

Whats happening this month?

Organ Donation Week (1st—7th) is an annual event dedicated to raising awareness about the importance of organ donation and encouraging people to consider becoming organ donors. This week-long campaign highlights the life-saving impact of organ transplants and dispels common myths surrounding the process. The event aims to educate the public about the critical need for donors and the associated benefits.



Emergency Services Day 9 September (also known as 999 Day) is a national day across the UK. 999 Day is **your** chance to support the heroic men and women of the NHS and emergency services. #999day promotes the work of the emergency services, promotes using the emergency services responsibly, educates the public about basic lifesaving skills, and promotes the many career and volunteering opportunities available.

Every year on **September 10, World Suicide Prevention Day** people across the globe to come together to raise awareness, offer support, and help prevent suicide. It is organized by the International Association for Suicide Prevention in collaboration with the World Health Organization. This observance shines a spotlight on the urgent need for open conversations about mental health, emotional well-being, and the barriers that keep people from asking for help.



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

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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



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

Dunelm Medical Practice Newsletter September 2025





Contraceptive pill now available directly from local pharmacies

Women in the North East and North Cumbria can now get the contraceptive pill directly from their local pharmacy, without needing a GP appointment.

Pharmacies can already treat simple urine infections for women, and now they can offer the contraceptive pill too – whether someone is starting it for the first time or continuing with their regular prescription.

The service is free and confidential and offers more choice about where and how to access contraception, making it quicker and more convenient while also helping GP surgeries, and sexual health clinics, by freeing up appointments for those with more complex needs.

A short check-up will still be needed once a year, which will take place at the pharmacy when the next supply is collected. If any unusual side effects occur and do not go away, it is important to speak to a pharmacist or GP straight away.

The service is available to all women, including those under 16. Personal details will only be shared with parents or carers if there are serious safety concerns.

Find your nearest pharmacy offering the contraceptive pill by searching 'Find a pharmacy that offers the contraceptive pill without a prescription'



It's time for Dunelm's Bake Sale in support of Macmillan - and you're invited!

We're hosting a bake sale to raise money for Macmillan.

There's a sweet treat with your name on it.

Please join us if you're available!

When?

Friday 26th September 2025 10:30am—1:00pm

Where?

Framwellgate Moor, Bearpark and Gilesgate surgery



Companionship Café

For People with dementia and their friends/family

When? Every 2nd Thursday of the month Starting 11th September 2– 4pm

Where? Merryoaks Community Hall, Park House Road, Durham, DH1 3QF

For more information contact:

susan.walker@lowesbarncp.org.uk

Refreshments will be provided and everything will be completely **free of charge**. You don't need a formal referral- just come along and join.



Protected Learning Time Day- Thursday 18th September 2025

Dunelm Medical Practice will be closed on Thursday 18th September 2025 from 1pm onwards.

OPEN - 8.30am until 1pm

CLOSED - 1pm onwards

RE-OPEN - 19th September 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.