

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!

**Dr Sheard
Dr Briggs
Dr Skelton**

The Surgery
Front Street
Great Lumley
Chester-Le-Street

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0191 3885600
Website:
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Should I take a vitamin D supplement?

Advice for adults and children over 4 years old:
During the autumn and winter, you need to get vitamin D from your diet because the sun is not strong enough for the body to make vitamin D.
Sources include:

- Oily fish (e.g. salmon, sardines, herring and mackerel)
- Red meat
- Liver (avoid liver if you are pregnant)
- Egg yolk
- Fortified foods such as some fat spreads and breakfast cereals.

However, since it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.

Have a chat with your local Pharmacist for more advice on Vitamin D supplements!

Keep warm this winter and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

- Heat your home to at least 18°C if you can. You may prefer the rooms you use regularly to be slightly warmer.
- Keep your bedroom window closed on winter nights. Breathing cold air can be bad for your health as it increases the risk of chest infections.
- Keep active when your indoors. Try not to sit still for more than an hour or so.
- Wear several layers of light clothes. Several layers trap warm air better than one bulky layer.
- Food is a vital source of energy and helps to keep your body warm so have plenty of hot food and drinks.

Make sure you're receiving all the help that you're entitled to. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.

Visit: www.gov.uk/improve-energy-efficiency and www.gov.uk/browse/benefits/low-income for more information.

World Cancer Day 4th February, 2025

World Cancer Day is an international day to raise awareness about cancer and encourage its prevention.

Primary prevention includes: making healthy lifestyle choices including reducing tobacco, limiting alcohol intake, avoiding ultra-processed food and sugary beverages. Regular exercise and maintaining a healthy weight lower the risk of several cancers.

Secondary prevention focuses on screening and early detection to catch cancer at its earliest and most treatable stages.

What is cancer screening?

- Cancer screening is a test that looks for early signs of cancer in people without symptoms.
- It can help spot cancers at an early stage, when treatment is more likely to be successful. Cervical screening can even prevent cancer from developing.
- Cancer screening is for people with no symptoms. If you have symptoms, don't wait for a screening invitation - tell your doctor as soon as possible!

What screening programmes are there in the UK?

There are currently 3 national screening programmes in the UK:

- Bowel cancer screening
- Breast cancer screening
- Cervical screening

There is also a new targeted lung cancer screening programme that is being introduced for people at high risk of lung cancer. However, it will take some time before this is available across the UK.

For more information on screening programmes, check out our Cancer Care Board in the reception waiting area!

Try Dry Challenge

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!