



**GREAT LUMLEY
SURGERY**

**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—12:00pm
And
1:00pm—6:00pm



Pumpkin Competition!

Thank you for voting in our pumpkin carving competition! We hope you loved our pumpkins as much as we loved carving them. We managed to raise £38.96 which we donated to the Alzheimer's Society, a charity close to our hearts. Thank you to all who took part.

NEWSLETTER

Winter 2023



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

Flu Vaccines!

Have you been invited for your flu vaccine and haven't received it yet? Are you still wanting to have one? Although we have finished our planned flu clinics, we still have flu vaccines left in stock so please contact the surgery on **0191 388 5600** to book an appointment.

Christmas Closures!

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

- Saturday 23rd December—**Extended access**
- Sunday 24th December—**Closed**
- Monday 25th December—**Closed**
- Tuesday 26th December—**Closed**
- Saturday 30th December—**Extended access**
- Sunday 31st December—**Closed**
- Monday 1st January—**Closed**

Extended access—the surgery is a hub for Chester-Le- Street practices offering pre-bookable appointments and those referred from 111. Please note this is not a walk-in service.

Please note the surgery phonelines aren't open on weekends



Staff Updates!

Meet Rebecca, our new Receptionist!

Hi! My names Rebecca and I joined the reception team back in November. I previously worked in a high street bank. I am really enjoying my new role and feel like I have been here for years already! I am a mam of 2 young kids and the role has allowed me to have a greater work life balance. It has been lovely getting to know some of the patients already and I look forward to speaking with you all at some point (not too) soon.

Welcome to the team Rebecca!

Goodbye Tanya!

It is with great sadness we are saying goodbye to our amazing Healthcare Assistant, Tanya in the New Year. Tanya has been with us for almost two years and has been an incredible addition to our nursing team and will be a great miss by all. We wish you every success for the future.

We will miss you Tanya!

Meet Katherine, our new Receptionist!

Hi, I have been at The Surgery for almost 5 weeks now and already feel like a massive part of the team, the support I have received from both the Staff and Patients has been incredible. This role is something completely different to anything I have done before and I feel so lucky to have been given this opportunity. Lumley Surgery and the Receptionist role has allowed me to do a job I am loving and has also giving me the work life balance with my family. I'm looking forward to many happy years here!

Welcome to the team Katherine!

**Dr Sheard
Dr Briggs
Dr Skelton**

The Surgery
Front Street
Great Lumley
Chester-Le-Street

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



Junior Doctor Strikes!

We have been notified of the following Junior Doctor Strikes and will therefore have limited appointments on the following days:

- Wednesday 20th December
- Thursday 21st December
- Friday 22nd December
- Wednesday 3rd January
- Thursday 4th January
- Friday 5th January
- Monday 8th January

Please remember to be kind to our reception staff, they are doing their best and will get you an appointment as soon as they possibly can. Thank you for your patience.

Samaritans

If you need help and support over the Christmas period, Samaritans are open 24 hours a day, 365 days of the year. Whatever you're going through, you can call Samaritans at any time, FREE from any phone on **116 123**. You can also talk to someone via email, write a letter, chat online or using the Samaritans self-help app.

Remember you are not alone,
please seek help

Order your medication in plenty of time this Christmas period!

Please get prepared for the festive season and ensure you order your medication allowing a little extra time for ordering, preparation and collection/delivery of your prescriptions during this busy festive period. It can normally take 3-4 days however, during this busy period it is important to allow extra time for the pharmacy to order your medication and get your prescription ready.

Lumley pharmacy closures over Christmas and New Year are:

- Monday 25th December
- Tuesday 26th December
- Monday 1st January

Normal hours of work are Monday—Friday 8:30am to 5:45pm.

Please note the opening / closing times of pharmacies differ so please check the website or Facebook page of your pharmacy to see when you can collect your medication during the Christmas holidays!

Staying well this winter

Winter conditions can be bad for our health, especially for those people aged 65 and older and people with long-term conditions.

If you need help over the holiday period when the GP practice or pharmacy is closed, NHS 111 can help. The service is available online at 111.nhs.uk and also by phone. You can also find information at www.nhs.uk

Five things the NHS recommend you do this winter:

- ◇ Get your flu vaccination
- ◇ Come forward for your COVID-19 booster when offered
- ◇ Take advantage of financial schemes and discounts to help you pay for heating
- ◇ Contact NHS 111 online or by phone if you are worried about any symptoms
- ◇ Look out for other people who may need a bit of extra help over the winter

Where to go for the right medical help

999—Dial 999 for life-threatening emergencies

111—If you need medical help fast or think you may need to go to an emergency department use NHS 111 first (online or by phone) to get clinical advice or direction to the most appropriate services for treatment

GP/Pharmacy/www.nhs.uk—For all other medical needs, contact your pharmacy or GP practice. You can also access NHS advice and information at www.nhs.uk

Greener Prescribing!

We are currently taking part in a "Green Prescribing Project" in the hope to help with medication and packaging waste. We noticed we that we had patients with large prescription quantities for paracetamol on their regular medications. It was thought that this could lead to both a waste of medications and extra unnecessary packaging being created as some patients would order these every month, regardless of whether it was needed. We hope to see the amount of paracetamol being prescribed decreasing and therefore a decrease in medication and packaging waste. Please help the NHS and the planet by only ordering the medication you need and recycling medication packaging and inhalers at the pharmacy.

St Cuthbert's Hospice Coffee Morning!

St Cuthbert's Hospice are running a coffee morning on Monday mornings 10:00am—11:30am at Chester-Le-Street Parish Centre, Church Chare DH3 3QB. Join for a cuppa and a chat and let them know how we can help you and your community.

Community Outreach Project!

St Cuthbert's Hospice have a Bereavement Support Group every Thursday between 1pm and 2:30pm. This is a social support group for people finding their feet after a bereavement with a added bonus of learning new skills and hobbies in a safe and supported environment.

Sacriston Youth Project, Unit E, The Old Co-operative Buildings, Plawsworth Road, Sacriston DH7 6PD.