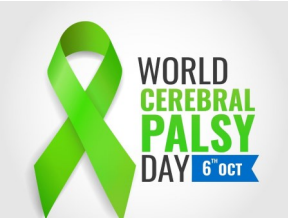


Whats happening this month?



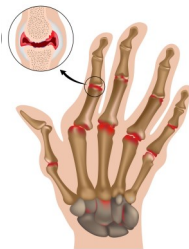
6th October— World Cerebral Palsy Day aims to bring together people living with cerebral palsy, their families, supporters and organisations from over 100 countries. All with the aim to ensure a future in which children and adults with cerebral palsy have the same rights, access and opportunities as anyone else in our society.

Breast Cancer Awareness Month is an international health campaign that’s held every **October**. The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide.



10th October— World Mental Health Day is celebrated all across the globe with the aim to promote, educate, and raise awareness of mental health issues. The focus of this day is to get people talking bout their mental health and overcome the stigmas associated with mental health.

12th October— Rheumatoid Arthritis is a systemic autoimmune disorder that primarily targets the joints, causing inflammation, pain, and potentially irreversible damage. The significance of RA Awareness Day lies in its ability to shine a spotlight on a condition that often goes unnoticed due to its subtle onset and fluctuating symptoms. By increasing awareness, the hope is to promote early diagnosis and intervention, ultimately improving the quality of life for those affected.



Rheumatoid Arthritis

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

Kelvin House, 1-2 Victor Terrace, Bearpark, Durham, DH7 7DG
Tel: 0191 373 2077
Email: nencicb-cd.a83030.bearpark@nhs.net

Gilesgate Medical Centre, Sunderland Road, Durham, DH1 2QQ
Tel: 0191 386 4242
Email: nencicb-cd.a83030.gilesgate@nhs.net

Framwellgate Medical Centre, 50 Front Street, Durham, DH1 5BL
Tel: 0191 386 6044
Email: nencicb-cd.a83030.framwellgate@nhs.net



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

October Dunelm Medical Practice Newsletter October 2024



Meet the Team! Jo - Advanced Nurse Practitioner



Jo is our Advanced Nurse Practitioner (ANP).

She has been qualified as a nurse for more than 30 years and has had additional training to allow her to work at an advanced level for more than 20 years. She is also an Independent Nurse Prescriber.

Her experience includes, Paediatrics, Ear Nose & Throat, A&E and Walk in Centres, before moving into general practice. She also has experience of working with patients who are autistic, have special needs or a learning disability.

Jo can take a thorough history, perform physical examinations, request tests and prescribe medication for all patients over the age of 6 weeks old. She can also refer patients directly to specialist services, to hospital consultants and provide sick notes.

Suitable conditions are those which are new with a short duration of under 2 weeks.

- Cough/cold/flu
- Ear/throat pain/hoarseness
- Eye infections
- Indigestion/ abdominal pain/diarrhoea
- Urinary tract infections
- Bowel issues
- Skin infections
- Musculoskeletal injury or pain
- Gynaecology/ vaginal concerns
- Prostate/ testicular concerns
- Contraception
- Mental health/anxiety/depression
- Lumps /bumps
- Changing Mole

You should see a GP if you have ongoing/long term or chronic conditions.



If you, or someone you know, is experiencing a mental health crisis, you can now **call NHS 111 and select option 2 for urgent mental health support.**

The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line.

People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

Previously, local health systems had their own separate phone lines, which were fast-tracked during the pandemic and took around 200,000 calls per month.

NHS Talking Therapy Services are also available for people who need help with other mental conditions such as anxiety, depression, obsessive compulsive disorder and PTSD and anyone can refer themselves online via NHS.uk or by contacting their GP.

The NHS continues to advise people to call 999 if there is a serious risk to life.



Please welcome Mehmuna Qamar who will be our new **Pharmacy Technician!** Pharmacy technicians are key members of the pharmacy team, engaging with patients, liaising with other healthcare professionals and providing support for safe and effective use of medicines.



Macmillan Joining the Dots County Durham is a free, personal service for people aged 18 and over who live or are registered with a GP within County Durham and have been diagnosed with cancer. They're also there for friends, carers and relatives of any age too.

What to expect when you meet your facilitator for the first time...

- Meet you at a time and place to suit you
- Talk to you about your needs and how we can help you
- Draw up an action plan based on your needs
- Support you for as long as you feel that you need it
- They know what kind of support is available in our local communities, including agencies and organisations.

This support might include:

- Money advice
- Support around work
- Advice on transport to appointments
- Support around home life
- Emotional support
- Information to help you make decisions
- Healthy eating and being more active
- Wills and getting your affairs in order
- Family and carer support

Our local Joining the Dots worker is Kelly Turnbull

Call one of the Joining the Dots team free on 0800 876 6887