealth** groups are facilitated by men with a lived experience of a mental health condition. Visit manhealth.org.uk or call 01388 320 023 for help today



Stroke strikes every 5minutes!

Public Health England have re-launched their F.A.S.T campaign as stroke strikes every five minutes in the UK and this can change lives in an instant. Follow the 4 steps on the image to help a life.

FACE
Has their face fallen on one side? Can they smile?

ARMS
Can they raise both arms and keep them there?

SPEECH
Is their speech slurred?

TIME
To call 999 if you see any single one of these signs

WHEN STROKE STRIKES, Act F.A.S.T.

Act F.A.S.T. help us help you

It is essential we keep active during lockdown and we don't need the gym to do this. Visit www.nhs.uk/oneyou for help on how to kickstart your health

Help us Help you

Cancer referrals since COVID have been slow to return to normal levels, more specifically they remain low in lower GI, urology and lung. We would like to remind all patients that the surgery continues to support patients and we encourage you to continue to access NHS services throughout the pandemic if you are experiencing any symptoms that you are worried may be cancer.

Thank you!

Great Lumley Surgery would like to thank Gillian Low for walking an incredible 90miles throughout February for NHS blue nose day. We all received yummy Easter eggs for our hard work throughout the pandemic. Thank you ever so much Gillian, although you cant see our big smiles behind our masks we are extremely happy and grateful for your kindness.

