

NEWSLETTER

Summer 2025

GREAT LUMLEY SURGERY

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

* A perfect summer day is when the sun is shining, the breeze is blowing and the birds *
* are singing *



**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—6:00pm



Defibrillator in the community!

Lumley have a defibrillator in the community which is located outside of the Lumley Community Centre. This is to be used by the public in an emergency. For security purposes, you will need to ask the 999 call handler the code to be able to use the defibrillator.

Please inform others, this can help save a life!

Spotlight on!

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

Patient Advisory Service (PAS)

My name is Carole Hopper and I provide a Patient Advisory Service at Great Lumley Surgery tailored to individual patient needs. I work with patients who are employed or unemployed and can advise on:

- Job search and alternative employment including help with CV's
- Training and volunteering
- Support in disputes with employers including referrals to experts
- Discussions around adaptations to existing employment and support provided by access to work
- Access to occupational health or union support
- Information on appropriate benefits
- Support to move forward and sustain employment for those who can and encourage moving forward for those who cant

PAS can help in all these situations and many more!

Ask reception to book you in for an appointment!

Surgery Updates!

Meet Dawn, our receptionist:

Hello, my name is Dawn. After 6months of working here at Great Lumley Surgery I'm finally finding my feet. It has been fantastic getting to know our patients and their families.

Most of my working life has been in healthcare, 20plus years based in North Tyneside within a dementia assessment unit, until recent years when I worked closer to home at Aldi. This was equally as rewarding!

Outside of work I'm a proud parent of 2 young adults that bring a lot of joy and laughter to my life. During my spare time I love nothing more then being down the coast or exploring new places . Most Saturday mornings I'm a regular feature at the park run, happily cheering on the wonderful runners and walkers.

I'd like to say a huge thank you for everyone's patience and positive feedback I've had so far.

Welcome to the team Dawn!

Meet Stacey, our newest Practice Nurse:

Hi, my name is Stacey. I am the new Practice Nurse at Great Lumley Surgery. I live in the village with my partner, 5 year old son and Cooper the Cavapoo.

Prior to this role, I worked for Sunderland Royal Hospital for 11 years, 7 of those years was as a nurse on a surgical ward. In my spare time, I love exploring new places with my family in our motor home. I am looking forward to meeting you all and becoming a friendly face.

Welcome to the team Stacey!

For regular surgery and NHS updates, make sure you have requested to follow our surgery Facebook page:
"Great Lumley Surgery".

**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 dates:

- Friday 25th July
- Monday 28th July
- Tuesday 29th July

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.

Autumn Covid Boosters

The criteria for the Autumn Covid Booster has changed slightly for this upcoming winter. Vaccinations will be offered in autumn 2025 to:

- 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

Frontline health and social workers and staff working in care homes for older adults will not be eligible for a Covid-19 vaccination under the national programme for Autumn 2025. The campaign will go live from 1st October 2025 and as always, we will let all of our eligible patients know when to book their appointment. We would like to encourage you to download the NHS app and turn your notifications on for updates.

NHS App

We would like to encourage you to download the NHS app! The NHS app gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google Play or Apple Store. You can also access the same services in your web browser by logging in through the NHS website.

Within the NHS app you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- Book and manage appointments
- View your GP health record to see information like your allergies and medicines
- Book and manage Covid-19 vaccinations
- Register your organ donation decision
- Choose how the NHS uses your data
- View your NHS number
- Use NHS 111 online to answer questions and get instant advice or medical help near you
- Check the estimated waiting time for treatment at the NHS acute trust you have been referred too

You can use the QR code to the right to download the NHS app. Once you have downloaded the app, **please ensure you have turned your notifications on**. By turning your notifications on you can receive updates from both NHS England and the surgery.



Gynaecological Cancer!

Cancers that start in the female reproductive system are called gynaecological cancers. These cancer types can affect women, some transgender men and non-binary people assigned female at birth. The treatment you need depends on where the cancer started. Knowing the type of cancer means you get the correct information about it.

Cervical cancer is when abnormal cells in the lining of the cervix grow in an uncontrolled way. The cervix is part of the female reproductive system.

Ovarian cancer is when abnormal cells in the ovary, fallopian tube or peritoneum begin to grow and divide in an uncontrolled way.

Vaginal cancer is very rare. It starts in the vagina and is more common in older women.

Womb cancer is the pear shaped muscular bag that holds a baby during pregnancy. Most womb cancers start in the lining of the womb. They are also called uterine or endometrial cancer.

Vulval cancer is a rare cancer. It can start in any part of the female external sex organs, the vulva.

Are you 25-64 years old?

Do you have a cervix?

Have you had your smear?

Ask our reception team about our Gender Opt-in form!

Hay fever!

Do you have symptoms of:

- Sneezing
- Itchy, blocked or runny nose
- Red, itchy, puffy or watery eyes
- Itchy throat
- Headaches and sinus pain
- Fatigue

See your local pharmacist!

Heaven's Kitchen Mini Market!

Heaven's Kitchen Mini Market is a community ran organisation which aims to help stop good food go to landfill. Everything is donated by kind local people and businesses then packed by volunteers. Heaven's Kitchen Mini Market is open to the public between 2:00pm and 3:00pm each weekday at Great Lumley Methodist Church.

Check out their Facebook page for more information!