

Whats happening this month?

October is known as the Breast Cancer Awareness Month. This month is dedicated to educate the people about Breast Cancer, Metastatic Breast Cancer and the importance of early detection, which in turn can lead to early

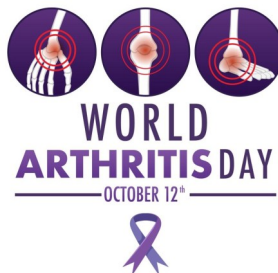
access to high quality care. Death rate from Breast Cancer has seen a significant decline of 40% from 1989 to 2016 in women and is expected to go down further with the active work done to spread awareness about it.



World Mental Health Day is celebrated on **October 10th** all across the globe with the aim to promote, educate, and raise awareness of mental health issues. The focus of this day is also to get people talking about their mental health and eradicate

stigmas associated with mental illness.

October 12, World Arthritis Day, was established in 1996 to raise global awareness of arthritis. Although it's one of the most common diseases in the world, there is no cure for arthritis, and many people are unaware of its potent physical, emotional and economic impact.



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of Durham—Bearpark—Gilesgate—
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Dunelm Medical Practice Newsletter October 2025



Stoptober 2025 – Let's Quit Smoking Together!



Every October, Stoptober helps people across England take on the challenge of quitting smoking. This year's message is simple – **“Let's quit smoking together.”** You don't have to do it alone, and there's lots of support to help you succeed.

Why Stoptober matters

Smoking is still the biggest cause of preventable illness and death in England. Around **5.3 million adults** still smoke, and nearly **75,000 people die each year** from smoking-related illnesses.

Support available nationally

Many people try to quit with willpower alone, but support makes success more likely. Free tools include:

- **NHS Quit Smoking App** – track progress, see money saved, and get daily tips.
- **Personal Quit Plan** – tailored advice on what could work for you. (go to www.nhs.uk/better-health/quit-smoking)
- **NHS Better Health website** – practical information and quitting support.

Update your records – If you smoke, or if you've recently quit, please let your reception know so they can update your smoking status. This helps to give you the right care and advice.

Free, Confidential Mental Health Support Is Just a Text Away



Struggling to Cope? Free, Confidential Mental Health Support Is Just a Text Away

If you're feeling overwhelmed, anxious, or simply not yourself, you're not alone – and you don't have to face it alone. Support is now just a text away.

By texting **'CALMER' to 85258**, anyone in the North East and North Cumbria can access free, confidential mental health support at any time.

Whether you're dealing with anxiety, stress, loneliness, depression, self-harm, or suicidal thoughts, trained volunteers are here to listen and help you feel calmer. This service is free, anonymous, and won't appear on your phone bill. No app downloads, no data usage – just support when you need it.

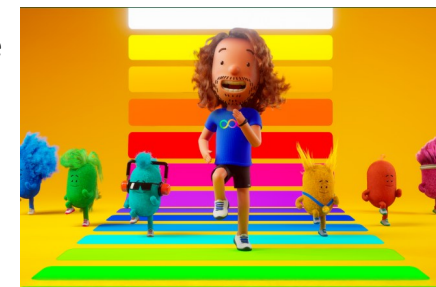
Joe Wicks Launches 'Activate' – A Fun Way to Get Kids Moving

Joe Wicks has launched an animated series called *Activate*. It's made to get kids moving and having fun.

The series was created with Studio AKA – the team behind *Hey Duggee*. It's backed by the government to help kids and families get more active.

Each episode is only five minutes long. It's full of energy, movement and music. These short videos can boost children's health – both body and mind. They help get hearts beating faster and improve focus.

Search 'Activate
with Joe' on
Youtube



Protected Learning Time Day- Thursday 16th October 2025

Dunelm Medical Practice will be closed on Thursday 16th October 2025 from 1pm onwards.

OPEN - 8.30am until 1pm

CLOSED - 1pm onwards

RE-OPEN - 17th October 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.