



**LUMLEY
SURGERY**

**Dr Sheard
Dr Briggs**

SURGERY OPENING TIMES

Monday
8:15—8pm
Tuesday - Friday
8:15am-5:45pm
Saturday
8am—1pm
Sunday
8am—1pm

TELEPHONE HOURS

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



Samaritans!

If you need help and support over the Christmas period, Samaritans are open 24 hours a day, 365 days of the year. Call free from any phone on **116 123**. You can also talk to someone via email or using the Samaritans self-help app.

NEWSLETTER

Winter 2021



'Christmas isn't
a season. It's a
feeling'

From all of us here at Great Lumley Surgery we would like to wish you a Merry Christmas and a very Happy New Year!

Surgery updates:

Just like 2020, 2021 has brought many challenges and changes to us here at the surgery. As we continue to battle through the pandemic we would like to thank all staff and patients for their continued support throughout yet another difficult year. **Hot off the press!** It has been confirmed our Chester-Le-Street Primary Care Network will continue with the COVID vaccine rollout until at least the end of March due to the rising cases of the Omicron variant. We will continue to vaccinate our patients at the Pelton and Fellrose Surgery. Our only ask is that if you do have an appointment, please attend or cancel so we can offer the appointment to another patient and decrease vaccine wastage. As well as offering our services to the vaccination hub, we have restarted our extended hours at the surgery which now take place on a Monday evening 6pm-8pm for appointments only booked by the GP. We are also currently the host for our Federation so are currently open Saturday and Sunday's 8am-1pm for appointments only. It looks to be another busy year ahead!

Christmas Quiz!

1. Which country started the tradition of putting up a Christmas tree?
2. How many ghosts show up in 'A Christmas Carol'?
3. How many of Rudolph's fellow reindeers' names start with the letter 'D'?
4. What country did eggnog originate?
5. What is traditionally hidden inside a Christmas Pudding?
6. Who was killed off in the 2012 Downton Abbey Christmas special cliffhanger?
7. What colour are mistletoe berries?
8. What is the open line to Shakin' Stevens 'Merry Christmas Everyone'?
9. According to tradition, when should you have your Christmas decorations down by?
10. In Home Alone 2, who does Kevin run into in the hotel lobby?
11. In the song 'The Twelve Days of Christmas' what was the gift given on the seventh day?
12. What is the Grinch's dog called?
13. Which U.S. state was the first to declare Christmas Day as an official holiday?
14. What type of tree is most commonly used for Christmas trees?
15. What is the best-selling Christmas single of all time?

Dr Sheard Dr Briggs

The Surgery
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Chester-le-Street

Telephone:
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Website:
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Greener Environment!

Here at the surgery we are trying to help the environment by recycling and cutting down on using paper. If you haven't already, please update us with your correct contact information so we can text or email you rather than sending letters.



How many units are in your drink?

● 1 unit = 10ml of 100% pure alcohol
Two 5ml teaspoons



Just under
10 units

Wine
One bottle
of wine (13%)



Just under
2.5 units

Small wine
A 175ml glass
of wine (13%)



2 units

A pint
Ordinary strength
(3-4%) lager,
cider or bitter



1.5 units

Alcopop
A 275ml bottle
of alcopop (5%)



3 units

Pint of premium
Premium strength
(5-5.5%) lager,
cider or bitter



Just under
3 units

Large double
Two 35ml measure
of spirits (40%)



Just under
3.5 units

Large wine
A 250ml glass
of wine (13%)



1 unit

Small single
A 25ml measure
of spirits (40%)

Face Masks!

Face masks are still mandatory at the surgery. Please **do not** enter the building without one. If you are exempt from wearing a facemask we can provide you with a visor. We must continue to protect our most vulnerable patients and protect our staff so we can continue to stay open.

As more and more patients are still coming to the surgery without a facemask, if we need to provide you with a facemask we are asking for a small donation to charity in return. Thank you for your cooperation.

Christmas Closures!

As we move towards the Christmas holidays please note the following closures:

- Saturday 25th December (TBC)
- Sunday 26th December (TBC)
- Monday 27th December
- Tuesday 28th December
- Saturday 1st January (TBC)
- Sunday 2nd January (TBC)
- Monday 3rd January

Please ensure you order your medication within plenty of time.

For medical advice whilst we are closed please contact 111. For life threatening emergencies please contact 999.

Do you look after some-one?

Carers support are a one-stop shop for carers to find out about local information and support. Services include: a listening ear, access to grants and funding, help with completing forms and training on various topics. For more information call: 0300 005 1213

Reminder! We are an Armed Forces veteran friendly accredited practice. Please see our website for more info!

Christmas Quiz Answers!

1. Germany
2. Four: former business partner Jacob Marley and the spirits of Christmas Past, Present and Future.
3. Three—Dancer, Dasher and Donner
4. Britain
5. A coin
6. Matthew Crawley (Dan Steves)
7. White
8. "Snow is falling, all around me"
9. January 5th
10. Donald Trump
11. Seven swans a-swimming
12. Max
13. Oklahoma
14. Nordmann Fir
15. Bing Crosby—'White Christmas' according to the Guinness Book of Records



Citizens Advice!

7 Key issues Citizens Advice are seeing are:

- Debt
 - Employment
 - Energy
 - Hardships
 - Relationships
 - Under Claiming
 - Universal Credits
- For help from Citizens Advice please call **0300 323 1001** or ask your GP to refer you to the Healthier & Wealthier team