

NEWSLETTER

Autumn 2025

GREAT LUMLEY SURGERY

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

"Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow."



**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

Spotlight on!

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

Sexual Health Services (CASH Clinic)

Did you know you can access sexual health services without seeing your GP first. Please contact the service directly for friendly, non-judgemental advice on any matters related to sexual health including:

- Contraception
- Emergency contraception over 72 hours, for age 13 and over
- Free condoms and lubricants for 13-24 year olds
- All sexually transmitted infections (STI) - testing, treatment and care
- Smear advice, including cervical screening

Contraception booking line: 0191 372 8700

County Durham North GU Hub: 0191 333 2660

Ask reception for further information!

Surgery Updates!

Rachel (was our practice nurse) has a new role within the surgery:

Happy Autumn Lumley!

I would like to take this opportunity to introduce myself in the context of my new working role here at the surgery. I have been a qualified registered adult nurse for 20 years, and prior to starting here at Lumley 5 years ago as a practice nurse, my nursing career was spent in Accident and Emergency, Cardiothoracic Intensive Care and Pre Hospital Emergency Medicine. In January 2024 I returned to university, and I am currently undertaking a 3 year master's degree in Advanced Clinical Practice at Northumbria. There are 4 pillars of ACP as set out by Health Education England (2025): Clinical, Leadership, Research and Education. Clinically once qualified I will be working at the level of a middle grade doctor, and my course involves specialist primary care training. The other 3 pillars ensure I am working towards critically appraising clinical guidelines and research to bring gold standard evidence-based practice to the patients of Lumley and sharing all new learning with the team within the ever-evolving landscape of healthcare. In clinical setting, you may see me for long term condition reviews, or indeed presentations for acute or chronic illness. Rest assured, I will be working under close supervision of the senior partners during my training and will always seek advice and peer review. I am passionate about lifestyle medicine and providing holistic support to all our patients and look forward to working with you all for years to come.

Meet Dr Everett, our newest GP:

Having previously completed a training post at Great Lumley Surgery in 2022, I am so excited to now be back as a fully qualified GP. Originally from down South, I started my training at Newcastle University in 2013 and my wife and I have stayed in the region ever since. We love travelling, being active and are into our food and drink. The North East definitely compliments us and we look forward to our future roles within it!

Welcome to the team Dr Everett!

Goodbye Dr Portergill:

After over 30 years of working at Great Lumley Surgery, Dr Portergill is sadly retiring at the end of October. We know many of you will join us in wishing Dr Portergill all the very best for a happy and well-earned retirement. From all of us at Great Lumley Surgery, thank you Dr Portergill for being part of our team and **congratulations on your retirement!**

**Dr Sheard
Dr Briggs
Dr Skelton**

The Surgery
Front Street
Great Lumley
Chester-Le-Street

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



Lung Cancer Awareness!

Lung Cancer Awareness month is in November and the month aims to increase public awareness of lung cancer symptoms, promote risk reduction and connect people with support.

Lung Cancer is one of the most common and serious types of cancer with more than 43,000 people being diagnosed with lung cancer every year in the UK.

Many people with lung cancer eventually develop symptoms including:

- A persistent cough for 3 weeks or more
 - Coughing up blood
- Persistent breathlessness
- Unexplained tiredness and weight loss
- An ache or pain when breathing or coughing

See your GP if you have any symptoms of lung cancer!

Lung Cancer Prevention.

- Stop smoking
- A balanced diet
- Regular exercise

Please visit NHS England and Macmillan cancer support website for more information.

Little Orange Book!

As Autumn begins we will start to see the return of common self-limiting infections. The little orange book is a fabulous tool that offers expert advice on helping babies and young children when they're feeling poorly. The link to access the 'Little Orange Book' can be found on the homepage of our website:
www.greatlumley.co.uk

Covid and flu season!

We have officially started our covid and flu clinics this Autumn! We will be vaccinating throughout October and November and we would greatly appreciate you supporting the practice by getting your flu vaccine with us so our vaccines don't go to waste.

As always along with the flu vaccines, we will be co-administrating the Autumn Covid booster to those patients who are eligible. Please note the change of criteria for the covid Autumn booster this year:

- Adults aged 75 years and over
- Residents in a care home for older adults
- Individuals aged 6 months and over who are immunosuppressed, as defined in the Covid-19 chapter of the UK Health Security Agency (UKHSA) Green Book on immunisation against infectious disease

We plan the number of appointments in each covid clinic based on the stock we have so the vaccines don't go to waste. Once the vial of the covid vaccine has been opened, this must be used within 6 hours otherwise it will need to be thrown away. Please only book into a covid clinic if you are wanting the covid Autumn booster. We have separate clinics for flu vaccine only.

Please help vaccine and money wastage by attending the appointment you have booked!

If you would like to decline the covid or flu vaccine, please let us know so we can update your records and prevent us sending further text reminders this season.

Bowel Cancer!

Bowel cancer is one of the most common types of cancer in the UK with almost 44,000 people being diagnosed with bowel cancer every year. Bowel cancer is found anywhere in the large bowel, which includes the colon and rectum. The bowel is part of your digestive system and helps absorb water from your food and removes waste from your body.

Symptoms of bowel cancer

- Blood in your poo
- Changes in your poo
- Bloating
- Tummy pain
- Loosing weight without trying
- Bleeding from the bottom

How to lower your risk?

- Eating a healthy diet
- Being a healthy weight
- Increase physical activity
- Keep hydrated
- Reduce alcohol intake
- Give up smoking
- Eat less red and processed meat

See your GP if you have symptoms of bowel cancer for 3 weeks or more.

Common cold!

You can often treat a cold without seeing a GP. You should begin to feel better in 1 to 2 weeks.

Symptoms of a cold:

- Sneezing
- Sore throat
- Hoarse voice
- Itchy, blocked or runny nose
- Cough
- Feeling tired and unwell

How you can treat a cold yourself:

- Get plenty of rest
- Drink lots of fluids
- Breathe in steam to ease a blocked nose
- Gargle salt water to soothe a sore throat
- Drink a hot lemon and honey drink
- Eat healthy food

A pharmacist can help with cold medicines!