

Whats happening this month?

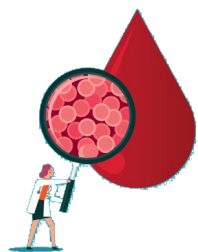


International Nurses Day is celebrated all across the world on **May 12**. It is also known as Nurses Day and was created by the International Council of Nurses in 1974 to honour the commendable work done by nurses. The council

chose May 12 as Nurses Day because it was the birth anniversary of Florence Nightingale.

13 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.

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

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May Bank Holiday Closures

We will be closed:

Monday 4th May 2026 and Monday 25th May 2026

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.

Be tick aware!

1. Use a repellent that prevents ticks
2. Wear long sleeves and long trousers to reduce direct skin exposure
3. Keep to clearly defined paths to avoid brushing against vegetation
4. Regularly check for ticks and brush off any you find immediately
5. When you're back indoors check for any ticks on you, your children and pets
6. If you find a tick, safely remove it as soon as possible.



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.

Men's Wellness Walks May 2026



Saturday 2nd May – Fram Ferment – Finchale Priory – Fram Ferment, 12:00

Thursday 7th May – The Station House, 19:00
TWILIGHT

Sunday 10th May – The Neighbourhood Coffee House, 12:00

Saturday 16th May – Locomotion Museum – Newton Aycliffe – Locomotion Museum, 11:00

Thursday 21st May – The Station House, 19:00
TWILIGHT

Sunday 24th May – Fram Ferment – Brasside – Fram Ferment, 14:00

Saturday 30th May – Fram Ferment – Witton – Fram Ferment, 14:00



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