

NEWSLETTER

Spring 2025

GREAT LUMLEY SURGERY

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

Spring begins in the heart, where hopes bloom and dreams take flight



**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—6:00pm



Spotlight on!

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

Social Prescribing Link Worker (SPLW)

Social prescribing offers one to one support with a link worker who will listen, support, and connect people to improve their health and wellbeing. We support those whose health and wellbeing has been adversely affected by their social circumstance (e.g. housing issues, unemployment, isolation, family relationships, stress and anxiety, confidence and low self-esteem etc.). As social prescribing link workers we link people up with support in the community to help them achieve their health and wellbeing goals through understanding 'what matters to me'. If you feel this service could help in any way please just contact reception for further information.

Surgery Updates!

Meet Rachael, our Pharmacy Technician:

Hi, my name is Rachael and I am the new pharmacy technician here at Great Lumley Surgery. I grew up between Washington and Houghton and now live in Durham. I am a mummy to three children and two dogs and I love running, going to the theatre and baking in my spare time. I have almost 20 years experience (I feel old now!) working in both hospital and primary care and feel very lucky to be able to work in a local GP surgery where I can interact with and get to know patients and staff much more. I have loved my first month at the surgery, the team here are really kind, helpful and rather funny! I look forward to meeting more of you as time goes on, and if you don't see me you're extremely likely to hear me!

Welcome to the team Rachael!

The children at **Great Lumley Primary School** have kindly drawn us some pictures to display in the surgery. The children said they wanted to make people feel better and



feel happy and joyful when visiting the surgery. They want their paintings and drawings to bring happiness and to brighten everyone's day up. Please look out for the drawings around the surgery!

**Thank you for your kindness
Great Lumley
Primary School!**

Meet Madi, our newest receptionist:

Hi, my name is Madi and I've just recently joined Great Lumley Surgery as a Receptionist. I'm so excited for what's to come! Previously, I worked in the M&S garage in Chester le Street but found myself eager for a change. When the opportunity arose for a receptionist role at Lumley Surgery, I was so keen to get started and face this new chapter head on. I left school right in the middle of Covid in 2020 with little clue of what I wanted to do, but I really feel like I've found the perfect role for me. Outside of work I really enjoy going to the cinema, going for walks with my dogs (when it's sunny!) and most of all spending time with my family. I really look forward to meeting you all and becoming a familiar face!

Welcome to the team Madi!

**Dr Sheard
Dr Briggs
Dr Skelton**

The Surgery
Front Street
Great Lumley
Chester-Le-Street

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



Deaf Awareness!

Deaf Awareness Week is a significant time dedicated to increasing public understanding of Deaf culture, history, and the challenges faced by the Deaf community.

Did you know we have a number of reasonable adjustments we can make here at the surgery to help with communication?

We can also arrange BSL interrupters for any booked appointments you have.

5k Pretty Muddy

One in two people will be diagnosed with cancer in their lifetime. Every single pound you donate makes a difference to Cancer Research UK's groundbreaking work.

In light of this 11 members of our Great Lumley Surgery team have signed up for 'Pretty Muddy'. This is a charitable event to raise funds in aid of Cancer Research UK.



SCAN ME

Scan our Surgery QR code to donate!

Mental Health Week

12th-18th May

The theme is set by the Mental Health Foundation every year, and for 2025 it's 'community'. Community is an ideal theme for Mental Health Awareness Week. Social connections and community are vital for mental health and wellbeing. Through meaningful relationships and community participation, we gain support systems that help us navigate life's challenges. Communities provide emotional support, companionship, and a sense of belonging that reduces isolation. Strong community networks offer practical and emotional assistance during difficult times, helping people build resilience and find purpose through shared experiences and mutual support.

Within our Primary Care Network we have 9 Mental Health Service and Resources that we can signpost you to. Please reach out to us if you are struggling, our reception team will ask you to share some further information with them to ensure you are seen by the most appropriate person. Some of these services mean you do not need to wait to be seen they are classed as a First Contact service and this means we can book you in directly with the best team.

Please remember you can always self refer to Talking Changes
0191 333 3300, [ifucareshare](http://ifucareshare.org), giveusashout.org and
Samaritans: 116123

Dementia Awareness Week

19th-25th May

Dementia awareness week continues to raise awareness of the importance of early diagnosis for those affected by dementia. Diagnosis is vital to give people access to the care, treatment and support they desperately need. If you're worried about yourself, or someone close to you, please reach out to our reception team to help signpost you. For more information and resources, you can visit the Alzheimer's Society website.

Men's Mental Health Week!

9th-15th June

An annual event that focuses on raising awareness of men's mental health and promoting open conversations. The week encourages men to prioritize their wellbeing, seek help when needed and challenge negative societal expectations around masculinity. If you need us we are here!

Don't need it? Don't order it!

Unused prescription medicines cost the NHS in the UK £300million every year! This could pay for:

- 11,778 MORE community nurses or
- 80,906 MORE hip replacements or
- 19,799 MORE drug treatment courses for breast cancer or
- 300,000 MORE drug treatment courses for Alzheimer's or
- 312,175 MORE cataract operations

'Only order what you need'

There is a new campaign which aims to encourage people to 'only order what you need' when requesting medicines by using a few simple steps:

- Checking cupboards before ordering prescriptions
- Only order what's needed, avoid stockpiling medicines
- Check prescriptions when they are collected from the pharmacy and handing back what isn't needed

By doing your part and only ordering what you need, you are helping to reduce the cost of wasted medicines, meaning these savings could be put towards other health services.

Armed Forces Day

28th June 2025

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

Did you know Great Lumley Surgery is accredited by the Royal College of General Practitioners as Veteran Friendly? This is in recognition of the support we give to our former servicemen and servicewomen from all three services. We always strive to keep our records up to date. If you have ever served in HM Forces, either Regular or Reserve, please ask to complete our questionnaire to ensure you also have the right support available to you.

You can find more support on our surgery website:
www.greatlumleysurgery.co.uk