

Whats happening this month?

National Suicide Prevention Month



Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

Emergency Services Day (999 Day) - September 9

#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.



Positive Thinking Day - September 13



Positive thinking is an emotional and mental practice that requires an optimistic outlook on life. It's about choosing to focus on the positive things that empower us despite our circumstances. A positive thinker doesn't ignore negative aspects of their life. Instead, they maintain a hopeful attitude to get them through the disruption.

National Food Bank Day - September 6

Food banks across the country help some of the 42 million men, women, and children who struggle with putting food on the table. The reasons range from illness to job loss and a general change in circumstances - circumstances that can happen to anyone of us.



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
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Dunelm Medical Practice Newsletter September 2024





Friday 27th September—Bake Sale!

12pm till 2.30pm



World's Biggest Coffee Morning—Friday 27th September

Macmillan's biggest fundraising event to raise vital funds for people living with cancer. Macmillan nurses are specialist nurses that work in different areas of cancer care and treatment. They work in hospitals, hospices and in the community. Macmillan nurses can help you understand your cancer diagnosis and treatment. They can offer support to you, and the people close to you. Macmillan nurses are registered nurses with skills and experience in caring for people with cancer. They often have further qualifications in cancer care.

On **Friday the 27th September** we will be hosting our own bake sale within all 3 sites of Dunelm Medical Practice **12 till 2.30pm**.

Come together for cake and a great cause! Every slice shared helps Macmillan support people living with cancer.

 Friday 27th September 2024

 12pm till 2.30pm

 Bearpark Surgery, Bearpark Medical Centre
Bearpark Durham, DH7 7DG

 Gilesgate Medical Centre, Sunderland Road
Durham, DH1

 Framwellgate Moor Medical Centre, 49-50
Front Street Framwellgate Moor Durham, DH1
5BL



Fabulous Feedback

I am so lucky to have such a great surgery. Staff are always helpful and supportive. First class.

I highly recommend this GP practice, I wouldn't go anywhere else, me and my family feel well looked after, keep up the positive work.

The Doctor I saw at this appointment was excellent. He was incredibly informative and reassuring. He is a credit to the GP Practice.

Each part of the service has been exemplary. No delays and full open discussion about treatment.

"Front of House" team always cheerful and helpful. Well done!



Autumn / Winter Flu vaccinations

NHS England have confirmed that we are able to administer the Autumn Winter flu vaccinations from **3rd October 2024**



The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

Who should have the flu vaccine?

You can get the free NHS flu vaccine if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- live in a care home

When should you have the flu vaccine?

Most eligible adults will be able to get the flu vaccine from **3 October 2024**.

How to get the flu vaccine

If you're eligible for an NHS flu vaccine, you can get your vaccine from your GP surgery.

How well does the flu vaccine work?

The flu vaccine aims to protect you against the most common types of flu viruses.

There's still a chance you might get flu after getting vaccinated, but it's likely to be milder and not last as long. The vaccine usually takes up to 14 days to work. Protection from the flu vaccine goes down with time and the types of flu virus the vaccine protects against are updated each year. This is why it's important to get the flu vaccine every year.

We will be in contact shortly with appointment availability.

For more information, head to:
www.nhs.uk/vaccinations/flu-vaccine



Be Wise. Immunise
against COVID-19 and Flu this winter.

