



# NEWSLETTER

December 2020

**LUMLEY SURGERY**

**Dr Gooding  
Dr Sheard  
Dr Briggs**

From all of the staff at Great Lumley Surgery we would like to wish you a Merry Christmas and a very Happy New Year! We hope 2021 brings health, happiness and positivity to you all.



## Meet the Staff!



**SURGERY OPENING TIMES**  
Monday - Friday  
8:15am-5:45pm  
and  
Saturday  
8am-1pm  
**TELEPHONE HOURS**  
Monday - Friday  
8:00am-6:00pm

**Meet Sarah, our newest receptionist:**  
You should all of course know me by now. But HELLO, my name is Sarah. I recently started at Great Lumley Surgery in November as your new receptionist. After being with my previous employer 10years, I was quite nervous to start somewhere new, but soon realised there was no reason to be. You have all been extremely welcoming and kind, so thank you for that. After working from home for the majority of 2020, (with a husband and 2 kids) it's great to have a place of work again. I hope you enjoy having me here as much as I enjoy being here

**Meet Shauna, our apprentice:**  
Hi, I'm Shauna the new admin apprentice, here at great Lumley surgery. I've only been here for just over a week and all of the staff have been very welcoming. I am really starting to enjoy working in the surgery along side all of the lovely staff who work here.



**Meet Debra, our health care assistant:**  
I have worked in general practice for 5 years, 2 years as reception staff and 3 years as HCA. Previous to this I managed post offices for 10 years but felt like i needed a new challenge. Patient care is my highest priority but I must admit I do love a chat so you may hear my laugh before you see me! I started my new post 5 weeks ago and I have been given a lovely warm welcome by patients and colleagues and look forward to meeting you all in future



## Christmas Word Search

C	D	E	C	E	M	B	E	R	U	S	T	O	R	V
G	H	D	W	A	R	E	C	R	A	O	S	R	I	P
I	A	R	R	E	I	N	D	E	E	R	A	B	E	R
N	S	L	E	I	G	H	E	J	A	N	S	R	C	E
G	N	G	A	S	E	O	G	I	S	A	N	T	A	S
E	O	S	T	O	C	K	I	N	G	M	O	J	N	E
R	R	I	H	L	V	C	N	G	D	E	R	O	D	N
B	T	C	A	O	I	D	G	L	D	N	T	L	Y	T
R	H	A	M	E	L	G	E	E	A	T	H	G	C	S
E	L	V	E	S	G	L	H	D	E	S	P	H	A	L
A	I	C	R	D	A	S	Y	T	Y	C	O	T	N	E
D	C	H	R	I	S	T	M	A	S	X	L	S	E	E
A	R	A	Y	B	R	E	A	S	A	N	E	R	A	F
C	A	R	O	L	S	W	R	W	I	N	T	E	R	S
S	T	G	I	N	G	L	L	Y	O	R	N	A	S	T

- CANDY CANE
- CAROLS
- CHRISTMAS
- DECEMBER
- ELVES
- GINGERBREAD
- JINGLE
- HOLLY
- LIGHTS
- MERRY
- NORTH POLE
- ORNAMENTS
- PRESENTS
- REINDEER

- SANTA
- SLEIGH
- STOCKING
- TREE
- WINTER
- WREATH

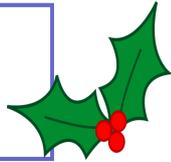


For the latest information we have on COVID-19 vaccines see overleaf

Dr Gooding  
Dr Sheard  
Dr Briggs

# COVID-19 Vaccinations

The Surgery  
Front Street  
Gt Lumley  
Chester-le-Street



Telephone:  
0191 3885600  
Website:  
[www.greatlumleysurgery.co.uk](http://www.greatlumleysurgery.co.uk)



Patients will be contacted either by their GP practice or by a central booking service for NHS England. **PLEASE help us by ensuring we have a correct and up-to-date mobile number.** If your GP has a mobile for you, you will be able to book your own appointment by following a link in the text. It is really important that if you wish to have the vaccination you respond immediately so the GP's can manage the clinic appointments so no appointment slots are left unused and no vaccinations are wasted. All clinics will be at the Pelton & Fellrose Branch Surgery Site. We are still waiting on verification for delivery dates of the vaccinations.  
**Keep updated by visiting our surgery website!**



Not every cough is Covid.  
It could be a sign of lung cancer.

**DO IT FOR YOURSELF. Don't delay, contact your GP.**



## How many units are in your drink?



## Not every cough is COVID

Lung cancer is the third most common cancer in the UK accounting for 13% of all cancer cases. Not every cough is a COVID Cough; having a cough for three weeks or more or getting out of breath doing things you used to be able to do easily, could be signs of lung cancer. We know that the earlier cancer is diagnosed, the more treatment options are available. So, if you are concerned about a persistent cough or lack of breath don't delay, contact your GP today. The NHS is open and has introduced a range of measures to see patients safely, such as initial phone consultations and frequent hand sanitising. GPs across the North East and North Cumbria are ready and waiting to hear from you.

**We know that life can be tough sometimes and we may face difficult times. If you have been bereaved, affected by or are thinking of suicide yourself then please contact**  
**If U Care Share**  
 on 0191 387 5661 or visit [www.ifucareshare.co.uk/](http://www.ifucareshare.co.uk/)

Together we will beat cancer



## Weight Management Programme

New year new you? Are you ready to make a change to your lifestyle, lose weight and make healthier choices? Join "Wellbeing for Life" on their online workshops delivered by trained wellbeing practitioners for 8-12 weeks of FREE advice and support to find out how making small changes can improve your health and wellbeing. To sign up or for more information visit: [www.wellbeingforlife.net/](http://www.wellbeingforlife.net/)

**The prolonged use of prescription pain medication CAN LEAVE LASTING DAMAGE.**

**Long term pain medication isn't your only option!**

To find out more information or advice on pain killers visit: <https://painkillersdontexist.com/>

#PainKillersDontExist