Whats happening this summer?



World Blood Donor Day is observed on **June 14** across the world. The day is part of the global public health campaign created by the World Health Organization to raise awareness in different areas of blood donation.

Observed every year on **July 28, World Hepatitis Day** is dedicated to raise global awareness about hepatitis. Hepatitis is a group of infectious disease that attacks the liver including hepatitis A, B, C, D, and E.





World Lung Cancer Day is observed annually on **August 1** to raise awareness and educate the public about lung cancer. Lung cancer is the leading cause of cancer deaths across the globe.



International Overdose Awareness Day is observed every year on **August 31st** across the world. This global health awareness day aims to raise public knowledge about overdoses, reduce the stigma around drug-related deaths, and honour the grief felt by families and friends.

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

Dunelm Medical Practice Newsletter Summer 2026

Meet the Team!

Reception edition



Receptionists at Bearpark

Vikki Bedford ~ Team Lead

Heather Kenny

Helen Wilson

Chloe Hammond

Lesley Ann Newell

Receptionists at Gilesgate

Beverley Thornton ~ Team Lead

Susan Taylor

Sophie Toal

Ashley Costello

Receptionists at Framwellgate

Catherine Davison ~ Team Lead

Gillian Lanagan

Shirley Tindale

Caitlin Hall

Julie Murton

Our receptionists help us to run the Practice as smoothly and efficiently as possible.



Enjoy the Sun Safely This Summer!

Skin cancer is the most common cancer in the UK. Cases have more than doubled since the 1990s.

How to stay safe in the sun

You can still enjoy the outdoors while protecting your skin.

REMEMBER THESE SIMPLE STEPS:

- Stay in the shade when the sun is strongest, between 11am and 3pm
- Wear a hat, sunglasses and loose clothing
- Use sunscreen with SPF 30 or higher
- Choose sunscreen with 5-star UVA protection
- Reapply sunscreen every two hours
- Reapply after swimming or sweating
- Avoid sunbeds

Know the signs of skin cancer

A simple way to remember melanoma signs is ABCDE:

- A – Asymmetry – the shape is uneven
- B – Border – the edges look blurred or uneven
- C – Colour – the colour is not the same throughout
- D – Diameter – larger than 6mm
- E – Evolving – changing over time



Why does the receptionist need to ask what's wrong with me?

It is not a case of the receptionists being nosey!

The reception staff are members of the practice team and it has been agreed they should ask patients why they need to be seen.
Reception staff are trained to ask certain questions in order to ensure that you receive:

- the most appropriate medical care,
- from the most appropriate health professional,
- at the most appropriate time.

Receptionists are asked to collect brief information from patients:

1. To help doctors prioritise house visits and phone calls
2. To ensure that all patients receive the appropriate level of care
3. To direct patients to see the nurse or other health professional rather than a doctor where appropriate.

Reception staff, like all members of the team, are bound by confidentiality rules

- Any information given by you is treated strictly confidentially
- The Practice would take any breach of confidentiality very seriously and deal with accordingly.
- You can ask to speak to a receptionist in private away from reception.
- If you feel an issue is very private and do not wish to say what this is then this will be respected.



The practice will be CLOSED Monday 31st August 2025 for the bank holiday.

We will reopen as usual on Tuesday 1st 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.