NEWSLETTER

Winter 2024

GREAT LUMLEY SURGERY

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

One kind word can warm three winter months.

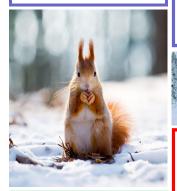


Dr Sheard Dr Briggs Dr Skelton

SURGERY OPENING TIMES

Monday 8:00am—7:00pm Tuesday—Friday 8:00am—5:45pm Saturday 9:00am—5:00pm

TELEPHONE HOURS Monday—Friday



We would like to take this time to wish all of our patients a Merry Christmas and a healthy New Year. Please reach out to our reception team if you have any concerns around finances or bills, we can ensure you find the right support with the help of our social prescriber!

Spotlight on!

We are introducing a "spotlight on" feature to the newsletter and this time we are highlighting First Contact CYP Mental Health Practitioner. Keep an eye on future newsletters for further information on other services offered by us.

First Contact CYP Mental Health Practitioner

Do you have a child under the age of 18 who struggles with their mental health? There are a number of areas where we can offer support to your child without the need to see a GP first. Even if your child is already known to mental health services, we can still help with any new mental health needs.

Some of the areas the CYP Mental Health Practitioner can support you and your child with are:

- Low mood
- Sleep
- Depression
- . Worry/panic
- Eating difficulties
- Reduced motivation
- Emotional/behavioural difficulties •
- Minor self-harming behaviour
- Anxiety
- Tearfulness
- Psychosis
- Feeling snappy/irritable
- Stress
- OCD
 - Young people on the neuro
 - pathway

Appointments can be made both in person or over the phone and can be held at most surgeries within the Chester le Street area. Once you have had your first appointment, the CYP Mental Health Practitioner will then work with you and your child to make a plan for the best way forward. This could range from further appointments here at the surgery, signposting to other agencies or referrals into specialist services.

If you think we can help, please contact Reception for further details.



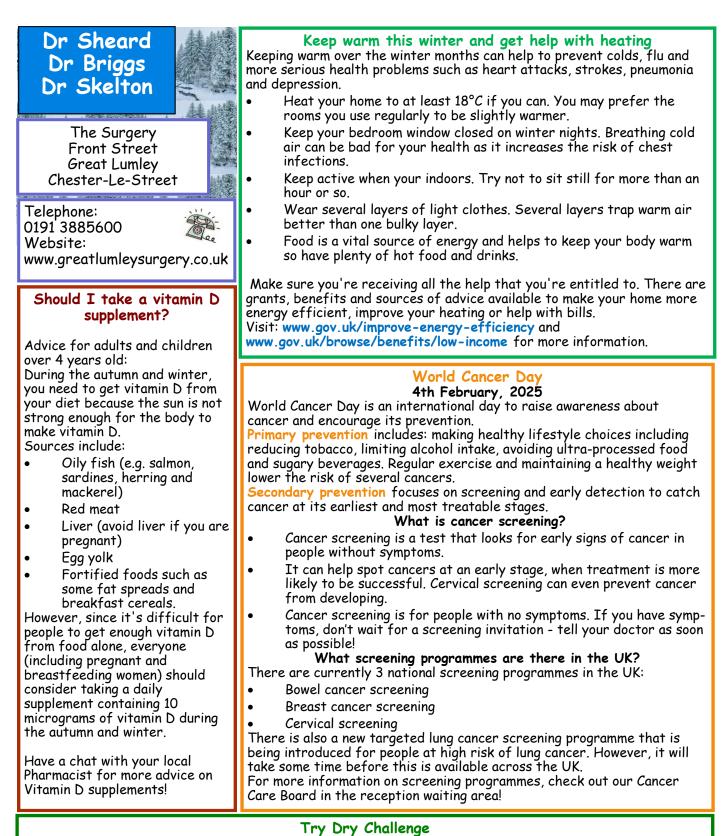
Meet Beth, our new practice nurse:

Hi, my name is Beth. I am the new Practice Nurse at Great Lumley Surgery. I grew up in Lumley myself (although I don't live here anymore) so I absolutely love being back for work and seeing some familiar faces. I finished my Nurse training 5 years ago and have since worked in maternity, A&E and as a district nurse. In my spare time I love spending time with my animals. I have a horse, 2 cats and a dog. I love spending hours walking with my dog Penny. She is a rescue from the RSPCA and is usually eating things' that she shouldn't! I look forward to meeting all of you, and hope to be a friendly face to you all in the surgery.

Welcome to the team Beth!

Respiratory Hub

The University Hospital of North Durham have set up an Acute Respiratory Infection Hub which is open between 8am to 12pm Monday—Friday 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!



Do you want to:

Feel healthier? Give your mental health a boost? Save money? Feel more rested? Have more energy? If that sounds like you, take on the 31 day alcohol-free challenge with Alcohol Change UK for a total body and mind reset. Alcohol UK will be with you every step of the way. Visit www.alcoholchange.org.uk to sign up today. Stop saying "one day" and get ready for your day one instead.

If you are worried about your alcohol intake please speak with our reception team who can signpost you to the drug and alcohol services or one of our social prescribers.

The NHS App!

Our phonelines are extremely busy so please remember to download the NHS App! You will be able to book/ cancel appointments, order repeat prescriptions, view your record and check your symptoms!