

Whats happening this month?

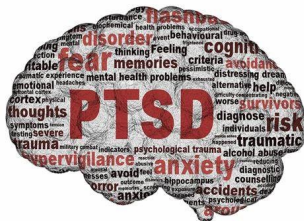
Every year on **June 14**, organizations all around the globe celebrate **World Blood Donor Day**. An event that raises awareness to the importance that donating blood means to the health industry, as the range of uses is more diverse than anyone thinks. From plasma treatments to research and emergency uses, donating blood has been an important cornerstone that has aided the world on several occasions.



The **summer solstice** is an astronomical event that marks the longest day of the year in the Northern Hemisphere. It usually falls on **June 21**, but can vary slightly depending on the year and time zone. On this day, the sun is at its highest position in the sky, and the North Pole is tilted closest to the sun.



On **June 27**, we talk about **Post Traumatic Stress Disorder**, a complex disorder caused by experiencing or witnessing trauma. The National Center for PTSD declared all of June to be PTSD Awareness month — you can help their campaign by educating yourself and others about the illness, and sharing help with those who might need it.



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

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Dunelm Medical Practice



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of Durham—Bearpark—Gilesgate—
Framwellgate*

Dunelm Medical Practice Newsletter June 2025



Meet the Team!

Reception edition



Order repeat prescriptions on the NHS App



FAKE MEDS REAL RISKS

Receptionists at Bearpark

Kayleigh Boucher ~ Team Lead

Heather Kenny

Helen Wilson

Chloe Hammond

Lesley Ann Newell

Receptionists at Gilesgate

Beverley Thornton ~ Team Lead

Susan Taylor

Sophie Toal

Ashley Costello

Julie Murton

Receptionists at Framwellgate

Catherine Davison ~ Team Lead

Gillian Lanagan

Shirley Tindale

Olivia Dryden Quigley

Our receptionists help us to run the Practice as smoothly and efficiently as possible.

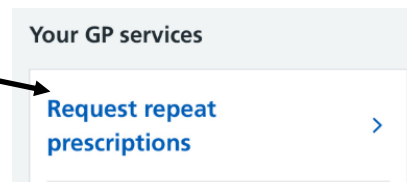
Order a repeat prescription using the NHS app.

1. Log in.



2. Select **Services**

3. Select **Request repeat prescriptions**.



4. If you have nominated a pharmacy already, you may see a page asking you to confirm the pharmacy your prescriptions are sent to.

5. On the 'Select medication' page, select the checkbox for the medications you require, then select 'Continue'. You may be asked to enter more information about your request.

6. You should see a confirmation page of the medications you have asked for. Check the details, then select 'Confirm and order prescription'.



If you are having difficulty with navigating online services, please speak to Reception.

Alternatively, you can come to the surgery and fill in a prescription slip.

Stay safe buying medicines online!

Prescription medicines are strictly controlled for a reason – taking them without advice from a doctor or pharmacist can be very dangerous.

⇒ Medicines might be expired, diluted, or something completely different.

⇒ They can cause harmful side effects or react badly with other medicines.

⇒ Some fake medications can even be fatal.

Always talk to your GP or pharmacist first. They'll help you understand what you're taking and how to take it safely.

If you do buy online, make sure the pharmacy is registered with the General Pharmaceutical Council by heading to: www.pharmacyregulation.org

#FakeMedsRealRisks

