

NEWSLETTER

GREAT LUMLEY SURGERY

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

Summer 2024

"In the tapestry of seasons, summer weaves the threads of joy and adventure."



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—12:00pm

And

1:00pm—6:00pm

Spotlight on!

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

Think Pharmacy First

Your local pharmacists are highly trained and experienced in the use of medication and managing minor illness. They can help you with an increasing number of issues without having to see a GP first. If appropriate, they can also issue prescription medication.

Some of the things your local pharmacist can help with include:

- UTI's
- Coughs and colds
- Constipation
- Pain
- Impetigo
- Thrush
- Bites and Stings
- Sinusitis
- Diarrhoea
- Swelling
- Vomiting/Nausea
- Acne
- Sore throat
- Earache
- Shingles
- Hayfever
- Rash
- Headaches/Migraines

As well as many other illnesses.

You can contact the pharmacy of your choice directly, or a referral can be made via our reception team. If you are unsure as to whether the pharmacist would be able to help, please don't hesitate to ask them. If the pharmacist decides you need to see a GP, they will refer you back to us for an appointment.

Please **Think Pharmacy First** before you contact your GP. This will hopefully help us free up appointments for those patients that need them most.

Surgery Updates!

Care Coordinators

We have introduced the role of "care coordinator" at the surgery. The role of a care coordinator is to ensure ALL patients are fully supported with their needs. This includes social, health needs or both, helping the patient navigate their needs across the health and social care system. They aim to do this by monitoring and organising patient treatment plans and continuing follow ups. The care coordinator can help patients understand their conditions, and what help is available to them and connect to other relevant health care providers to communicate their needs.

Our care coordinators are working with the district nurses to help support our patients who are 'falling into crisis', i.e. needing emergency care or placements, in the hope it will not only relieve some of the pressures on district nurses, but also ensure the patient has the most appropriate care in place to avoid crisis. A template has therefore been created which is to be used by the care coordinators. This template is to be completed over the phone with a patient who has recently been discharged from hospital, or seen by an ambulance crew and has refused admission. Currently the patient must be over the age of 80 or known to be severely frail. The template will identify both health and social needs and will allow for planning to prevent them falling into crisis.

Covid Spring Boosters!

Our Covid Spring Booster campaign has now ended and we no longer have any covid vaccines in stock here at the surgery.

We look forward to seeing you all when we start our Autumn booster campaign!



Dr Sheard
Dr Briggs
Dr Skelton

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Chester-Le-Street

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Website:
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Menopause Support!

Menopause is different for every woman but one thing is certain:

menopause is more than hot flushes

and it doesn't happen overnight. In addition to possible physical, emotional and cognitive effects, there are also societal and workplace implications for women during menopause.

For anyone who is currently going through the menopause or know somebody who is, there are lots of online support groups which you can use for free.

Lets Talk Menopause is an online support group with lots of information and videos to help support you. They also have Menopause Talks where you can register and have any questions you have, answered by a medical advisor.

For too long, menopause has been a shrouded subject however **Lets Talk Menopause** want to spark a conversation about menopause so people understand and talk openly about it. Log onto their website for more info!

Sun Safety Tips for Summer!

Will we get a hot summer this year? Who knows! But you best believe we are keeping our fingers and toes crossed for some glorious sunshine over the summer months. In preparation (and wishful thinking) we wanted to give you some of our top tips to ensure you keep safe this summer.

- Spend sometime in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.
- Never burn!
- Protect your skin by using at least a factor 30.
- Drink plenty of fluids and limit your alcohol intake.
- Cover up with suitable clothing, suitable hat and sunglasses.
- Take extra care with children and check on family, friends and neighbours who may be at a higher risk of becoming unwell.
- Know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them.

You should take extra care in the sun if you:

- Have pale, white or light brown skin
- Have freckles or red or fair hair
- Tend to burn rather than tan
- Have many moles
- Have skin problems relating to a medical condition
- Have a family history of skin cancer

How to deal with sunburn!

It is important you protect your skin from the lobster look however, if you do get sunburn, these are our go to tips:

- Sponge sore skin with cool water, then apply soothing after sun cream or spray like aloe vera.
- Painkillers such as paracetamol or ibuprofen will ease the pain by helping to reduce inflammation caused by sunburn.
- Stay out of the sun until all signs of redness have gone.
- Seek medical help if you feel unwell or the skin swells badly or blisters.

How to cool down!

How to cool down if you or someone else has symptoms of heat exhaustion:

- Move to a cooler place such as a room with air conditioning or somewhere in the shade.
- Remove all unnecessary clothing like jackets and socks
- Drink cool water, a sports or rehydration drink or eat cold and water rich foods like ice lollies.
- Apply cool water by spray or sponge to exposed skin. Using cold packs wrapped in a cloth under the armpits or on the neck can also help.

Man Health!

ManHealth are the only voluntary sector organisation using a proactive approach to address the crisis in men's health. ManHealth enable men to find or change direction in their lives and provide them the tools to thrive in their lives and become the best version of themselves. ManHealth provide workshops and training on health to empower businesses to engage men and drive change. ManHealth provide weekly ongoing peer support services to men across the North East of England. Sessions are led by men with lived experience and provide hugely valued weekly respite and a safe place for men to discuss how they feel. Chester-Le-Street local support group is held on **Tuesdays 6:00pm–8:00pm at Bullion Hall, DH2 2DW.**

Mates in Mind!

Mates in Mind is a leading UK charity raising awareness and addressing stigma of poor mental health. They promote and lead on the development of positive mental wellbeing within the workplace. Mates in Mind works across industries, focusing on construction, as well as related sectors including transport, logistics, manufacturing and others. Four in five suicides are by men, with suicide the biggest cause of death for men under 35. Mates in Mind aims to provide clear information to employers about the available support and guidance on mental health and wellbeing. If you need to talk there are many helplines staffed by trained people ready to listen. Visit their website for further information: www.matesinmind.org