

# NEWSLETTER

Winter 2025

**GREAT LUMLEY SURGERY**

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

"Kindness is like snow—it beautifies everything it covers."



**Dr Sheard  
Dr Briggs  
Dr Skelton**

## SURGERY OPENING TIMES

**Monday**  
8:00am—7:00pm  
**Tuesday—Friday**  
8:00am—6:00pm  
**Saturday**  
9:00am—5:00pm

We would like to  
take this time to  
wish all of our  
patients a  
Merry Christmas  
and a Happy,  
Healthy New Year!  
Thank you for your  
continued trust  
throughout the  
year. We look  
forward to  
continuing to care  
for you in the year  
ahead.

### Christmas Opening Hours!

- Wednesday 24th December—Normal working hours
- Thursday 25th December—Closed
- Friday 26th December—Closed
- Saturday 27th December—Extended access hours (hub for Chester-Le-Street practices offering pre-bookable appointments only and those referred from NHS 111. Please note this is **not** a walk-in service)
- Monday 29th December to Wednesday 31st December—Normal hours
- Thursday 1st January—Closed
- Friday 2nd January—Normal working hours

If your repeat prescription is due over the festive holidays, please order it by **lunchtime Friday 19th December** so our pharmacy elves can prepare your medication on time.

Remember, if you need medical assistance whenever the practice is closed, please call **999 for life threatening emergencies** such as:

- Major accident or trauma
- Severe bleeding
- Persistent/severe chest pain
- Suspected stroke
- Severe breathlessness
- Loss of consciousness

Or Call NHS 111 when you need medical help fast **but** it is not a life-threatening emergency. NHS 111 is available 24/7, every day of the year and is free from all landlines and mobiles.

#### Call 111 when:

- You need medical advice/help but its **not** a 999 emergency
- You think you need to attend A&E or another NHS urgent care provider
- Your GP surgery is closed and you need healthcare advice but you cannot wait until your surgery re-opens

You can also visit **NHS 111 online** by going to [111.nhs.uk](https://111.nhs.uk)

Please note: during normal practice opening hours, the practice remains your first point of contact for non-life threatening emergencies.

### Meet Louise, our new admin apprentice:

Hi, my name is Louise. I am the new Admin Apprentice at Great Lumley surgery. I've been here since the 1<sup>st</sup> of September and I'm enjoying every moment so far! A bit about me, I have 2 gorgeous dogs, Daisy and Poppy. I enjoy taking them out on walks or little car trips as they love sticking their head out the window (strange I know). I also like to explore new places with friends and family during my time off, this could be the Lake District, or shopping and going out for food - depending on the mood. That's all about me and I look forward to my future here and meeting every one of you!  
Welcome to the team Louise!

### Meet Katherine, our new care coordinator:

Hi, my name is Katherine and a lot of you will remember me from my time as a Receptionist at the surgery. After taking some much needed time away from the surgery I'm pleased to re-introduce myself as your new Care Coordinator. I'm excited to have returned refreshed and ready to support our patients and team. As a Care Coordinator my aim is to offer the highest level of care and support, making your health care journey smoother, more fluent and easier to navigate. Please don't hesitate to reach out - I'm here to help!  
Welcome back to the team Katherine!

**Dr Sheard  
Dr Briggs  
Dr Skelton**

The Surgery  
Front Street  
Great Lumley  
Chester-Le-Street

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



### Respiratory Hub

Chester-Le-Street Primary Care Network have a Acute Respiratory Infection Hub which is open daily Monday—Friday (excluding bank holidays) for adults and children with acute respiratory symptoms.

Our reception team can book an appointment for you if you are showing signs of needing urgent treatment.

The service will run until the end of February, helping us through those cold winter months!

### Flu Season!

Flu cases are on the rise—make sure your festive season is un-flu-gettable!

Have you had your flu vaccine? Getting your flu vaccine is one of the best ways to stay healthy and protect the people you love this winter.

It's quick, its safe and it helps keep our communities well.

Protect yourself and those around you: ring our reception team to book your flu jab today!

**#BeWiseImmunise**

### Samaritans

If you need help and support over the Christmas period, Samaritans are open 24 hours a day, 365 days of the year. Whatever you're going through, you can call Samaritans at any time, FREE from any phone on **116 123**. You can also talk to someone via email, write a letter, chat online or using the Samaritans self-help app.

**Remember you are not alone,  
please seek help**

### Eating disorder Awareness Week!

Eating Disorder Awareness Week 2026 will take place from Monday 23rd February to Sunday 1st March 2026.

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much, or too little, or worrying about your weight or body shape.

Beat Eating Disorder's mission is to end the pain and suffering caused by eating disorders. Their national helpline exists to encourage and empower people to get help quickly, because they know the sooner someone starts treatment, the greater their chance of recovery. Beat supports not only the patient, but family and friends, equipping them with essential skills and advice.

Read more about Eating Disorders by visiting Beats website:  
[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

### Dry January!

Whether it's to give your fitness goals a boost, put a few pounds back in the bank account or to feel fresher as you boss that alcohol-free streak, the Dry January challenge is your chance to reset your relationship with alcohol at the start of the year and beyond.

Alcohol misuse is when you drink in a way that's harmful, or when you're dependant on alcohol. To keep health risks from alcohol to a low level, both men and woman are advised not to regularly drink more than 14 units of alcohol a week.

#### Risks of alcohol misuse

##### Short Term Risks:

- Accidents and injuries requiring hospital treatment.
- Violent behaviour and being a victim of violence.
- Unprotected sex that can lead to unplanned pregnancies or STIs.
- Alcohol poisoning, may lead to vomiting and seizures.

##### Long Term Risks:

- |                 |                |
|-----------------|----------------|
| • Heart disease | • Stroke       |
| • Liver disease | • Liver cancer |
| • Bowel cancer  | • Mouth cancer |
| • Breast cancer | • Pancreatis   |

##### Getting help:

If you're concerned about your drinking or someone else's, a good step is to see your GP. They are able to discuss the services and treatments available.

Take part in Dry January, 31 days of no alcohol!

Download the "Try Dry" app to keep on track, see your winning streaks and get daily motivational messages.

### World Cancer Day!

Cancer is a disease that occurs when there are changes in cells within the body that lead to uncontrolled, abnormal growth forming a lump called a tumour. If left untreated, tumours can grow and spread into the surrounding normal tissue or to other parts of the body via the bloodstream and lymphatic systems. This can affect the digestive, nervous and circulatory systems or release hormones that may affect body function.

#### Prevent Cancer!

Limit alcohol intake, limit tobacco use, exercise regularly, maintain a healthy weight, reduce exposure to ultraviolet radiation from the sun and avoid tanning beds.

If you or someone you care about has been diagnosed with cancer, Macmillan are here to help.

The Macmillan Support Line remains available throughout the festive season, though some teams may operate reduced hours.