

Whats happening this month?

On **March 4th** World Obesity Day raises awareness of the global obesity crisis and the health dangers of being severely overweight. The day is organized by the World Obesity Federation, whose goals are to change the way obesity is looked at across society, and end prejudice against overweight people. The day also highlights the social, environmental, and medical factors that contribute to a high obesity rate and the ways in which we can change them.



International Women's Day is observed annually on **March 8**, all around the world. It is a day to reflect on and celebrate the social, political, economic, and cultural accomplishments of women. One of the main purposes of this day is to bring awareness to the fight for gender equality.

Every year on **March 20**, the world unites to celebrate **World Oral Health Day (WOHD)** - a powerful reminder that oral health is more than just a dazzling smile. It's the foundation of overall well-being, influencing everything from confidence to heart health. A healthy mouth isn't just about aesthetics ; it's a gateway to a stronger body, a sharper mind, and a better quality of life.



Mothering Sunday, more commonly known as Mother's Day, is observed in The UK every year on the **fourth Sunday of Lent**, which means it is a moveable feast. As such it is always three weeks before Easter Sunday. It is a day for celebrating mothers and showering them with gifts and treats. It is not a bank holiday, so businesses follow normal Sunday hours.

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

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Follow us on our social media for upcoming clinics, advice, resources, and much more!



Dunelm Medical Practice



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Dunelm Medical Practice Newsletter March 2025





Meet the team!

My name is Carole Hopper and I provide a Patient Advisory Service at Gilesgate Surgery tailored to individual patient needs. I work with patients who are employed or unemployed and can advise on:-

- Job search and alternative employment including help with CV'S.
- Training and Volunteering.
- Support in disputes with employers including referrals to experts.
- Discussions around adaptations to existing employment and support provided by Access To Work
- Access to Occupational Health or Union Support.
- Information on appropriate benefits.
- Support to move forward and sustain employment for those who can and encouragement moving forward for those who can't.

Patient Advisory Service can help in all these situations and more.



Contact reception to arrange an appointment

EATING DISORDERS CAN AFFECT ANYONE



You probably know someone living with an eating disorder – but you may not realise it.

Right now, at least **1.25 million people** in the UK are living with an eating disorder. That's more than **1 in 50 people** – but the real number could be even higher. Eating disorders like ARFID, anorexia, bulimia, binge eating disorder and OSFED are complex mental health conditions which are often misunderstood, mislabelled or undiagnosed which can prevent people from reaching out for help.

Eating disorders. Know the first signs?



Eating disorders don't just affect the person with the condition, friends and family often become carers – feeling helpless and heartbroken, as they watch their loved one struggle. Eating disorders are one of the biggest mental health challenges of our time and they can affect anyone at any time.

For more help or info, please speak to reception.

DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

The Durham Voluntary Group of Diabetes UK is one of the oldest in the country. All are welcome to our meetings, whether you live with diabetes, are family, friends or just want to learn more.

They usually meet the second Thursday of every month at: The Community Centre, Front Street, Framwellgate Moor, Durham DH1 5BL Start time for meetings is usually 7.30 pm. - but please check before attending.

Email durhamdiabetesgroup@gmail.com

Phone 01913700640

Chair: Denise Muncaster

Secretary: Wendy Buckham

Treasurer: Ian Rudd

UPCOMING EVENTS

- Thursday 13 March AGM and Question and Answer sessions by a Hospital Consultant
- Thursday 10 April Social "get-together"
- Thursday 8 May Talk by Durham Deafen Support Links between Diabetes and Deafness - support available for those with hearing loss
- Saturday 14 June (Summer Outing) Proposed visit to St James' Park - home of Newcastle United. More details to follow
- July and August - No meetings
- September - December to be confirmed However will include celebrations for the 75th Anniversary of the formation of the Durham group