

Whats happening this month?

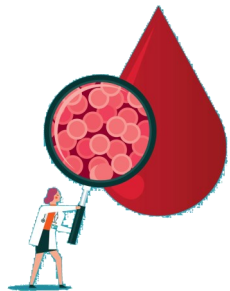


International Nurses Day is celebrated all across the world on **May 12**. It is also known as Nurses Day and was created by the International Council of Nurses in 1974 to honour

the commendable work done by nurses. The council chose May 12 as Nurses Day because it was the birth anniversary of Florence Nightingale.

14 May, National Receptionists Day!

Dunelm Medical Practice celebrates and shows our deep appreciation for the invaluable role that our receptionists play in our organisation. They are the welcoming faces that greet our patients, the first point of contact for all inquiries, and the cornerstone of success for each of our clinics.



28 May is World Blood Cancer Day, our global day of awareness dedicated to the fight against blood cancer. For the last few years, the Empire State Building was lit red in honour of the awareness day. Every 35 seconds, someone in the world is diagnosed with a blood cancer like lymphoma or leukaemia.

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Stay up to date with us!

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 May 2025





Marvellous May Bank Holidays!

With the May bank holidays 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.

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.

We will be closed:

Monday 5th May (reopen Tuesday 6th May 8:30am)

and

Monday 26th May (reopen Tuesday 27th May 8:30am)

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.



PHARMACY FIRST

EVERYTHING YOU NEED TO KNOW

Pharmacy First enables community pharmacists to supply prescription only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

The seven conditions are:

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women.

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. GP receptionists, NHS 111 and providers of emergency care will also be able to direct patients to pharmacies, that offer the service, if contacted.

The pharmacist will be able to speak to you privately in a separate consultation room. They may perform an examination or ask to access your medical records. The pharmacist will be able to recommend the best course of action on an individual patient basis, including by issuing prescriptions for antibiotics or antivirals where necessary.

Usual prescription charges will apply for the seven common conditions. Patients that were already exempt from prescription charges will still be exempt.



SKIN: CANCER

Skin cancer is one of the most common types of cancer, but when caught early, it is highly treatable. By checking your skin for unusual moles, growths, or changes in your skin, you can detect skin cancer early. Common types of skin cancer include **melanoma**, **basal cell carcinoma**, and **squamous cell carcinoma**.

Melanoma often begins as a new mole or a change in an existing mole. The **ABCDE rule** is a helpful guide for spotting early signs of melanoma:

1. **A—Asymmetry:** One half of the mole looks different from the other half. Benign moles are usually symmetrical.
2. **B—Border:** Melanomas often have irregular, scalloped, or poorly defined borders. Non-cancerous moles typically have smooth, well-defined edges.
3. **C—Colour:** Look for moles that have uneven colouring, with shades of brown, black, red, white, or blue. Healthy moles are usually one uniform colour.
4. **D—Diameter:** Melanomas are typically larger than the size of a pencil eraser (about 6 mm). However, they can still be smaller, especially in the early stages.
5. **E—Evolution:** Any change in the mole's appearance over time — such as size, shape, colour, or texture can indicate melanoma. This includes itching, bleeding, or crusting



Contact reception to arrange an appointment if you are worried about any new/changing skin lesions.