

Whats happening this month?



World Autism Awareness Day, celebrated on **April 2**, raises awareness about autism and promotes acceptance and support for autistic individuals worldwide. It's a day to learn, understand, and embrace neurodiversity.

World Health Day is observed internationally on **April 7**. The day is sponsored by the World Health Organization (WHO), and every year a different global health issue is highlighted. The day also marks the anniversary of the WHO's founding and aims to remind people that health and access to healthcare are human rights. To celebrate the day, the World Health Organization holds events and activities across the world.



24-30 April is World Immunization Week 2025. The future of immunization means not only reaching millions of children who have never received a single vaccine, but protecting grandparents from influenza, babies from malaria and RSV, pregnant mothers from tetanus, and young girls from HPV.

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

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resources, and much more!



Dunelm Medical Practice



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Dunelm Medical Practice Newsletter April 2025



Ordering Prescriptions in time for Easter



With the Easter bank holiday approaching, make sure you submit your repeat prescription in good time.

This then gives reception time to issue it, the GP to sign and the Pharmacy to dispense before we will be closed for 4 days.

To order your prescription you can:

- Pop your order slip into the prescription box
- Pop your order slip through the letterbox if we are closed
- You can order online via the NHS App or via your online log in

If you have lost your order slip, you can write your name and DOB and what you would like to order on some paper.

**Happy Easter from all of us here at
Dunelm Medical Practice!**

We will be closed:
Good Friday 18th April
Saturday 19th April
Easter Sunday 20th April
Easter Monday 21st April

**If you need to see or speak to a GP during this time, please
ring 111 or visit 111 online.**

If you have a life threatening emergency, please dial 999.

We will re-open Tuesday 22nd April 8:30am



April each year sees Bowel (colon) Cancer Awareness Month. Bowel cancer is one of the most common cancers in the UK.

Bowel cancer develops from polyps (tiny bumps of cells inside the bowel). Most polyps remain benign (not cancerous), but about 1 in 10 will turn into cancer. If it is caught in the early stages, there is a greater than 90% chance of a cure.

Knowing your normal and when to seek help is *always* important. Seeing as there is a greater than 90% chance of a cure, if caught early enough, the signs and symptoms of bowel cancer are more than worth being aware of.

Too many people suffer in silence with their symptoms. Always remember, a new, prolonged change in your bowel habit that has lasted for 4 weeks or more should always be discussed with your doctor.

If you're aged between 50 and 74, you'll be invited to take part in bowel cancer screening every two years (FIT testing). If you're aged 75 or over, you can ask for a screening test by calling the free bowel cancer screening helpline on 0800 707 6060



An example of a FIT kit. Depending on where you live, your test kit may look slightly different.

Find out more about the amazing services at Freemans Quay Leisure Centre!

Organised in Partnership by the Personalised Care Team,
Durham East Primary Care Network and thrive Durham

MONDAY 14 APRIL 2025

10am—12noon

Freemans Quay Leisure Centre

Durham

DH1 1SW

**Come along, grab a cuppa and have a
chat with various different services who
provide support across County Durham!**

thrive

