



# NEWSLETTER

Autumn 2021

**LUMLEY SURGERY**

**Dr Sheard  
Dr Briggs**



## SURGERY OPENING TIMES

**Monday - Friday  
8:15am-5:45pm**

We are currently closed on Saturdays whilst we help to cover the flu and COVID clinic

## TELEPHONE HOURS

**Monday - Friday  
8:00am-6:00pm**



**Flu Season and COVID booster information overleaf**



**Autumn:** the crisp, spicy, jewel-toned breath between the dancing heat rays of summer and the frigid iceland of winter. Enjoy each crackling leaf, each crunchy apple and each carved pumpkin.  
**Happy Autumn!**

## WORLD MENTAL HEALTH DAY!

World Mental Health Day is fast approaching so we would like to take this opportunity to remind you of some important contacts. Please use these contacts and pass to anybody you think may benefit from speaking to somebody.

**"It's ok not to be ok":**

- \* Samaritans telephone: 116 123
- \* Community hub: 03000 260 260
- \* If U Care Share: 0191 387 5661

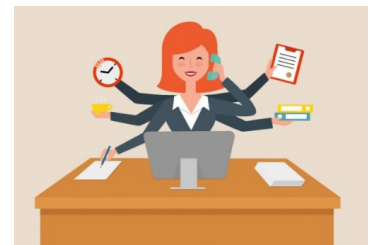
- \* Crisis service: 03000 200 317
- \* Talking Changes: 0191 333 3300
- \* Text 'SHOUT' to 85258

# Meet the Staff!

### Meet Sarah:

Hi everyone,  
Most of you will already know me, as I have now been a part of the Great Lumley Surgery family since November last year, so no big introduction needed.  
I loved being a part of our awesome reception team. BIG thank you to the girls for making me feel so welcome and showing me the ropes.  
I was ready for a new challenge, so when the opportunity of progressing to a new role, to learn more about general practice came up, I decided to go for it.  
Still part of the family, I have just moved from downstairs to upstairs. I have already learnt so much and I am really enjoying it.

Sarah 😊



### Welcome Lisa, our new Health Care Assistant:

Hi, my name is Lisa and I live in County Durham. I have worked in the NHS since 2003; working in A&E and Theatre but mainly in General Practice. I like to go camping when I can and I'm going to be a Grandma next year! So I'm looking forward to spending time with my grandchild.

Welcome to the team Lisa!



### Welcome Lia, our newest apprentice:

Hi Everyone!  
My name is Lia Bryant and I am the new apprentice here at Great Lumley Surgery. I am currently completing my level 2 Customer Service course and I hope one day to become a nurse. I am very happy, cheerful and I am excited to meet more of you soon.

Welcome to the team Lia!

**Dr Sheard  
Dr Briggs**

The Surgery  
Front Street  
Gt Lumley  
Chester-le-Street

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0191 3885600  
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### Flu Season!

Thank you to everyone who has attended our flu clinics so far. On Saturday 2nd October we held a flu clinic at the Methodist and managed to vaccinate 600 patients! Thank you to all staff involved and patients who attended their appointments. We are currently waiting for more vaccines to be delivered so keep an eye on our Facebook page and website for any updates!

When booking your flu clinic appointment please book via patient access or on the NHS app where possible as our phonelines are extremely busy. Please note you do not need a link from us to do this.

Thank you for our cooperation.



### Breast Cancer Awareness Month!

With around 150 women diagnosed every day, breast cancer is the most common cancer in the UK. And, although rarer, around 390 men are also diagnosed with breast cancer every year. Please remember to attend your screening and carry out regular checks.

**Get to you know your breasts,** any changes? Speak to your GP immediately.

**TOUCH YOUR BREASTS  
LOOK FOR CHANGES  
CHECK ANY CHANGES WITH YOUR GP**

Please help us to help you by updating us with your mobile number so we can keep you updated!

### Stoptober!

Evidence shows that if a smoker quits smoking for 28 days, they are five times more likely to quit for good! Our stop smoking service is returning to the surgery at the end of November, so get in touch if you need help!

**But there's no need to wait!** You can get help now! Please contact the surgery for more details



### Dentist!

Unfortunately we are unable to see anyone at the surgery with dental issues including toothache and abscesses. Dentists are trained in treating diseases and conditions that affect oral health. A dentist can also prescribe medication relating to these conditions. Got a dental problem? Ring your dentist!



The number one asked question:

### "What's happening with COVID boosters?!"

As of Wednesday 29th September our booster clinics have started at Pelton Fell Rose. Patients will be called in order (like the last time) to book their appointments. You **MUST** have a 6 month gap between your second vaccination and your booster otherwise we will be unable to vaccinate you. Some patients with specific conditions will have a third vaccine followed by a booster 6 months later. You will be notified if you are one of these patients.

"I've just had my flu vaccine, can I still have my booster?" Absolutely! Research has shown that you don't need to have a gap between your flu vaccine and COVID vaccine.

### MacMillan Coffee Morning!

The staff at Great Lumley Surgery took part in a coffee morning on Monday 27th September to help raise money for MacMillan Cancer Support. We took some time to try some delish cakes, play games and raise money for an amazing charity!

### A Polite Notice!

Our staff are extremely busy as we yet again hit one of the busiest times of the year. We are trying our hardest to book flu vaccinations, COVID boosters, annual reviews and to help all new queries! So if your wait time is a little longer, please be patient! We will get to you as soon as we can 😊

