

Cervical Cancer Prevention Week 20th January

Do you know the symptoms of cervical cancer?

There are some recognised symptoms associated with cervical cancer that you should be aware of.



Find out more at jostrust.org.uk/symptoms



Tel: 01388 742500 Email: willingtonmedical-group@nhs.net

Willington Medical Group

Newsletter
January 2020

Staff Training for January 2020

Willington Medical Group will be closed for Staff Training on Wednesday 15th January 2020 from 12 noon and re-open 8am on Thursday 16th January 2020.

Charitable Activities



In 2019 Willington Medical Group staff donated food and items for the Children's Shoe Box Appeal for The Salvation Army at Crook.

Dicing with Debt?

Don't leave it to chance. If you've been caught short after Christmas or you are struggling with income issues, don't wait..... speak to experts who can help you.

Ask at reception for a referral to the Healthier & Wealthier Team, Citizens Advice, County Durham.

This newsletter is available on our website and in large print.

Website: www.willingtonmedicalgroup.org.uk

Public Consultations for Stroke Rehabilitation and Ward 6 Bishop Auckland Hospital

The two public consultations are to ask local people to share their views and ideas on Stroke Rehabilitation Services and Inpatient Rehabilitation (Ward 6) at Bishop Auckland Hospital.

Stroke Rehabilitation public events

Saturday 25 January 2020 10am-12noon at Bishop Auckland Football Club

Tuesday 4th February 2020 6pm-8pm at Durham Town Hall

Thursday 6th February 2020 10am-12noon at The Witham, Barnard Castle

Tuesday 11th February 2020 1pm-3pm at St Augustine's Parish Centre, Darlington

Ward 6 public events

Thursday 30th January 2020 10am-12noon at Durham Town Hall

Saturday 8th February 2020 10am-12pm at The Witham, Barnard Castle

Wednesday 12th February 2020 6pm-8pm at Football Club, Bishop Auckland

Tuesday 25th February 2020 1pm-3pm at St Augustine's Parish Centre, Darlington

Smoking Cessation Clinic

Are you thinking of giving up smoking? We have a Smoking Cessation Clinic on a Monday and Friday. You do not need to be referred to the service by a GP.

Health Trainer

If you would like advice on improving your diet or would like to start exercising please ask our team. They can arrange for you to see a Health Trainer or can direct you to local groups.

County Durham Needle Exchange

Boots UK Ltd 37-39 Market Place, **Barnard Castle**, DL12 8NE

Boots UK Ltd

Craddock House, Seaside Lane, **Easington Colliery**, SR8 3PF

County Durham Drug and Alcohol Recovery Service

Ridgemount House, Bede Way, **Peterlee**, SR8 1EA

Boots UK Ltd 17 Blackhills Road, **Horden**, SR8 4DW

Boots UK Ltd 63 Church Street, **Seaham**, SR7 7HF

Lloyds Pharmacy Clifford Road, **Stanley**, DH9 0AB

Ashchem Pharmacy 3 West Road, **Annfield Plain**, DH9 7XA

County Durham Drug and Alcohol Recovery Service

Centre for Change, 81-88 Whinney Hill, **Old Elvet**, DH1 3BQ

Boots UK Ltd 1 Durham Road, **Ferryhill**, DL17 8LD

Lloyds Pharmacy

Pease Way Medical Centre, **Newton Aycliffe**, DL5 5NH

County Durham Drug and Alcohol Recovery Service

Saddler House, Saddler Street, **Bishop Auckland**, DL14 7BH

Cohens 5 Bridge End, **Chester le Street**, DH3 3RE



03000 266 666

