

# Whats happening this month?

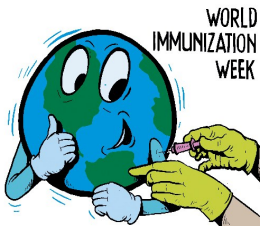


**April 2nd** is World Autism Awareness Day. This day is an opportunity to educate the public about the challenges and strengths of those on the autism spectrum, to celebrate the contributions of individuals with autism, and to advocate for greater understanding and acceptance within society.

Earth Day is celebrated internationally on **April 22**. It is a day to educate people about the issues affecting the planet and to raise awareness for and celebrate the efforts in place to protect the environment.



**World Immunisation Week April 24th to April 30th** aims to educate the public about why vaccines are necessary for the health of millions of people around the world. The purpose of this week is to identify challenges in gaining access to vaccines and overcome those barriers for the benefit of the global population. People now realize that unless everyone is safe from disease, nobody is truly immune.



National DNA Day is on **April 25**, celebrating the anniversary of the discovery of DNA's double-helix structure in 1953, and the completion of the Human Genome Project in 2003. This day is organized by the Human Genome Research Institute and gathers together biologists, scientists, and those who are interested in genetics. National DNA Day is also about celebrating the things in each of our genes that make us all unique.



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## Dunelm Medical Practice Newsletter April 2026





NHS Talking Therapies

Feeling anxious, worried, or stuck can make everyday life feel hard.

NHS Talking Therapies can help you manage these feelings. It's free, confidential, and run by trained professionals. You can find out more and refer yourself at [nhs.uk/talk](https://nhs.uk/talk)

#### How it works

Support is available for many of the challenges we can face every day.

Even small steps, like going out, speaking up in a group, or getting through a busy day, are worth celebrating. NHS Talking Therapies give you practical skills to manage your thoughts, cope with anxiety, and take part in life again.

Some of the challenges and support available include:

- Obsessive thoughts and compulsions
- Panic attacks
- Flashbacks or distressing memories
- Worries about your appearance (BDD)
- Anxiety in social situations
- Phobias, such as fear of heights or spiders

Sessions can take place in person, over the phone, or online. This means you can choose what works best for you and move at your own pace. You will learn techniques that help you feel more confident, calmer, and in control.

For online self-referral: <https://durhamanddarlingtontalkingtherapies.org.uk/contact-us/>

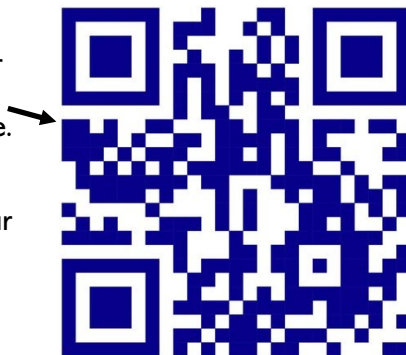
For self-referral via telephone: Monday to Friday from 9 am to 5pm 0191 333 3300

## Appointment cancellation made easy!

Following feedback from patients about the wait time on the phone to cancel appointments we have created a QR code for you to easily scan. This will take you to complete a form, where we will cancel your appointment for you!

You are still able to cancel online using the NHS app or SystemOnline .

Simply open the camera app on your smartphone and point to the QR code. This will bring up a link to follow. From there you cancel your unneeded appointments by filling out a quick and simple form!



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

We will be closed:

Good Friday 3rd April  
Saturday 4th April  
Easter Sunday 5th April  
Easter Monday 6th 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 7th April 8:30am

## FREE 1-day basic life support for families course.

Learn how to stay calm and act confidently in an emergency. This friendly hands-on session is perfect for parents, grandparents and carers. No previous experience needed.

You will learn how to:

- Assess an emergency safely
- Perform CPR on adults, children and infants
- Use a defibrillator (AED)
- Help someone who is choking
- Spot the signs of anaphylaxis
- Use an adrenaline auto-injector (EpiPen)



#### Where?

Green lane, Spennymoor

#### When?

16 April, 21 April, 1 May & 12 May

Want to book your place on the course? Call 03000 266 644 or email [des@durham.gov.uk](mailto:des@durham.gov.uk)