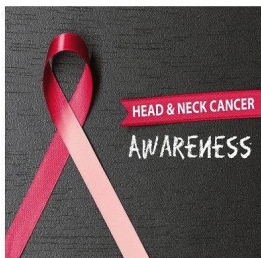


Whats happening this month?



The **27th July** is World Head and Neck Cancer Day created by the International Federation of Head and Neck Oncology Societies. Head and Neck Cancer charities globally use this day to raise awareness about head and neck cancer and

everyone affected by it. Universally there are over 500,000 new cases each year.

International Self-Care Day is celebrated on **July 24**. It stresses the importance of self-care as the cornerstone of wellness. On this day, individuals throughout the world are encouraged to make self-care a part of their everyday routines and turn it into a priority. It is a milestone, and an opportunity to raise further awareness of the benefits of effective self-management of health.



Sarcoma Awareness Month is held annually in July, a time when the global sarcoma community comes together with a unified mission: to raise awareness about this rare and often overlooked group of cancers and to highlight the

unique challenges faced by patients and their families.

*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 July 2025



NHS weight loss treatment UPDATE

We would like to inform you about upcoming national changes to the availability of Mounjaro (Tirzepatide).

Under the new guidance, access to Mounjaro will be extremely limited and restricted to a small number of patients who meet specific eligibility criteria.



Tirzepatide
(Mounjaro®)

New weight loss management medication

Patient update

- Please note the following important points:
- Eligibility criteria for Mounjaro are strict and nationally defined.
 - We kindly ask that you do not book an appointment or contact the practice to request Mounjaro. We are not permitted to prescribe it outside the approved criteria.

We appreciate your patience and understanding as we await further clarification. Thank you for working with us to ensure safe and appropriate care.

Best wishes, Dr Bethapudi

Protected Learning Time Day - Thursday 17th July 2025

Dunelm Medical Practice will be closed on Thursday 17th July 2025 from 1pm onwards.

OPEN - 8.30am until 1pm

CLOSED - 1pm onwards

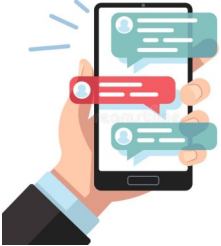
RE-OPEN - 18th July 8.30am

If you require medical assistance during the closure, please contact NHS 111 or visit your nearest pharmacy for advice. In case of an emergency, dial 999.

New mental health crisis text message support

People in the North East and North Cumbria who find themselves in crisis can now access urgent support by text message.

Anyone in the North East and North Cumbria who is experiencing anxiety, stress, loneliness, depression, self-harm, suicidal thoughts, or other mental health challenges can use the service by texting the word **CALMER** to **85258** at any time of the day or night (24/7) to receive free, confidential, text support.



The partnership is designed for people who may prefer to seek support via text message and provides immediate and anonymous support for those who are waiting for further help.

IMPORTANT INFORMATION REGARDING CERVICAL SCREENING

As of 1st July, the cervical screening interval will increase from 3 to 5 year recalls for those patients 24-49 years old, with a previous HPV negative result. Those patients who have had a cervical screening test within the last 3 years will be recalled as usual (3 years) and then from the next negative result, will be transferred to the 5-year recall.

The change is backed by better HPV testing technology and scientific evidence which shows that patients who have tested negative for HPV are extremely unlikely to go on to develop cervical cancer within the next 10 years. The change brings England into line with Scotland and Wales who have already introduced this change.

If during the recall period, you feel something is not right, please seek medical advice from your GP.

Harbour Support Services Friends and Family Drop ins

Do you have a friend or family member who may be experiencing Domestic Abuse? Do you know someone who is causing harm but you don't know what to say to them?

Do you need to talk to someone about how you can support them or just someone to talk to yourself?

We know it can be difficult to see family or friends experiencing difficult situations & you can often feel helpless.

Come along and speak to Harbour Support Services at the below locations.



Durham

Friends & Family - Drop In

Come along and speak to one of our workers at the following locations:

Family Hub	Rotation	Dates		
Chester le Street	1st Tuesday of each month	1 st July	5 th Aug	2 nd Sept
Bishop Auckland	2nd Tuesday of each month	8 th July	12 th Aug	9 th Sept
Durham	3rd Tuesday of each month	15 th July	19 th Aug	16 th Sept
Peterlee	4th Tuesday of each month	24 th June	22 nd July	26 th Aug

