

Whats happening this month?



New Year's Day, celebrated on January 1st, marks the beginning of the new year in the Gregorian calendar, which is the most widely used calendar system today. This day is often associated with various traditions and customs around the world, including making New Year's resolutions, attending parties, and watching fireworks at midnight.

Dry January is a month-long challenge that encourages participants to abstain from alcohol to better understand their relationship with drinking and to explore the positive impacts of sobriety on health and well-being.



National Pharmacist Day is celebrated annually on January 12th. It is a day to honour pharmacists across different specialties and in every setting by recognizing the impact they have in health care. The day focuses on the importance of pharmacists and honours how much they impact our health and well-being.

Cervical Cancer Prevention Week is an annual event that aims to raise awareness about cervical cancer, its prevention, and the importance of regular screenings. In the UK, around 3,200 women are diagnosed with cervical cancer every year, with over 800 losing their lives.



*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 January 2025



Drinking Less

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

If you drink nearly every day, drinking less might lower your risk of having high blood pressure. With the right help, it's easier than you think.

Short-term benefits: feeling better in the mornings, being less tired and more energetic, better-looking skin, saving some money.

Long-term benefits: lower blood pressure, lower risk of stroke hypertension cancer and liver disease, lower cholesterol levels, better mood memory and quality of sleep, help with weight management.

Get medical advice before you stop drinking if you have physical withdrawal symptoms (like shaking, sweating or feeling anxious until you have your first drink of the day). It can be dangerous to stop drinking too quickly without proper help.

Download the NHS Drink Free Days app



- update and track your drink-free days
- get simple and practical tips to help you control your drinking
- receive reminders when you need it most
- celebrate milestones when you reach targets

Call Drinkline on **0300 123 1110** for free, confidential help for anyone who is concerned about their own or someone else's drinking.

How to help someone with depression



Depression has lots of possible symptoms. You may notice that someone:

- has lost interest in doing things they normally enjoy
- seems to be feeling down or hopeless
- has slower speech and movements or is more fidgety and restless than usual
- feels tired or does not have much energy
- is overeating or has lost their appetite
- is sleeping more than usual or is not able to sleep
- has trouble concentrating on everyday things, such as watching TV or reading the paper

Signs of depression in older people can include:

- empty fridges and cupboards (which suggest a poor diet)
- neglected appearance
- poor hygiene
- someone showing little joy in receiving visitors

Tips to help someone who seems down:

- let them know you care and are there to listen.
- accept them as they are, without judging them.
- gently encourage them to help themselves by staying physically active, eating a balanced diet and doing things they enjoy.

If the person you're worried about expresses suicidal feelings, you or they should contact a GP or NHS 111. You can also contact Samaritans on 116 123 for confidential 24-hour support.

Fight Back Infection

Clean hands save lives.
Help fight back infection this winter.



Cases of infectious illnesses can increase over winter.

It's that time of year again, and nasty bugs are on the increase including highly contagious infections such as flu and norovirus, also called the 'winter vomiting bug'.

The most effective thing you can do to protect yourself and prevent bugs from spreading is wash your hands.

The best way to kill bugs and germs is to wash your hands regularly with soap and water for 15-30 seconds. If water is unavailable, please rub your hands with hand sanitiser and/or wipes for 15-30 seconds.

If you do not have immediate access to soap and water, then use alcohol-based hand sanitiser.

Hand washing is particularly important when you're visiting someone in hospital or another healthcare setting.

Thank you for helping us keep everybody safe this winter.