

## Meet the Team!

### Fiona - First Contact Mental Health Nurse



Nice  
to meet  
you!

My name is Fiona Holland and I am the first contact Mental Health nurse. I can offer support either face to face or over the phone. The appointment will be 20 minutes, and, in this time, I will be able to support the GP to assess your needs, offer advice, signpost to help and support in the community, if necessary, refer you on to a more specialized service to support with your needs.

#### Suitable patients

- Mild to moderate mental health problems
- Depression, anxiety, stress, panic, difficulty/distress with emotions, feeling suicidal, feeling overwhelmed.
- Anyone feeling their mental health is relapsing.
- Those on a waiting list for treatment but feel their symptoms have worsened and need reviewed.

#### Not suitable

- People who are under secondary care services or actively receiving treatment.
- People actively harming or planning to end life
- Under 18's.

Urgent/on the day appointment would be necessary when.

- People who are in emotional distress.
- People experiencing thoughts that they would be better off dead or hurting themselves in some way.
- Appointment will consist of safety planning and liaison with other services if necessary.

If you feel you would benefit from the support of Fiona and are suitable, please contact reception.

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

Kelvin House, 1-2 Victor Terrace,  
Bearpark, Durham, DH7 7DG  
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Email: [nencicb-  
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Road, Durham, DH1 2QQ  
Tel: 0191 386 4242

Email: [nencicb-  
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## July Dunelm Medical Practice Newsletter



# July Dunelm Medical Practice Newsletter

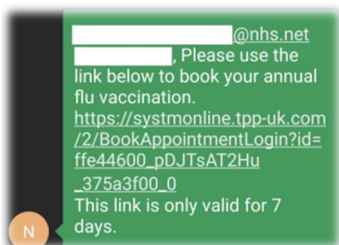
## What should I do if I receive an appointment link in a text from Dunelm Medical Practice?

We have recently introduced a new service that will allow you to book your own appointment online.

### Why Book Online?

- Convenience: Book your appointment anytime, anywhere.
- Flexibility: Choose a time slot that fits your schedule.
- Efficiency: Quick and easy booking process.

### How do I book through appointment link?



Keep an eye out for an invite text. They can be for any appointment, for example bloods/blood pressure. The link is available for 7 days.

Following the link will take you to a page where you will confirm your date of birth.

Once your details are confirmed, you can choose your appointment period. Click on the drop down box **here** if the selected period does not suit you. Select the appointment session you are happy with.

Appointment

\* Please confirm your date of birth

Day Month Year

Confirm

Available Sessions

Period  
01/05/2024 - 15/05/2024

Search

Roseworth Surgery

| Date            | From  | To    | Clinician           | Session Type |
|-----------------|-------|-------|---------------------|--------------|
| Sun 05 May 2024 | 23:00 | 23:18 | Paul Cowgill (Male) | Session >    |

Available Appointments

This is a list of available appointment times. Choose a time for your appointment and click on the row to book.

Session with Paul Cowgill (Male)  
Location: Roseworth Surgery  
Sunday 05 May 2024

| Slot Type | From  | To      |
|-----------|-------|---------|
| Slot (9m) | 23:00 | 23:09 > |
| Slot (9m) | 23:09 | 23:18 > |

Book Appointment

Click Book Appointment to confirm this appointment

Date: 05 May 2024  
Day: Sunday  
Start Time: 23:00  
Duration (minutes): 9  
Clinician: Paul Cowgill (Male)  
Appointment Type: Slot  
Location: Roseworth Surgery (Roseworth Surgery, 27-29 Roseworth Avenue, Newcastle upon Tyne NE3 1NB)

Book Appointment  
Cancel

Finally, click which appointment is best suited to yourself. Please note - your appointment will not be finalised until you have confirmed your appointment (see steps below)

To finalise your booking, please ensure you click 'Book Appointment' or your booking will not come through to us. You will know your appointment is confirmed if you get taken to the following screen.

Book Appointment

Appointment Booking Confirmed

Date: 05 May 2024  
Day: Sunday  
Start Time: 23:00  
Duration (minutes): 9  
Clinician: Paul Cowgill (Male)  
Appointment Type: Slot  
Location: Roseworth Surgery (Roseworth Surgery, 27-29 Roseworth Avenue, Newcastle upon Tyne NE3 1NB)

## Whats happening this month?



Disability Pride Month is an opportunity to raise awareness of disabilities, start positive conversations and celebrate the diversity and differences of the disabled community.

Alcohol Awareness Week will take place from 3rd to 9th of July. It is a chance to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

Alcohol Awareness Week



Talk To Us 2024 is a campaign from Samaritans. The annual event takes place from July 24th to 31st. It was created to remind us of the importance of listening, and how it can help to improve the mental wellbeing of others across the UK.

July is Good Care Month, a month that celebrates the skill of people who work in social care. When our care isn't enough, nurses, support workers, full-time carers, part-time carers, social workers and other healthcare professionals step in and do incredible work.

