

Whats happening this month?

November 19 International Men's Day is a global celebration that shines a spotlight on the incredible positive influence men bring to our world. The theme for International Men's Day 2024 is 'Men's Health Champions,' which aims to bring awareness to the often-overlooked health challenges men face. It encourages open conversations about physical, mental, and emotional well-being, breaking down societal stigmas and empowering men to prioritize their health.



November 14 World Diabetes Day is observed to raise awareness around the globe about diabetes. It was created by the International Diabetes Federation (IDF) to educate people about the different types of diabetes and how they affect different ages and groups, lifestyles, and the treatment options that are available.



Lung Cancer Awareness Month is an annual campaign to raise awareness and support for lung cancer prevention, detection, and treatment. The main risk factor for lung cancer is smoking, which causes about 80% of lung cancer cases. Other factors include exposure to radon, asbestos, air pollution, and genetic mutations.

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

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Gilesgate Medical Centre, Sunderland Road, Durham, DH1 2QQ
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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 November 2024



Patient Advice Service

Are you unsure about working because of your health?	Do you need help changing career because of a new health condition?
Do you need advice on how to talk to your employer about your health condition?	Would you benefit from exploring available work options, training or voluntary opportunities?
Are you worried about losing your job because of your health condition?	Are you unsure of work goals or help that is available to you?

Every other Wednesday Carole joins us at Gilesgate from the Patient Advice Service.

Services offered

Advice on working with a health condition or disability

We can discuss what reasonable adjustments may enable you to stay in or return to work. We can also support with conversations with your employer.

Goal setting

We will create an action plan of steps you can take towards achieving your employment goals

Job advice

We provide advice and training on job search skills, CV preparation and interview techniques.



For more information, please contact reception.



ANDYSMANCLUB

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. **#ITSOKAYTOTALK**

ANDYSMANCLUB has over 200 free support groups nationwide, running **every Monday from 7PM except bank holidays**. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. The clubs are designed to be free of pressure, there is no obligation for men to speak, you can simply listen if you wish.

The aim of the club is to provide men with a safe space where they feel comfortable to talk and open up about their experiences in a room free of judgment.

FIND YOUR NEAREST GROUP

MURTON

Glebe Centre, Durham Place, Murton, Seaham SR7 9BX

WASHINGTON

Washington Mind, Grasmere Terrace, Columbia, Washington NE38 7LP

HORDEN

Horden Parish Council, Seventh St, Horden, Peterlee SR8 4LX

#ITSOKAYTOTALK



MOVEMBER

Men's health is in crisis. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons.

Using the moustache as the driving symbol of the movement, Movember focuses on the three key areas of prostate cancer, testicular cancer, and mental health and suicide prevention. Since inception, the Movember Foundation has raised \$837 million and funded over 1,200 projects in more than 20 countries.

GET INVOLVED

Grow a Mo—Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

Move for Movember—Commit to running or walking 60km over the month, at your own pace. That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

Host a Mo-ment—Rally a crew and do something fun and easy. Hosting is all about having a good time for a good cause.

Mo your own way—Create your own challenge – it can be anything. A gruelling test of physical endurance or something else entirely. Your epic efforts will help change the face of men's health.



uk.movember.com