Whats happening this month?



World AIDS Day is observed annually on **December 1st**. The day honours all of those who have lost their lives to AIDS (acquired immunodeficiency syndrome) and those who are infected with HIV (human immunodeficiency virus). It also raises awareness of the pandemic and the spread of the virus and aims to break misconceptions about AIDS by educating people on prevention and control of the disease.



International Day of Persons With Disabilities is a United Nations day observed annually on **December 3rd.** It raises awareness about the ways in which disabilities affect people economically, socially, and politically, and it promotes the rights of people with disabilities. It also aims to ensure the well-being and dignity of those who are disabled, by educating people to understand what it is like to live it a disability.



Human Rights Day is an international United Nations holiday celebrated on **December 10th** every year. This day aims at spreading awareness about Human Rights across the world and encouraging people to stand up and fight for their rights, regardless of where they are from.

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

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 December 2025

Are you a British military veteran or member of the armed forces community?

There are lots of services offering help and support around the things that matter to you.

Mental Health	Benefits	Finance
Family	Housing	Wellbeing
Justice	Employment	Support Groups

Scan the QR codes, to find out about the different services that can help veterans, members of the armed forces community (serving or served), reservists, family members, widows, widowers and carers who need support, or just want to know more.

Affected by Cancer?

CAMERA SCAN ME!

Open the camera app on your phone

Point the camera at the QR code to scan

Tap the notification or prompt on screen

Member of the Armed Forces Community?

CAMERA SCAN ME!



Monday 22nd - Wednesday 24th December : 8:30am to 6pm

Thursday 25th December : CLOSED

Friday 26th December : CLOSED

Monday 29th - Wednesday 31st December : 8:30am to 6pm

Thursday 1st January : CLOSED

Friday 2nd January onwards : Normal working hours recommence.

<u>Out of Hours : NHS 111</u>

If you need medical assistance during our closures, Call NHS 111 when it's a concern, but less urgent than 999. It's fast, easy and free, available 24 hours a day 365 days a year. Speak to highly trained advisors supported by healthcare professionals. Calls are free from mobiles and land lines.

Is it an Emergency?

If you are in any doubt, suffering chest pains or serious risk to life, then **CALL 999** immediately. **DO NOT WAIT** to contact the surgery.

Remember to order prescriptions early

NHS

To avoid delays in getting your medicines over the festive period, please order prescriptions in good time.

You can order repeat prescriptions through the NHS App or at your local general practice.

Your health matters Help us help you

If your repeat prescription is due during our closures, please can you order them by **Thursday 19th December**. This gives the practice plenty of time to issue and the chemist plenty of time to dispense in time for the Christmas closure.

PHARMACY FIRST

Pharmacists can give you advice on a range of conditions and suggest medicines that can help. They will offer you advice, treatment or refer you to a GP or other healthcare professional if needed.

Your local pharmacy can deal with any of these 7 common conditions.

#ThinkPharmacyFirst

Sinusitis
12 years and over

Sore throat
5 years and over

Uncomplicated urinary tract infections
Women 16-64 years

Earache
1 to 17 years

Impetigo
1 year and over

Infected insect bites
1 year and over

Shingles
18 years and over