

Whats happening this month?



World AIDS Day is observed annually on **December 1st**. The day honours all of those who have lost their lives to AIDS (acquired immunodeficiency syndrome) and those who are infected with HIV (human immunodeficiency virus). It also raises awareness of the pandemic and the spread of the virus and aims to break misconceptions about AIDS by educating people on prevention and control of the disease.

International Day of Persons With Disabilities is a United Nations day observed annually on **December 3rd**. It raises awareness about the ways in which disabilities affect people economically, socially, and politically, and it promotes the rights of people with disabilities. It also aims to ensure the well-being and dignity of those who are disabled, by educating people to understand what it is like to live it a disability.



Human Rights Day is an international United Nations holiday celebrated on **December 10th** every year. This day aims at spreading awareness about Human Rights across the world and encouraging people to stand up and fight for their rights, regardless of where they are from.



Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate

Kelvin House, 1-2 Victor Terrace, Bearpark, Durham, DH7 7DG
Tel: 0191 373 2077
Email: nencicb-cd.a83030.bearpark@nhs.net

Gilesgate Medical Centre, Sunderland Road, Durham, DH1 2QQ
Tel: 0191 386 4242
Email: nencicb-cd.a83030.gilesgate@nhs.net

Framwellgate Medical Centre, 50 Front Street, Durham, DH1 5BL
Tel: 0191 386 6044
Email: nencicb-cd.a83030.framwellgate@nhs.net

Stay up to date with us!

Follow us on our social media for upcoming clinics, advice, resources, and much more!



Dunelm Medical Practice



Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate

Dunelm Medical Practice Newsletter December 2024



Santa's Quiet Grotto 2024



Location: Dobbies Birtley,
Durham Road, Birtley , DH3
2BQ

From 2.30pm on Friday 6th December | £12.99 per child

During your visit, they will make sure:

- All music is off
- Twinkling lights are removed or switched off
- You can choose to have your child’s gift wrapped or not
- Prior to your visit, they will email a photo of your specific grotto to prepare children for what they will see on the day

These sessions can only be pre-booked, with no queuing on the day and a reduced number of families attending in each slot .

Contact Dobbies on 0191 410 2556 to pre-book your slot.



As the countdown to Christmas begins, NHS health and care teams are advising patients to not leave it too late to order their repeat prescriptions.

People with long term health conditions including asthma, diabetes, lung and heart disease, are being reminded to ensure they have enough medication to see them through the festive season.

Many pharmacies across the region will close for Christmas on Friday 22 December and not re-open until Wednesday 27 December meaning people in need of medication over the Christmas holidays must get their prescriptions ordered by Friday 15 December.



SURGERY OPENING HOURS OVER THE FESTIVE PERIOD

Monday 23rd December : 8:30am to 6pm

Tuesday 24th December : 8:30am to 6pm

Wednesday 25th December : CLOSED

Thursday 26th December : CLOSED

Friday 27th December : 8:30am to 6pm

Monday 30th December : 8:30am to 6pm

Tuesday 31st December : 8:30am to 6pm

Wednesday 1st January : CLOSED

Tuesday 2nd January onwards : Normal working hours re-commence.

Out of Hours : NHS 111

If you need medical assistance during our closures, Call NHS 111 when it's a concern, but less urgent than 999. It's fast, easy and free, available 24 hours a day 365 days a year. Speak to highly trained advisors supported by healthcare professionals. Calls are free from mobiles and land lines.



Is it an Emergency?

If you are in any doubt, suffering chest pains or serious risk to life, then **CALL 999** immediately. **DO NOT WAIT** to ask the surgery.



The overuse of antibiotics has made them less effective and has led to the emergence of “superbugs”. Bacteria are becoming resistant to the antibiotics we take and common antibiotics no longer work against these resistant bacteria. If we don’t take antibiotics correctly today, we make it more likely they will no longer work in the future.

Antibiotics are medicines used to prevent and treat bacterial infections. Antibiotic resistance occurs when bacteria change in response to the use of these medicines.

Did you know?

- ⇒ The overuse of antibiotics makes them less effective
- ⇒ Illness and treatment may take longer to recover from
- ⇒ Infections will become harder to treat, and operations and other treatments will become more dangerous.
- ⇒ Shorter courses of antibiotics can sometimes be just as effective as longer ones

Most common infections don’t get better any quicker with antibiotics. In many cases, your immune system will do a better job of clearing the infection without the need for additional treatment!

Always follow your healthcare professional's advice on how to take antibiotics safely and effectively. Together, we can protect the power of these essential medicines.

