

DARLINGTON PRIMARY CARE NETWORK Newsletter

Connecting Darlington's communities with their local GP practice



Hurworth resident Molly made headlines last Christmas as the poster girl of the PCN Flu Vaccination Campaign

What is Darlington Primary Care Network?

Primary Care Networks (PCNs) form a key building block of the NHS long term plan.

By bringing General Practices together to work in partnership, it's hoped that this will improve the ability of practices to recruit and retain staff; to manage financial and estates pressures; to provide a wider range of services to patients; and to more easily integrate with the wider health and care system.



Welcome to our First Issue

Welcome to this, the very first edition of a regular Darlington Primary Care Network (PCN) newsletter.

Our aim is to send this out quarterly for our patients, for members of the public, and for our partners across the town. My name is Chris McEwan and I am the Lay Member of Darlington Primary Care Network. I was appointed in 2019, and whilst I do not represent patients as such (although I am one!) my role is to provide a different and wider voice when the Practices are

meeting or working together. The PCN comprises all 11 Practices in Darlington, and is made up of representatives of all the practices in Darlington. While medical Practices have responsibility for their individual patients, the idea behind the PCN is to share best practice, collaborate where needed, and amplify voices for primary care in the town. In recent years we have seen unprecedented collaboration for large scale flu vaccination and Covid responses, but also joint working on smaller issues

that effect of the Practices. One thing that has always struck me whilst serving in this role is not just the rich variety roles and people involved in primary care, but also the dedication and hard work they put in day in day out.

For that - and I've no doubt this is a feeling shared by many across our wonderful town - I am always incredibly grateful.

Chris McEwan



Shining a light on greener healthcare | Blacketts Medical Practice

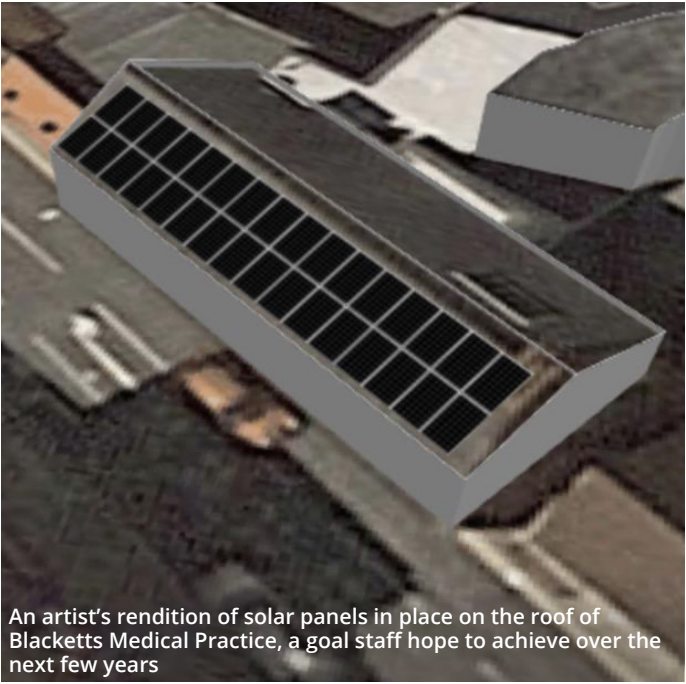
Going green isn't just good for the environment, it's also good for health! That's the ambition at Blacketts Medical Practice, where practice manager Sarah Stelling is overseeing a green revolution.

"We had an initial energy efficiency assessment," said Sarah, "and it recommended two changes we could make to our facilities to reduce our carbon footprint and save money: adding solar panels, and replacing our old-fashioned bulbs with bright, low-impact LED lighting.

"We applied for a grant, and we were successful, so patients are now enjoying our new low-carbon lighting! Just this one small change means we'll not only save 19,485 kilowatt-hours per year – a big consideration in the present economy – but at a stroke we've cut our carbon output by nearly nine tonnes per year!"

While the grant to fund solar panels for the practice's roof was unsuccessful, Sarah is determined to continue pushing the practice to be more environmentally friendly.

Like many other practices, Blacketts is also encouraging asthma patients to return inhalers for recycling, due to the greenhouse gasses which can be



An artist's rendition of solar panels in place on the roof of Blacketts Medical Practice, a goal staff hope to achieve over the next few years

released into the atmosphere if they're disposed of improperly.

"We're in the early stages of looking at the green impacts of health," said Sarah, "but there's no doubt it's an important area to investigate. It's common knowledge that environment has a significant impact on health, so it's up to all of us to help look after it.

"That's ultimately going to give us healthier patients - and a healthier planet!"



Surgery Contact Info and Opening Times

Main Reception: 01325 380 640
Prescriptions: 01325 347 247
63-65 Bondgate, Darlington DL3 7JR
www.blackettsmedical.com

Mon: 7:30am - 6:00pm
Tues: 7:30am - 6:00pm
Wed: 8:15am - 6:00pm
Thurs: 7:30am - 6:00pm
Fri: 8:15am - 6:00pm
Weekend: Closed

After 37 years as a GP with Carmel Medical Practice, Professor Ahmet Fuat is hanging up his stethoscope and looking forward to taking life a little easier.

Four decades as a GP |

Carmel Medical Practice



Long-standing Darlington GP Ahmet Fuat is looking forward to a well-deserved retirement

"I've loved being a GP in Darlington, but I feel it's the right time to step down," said Professor Fuat.

"I could never be idle, so I will carry on with teaching and lecturing in cardiovascular disease to upskill primary care health care professionals, but Karen and I also have a bucket-list of places we would like to visit."

Professor Fuat's father was a Turkish Cypriot who came to study forestry in Scotland, in the 1950s. He married a young Aberdonian lady, and baby Ahmet was born in Cyprus in 1960. For the next 15 years, they spent their time between Cyprus and Aberdeen, with Ahmet eventually studying medicine at Aberdeen University.

After migrating south to Darlington, he started his GP

training with the late Dr Martin Rhodes at Moorlands Surgery, where he met Karen, his wife of 34 years. The couple have two children – Ayşe and Tamer.

His interest in cardiovascular medicine was triggered after his father died of a heart attack at the age of 47. He did a PhD in diagnosing and managing heart failure, at Durham University, with the published work leading to changes in national and international guidelines. Ten years ago, he accepted an honorary professorship in Primary Care cardiology by the university.

"I'll miss my patients, some of whose families I've been looking after for three generations," he said. "I'll also miss the staff, many of whom I've worked with for 20 or 30 years. I've always been very happy at the Carmel Medical Practice and proud to leave a legacy in cardiovascular disease excellence in Darlington, recognised by the Northern Echo Health and Care Awards 2022 Outstanding Achievement Award."

Surgery Contact Info and Opening Times

Main Reception: 01325 520 794
Nunnery Lane, Darlington DL3 8SQ
www.carmelmedicalcentre.co.uk

Mon: 8:00am - 6:00pm
Tues: 8:00am - 6:00pm
Wed: 8:00am - 6:00pm
Thurs: 8:00am - 6:00pm
Fri: 8:00am - 6:00pm
Weekend: Closed



One of the most serious issues affecting GP surgeries is DNAs – or Did Not Attends – when a patient books an appointment but neglects to appear, or to let staff know they can't make it.

Missed appointments cost GP practices millions | Clifton Court Medical Practice



Empty waiting rooms and missed appointments mean other patients have to wait longer to see a medical professional

Combating this trend is a priority for many surgeries, and Clifton Court Medical Practice has been at the forefront of these efforts. As practice manager, Andrea Francis is leading the charge.

She said: "It's completely understandable that people get frustrated when they're

told they'll have to wait for an appointment, but the thing that really impacts waiting times is DNAs.

"Clifton Court's DNA numbers are among the highest in Darlington – in just one month, we saw more than 40 hours of staff time wasted by people not attending

appointments, and that really highlighted to us that we need to make it as easy as possible for patients to cancel or rearrange appointments.

"People have busy lives and lots of demands on their time, we understand that, so we've taken steps to give patients a variety of ways to communicate with us.

"If a patient realises they can't make an appointment at Clifton Court, they can still call us on 01325 465646, but they can also leave voice messages, reply to the reminder text message, or send an email to cliftoncourt@nhs.net to let us know.

"We're also trying to stay modern, so we're now taking messages through our Facebook page.

"The bottom line is that DNAs cause problems for patients and staff alike, so we want to be as open, and to offer as many ways to communicate with us, as possible. We don't mind how you do it, but please: if you can't attend, let us know."

Surgery Contact Info and Opening Times

Main Reception: 01325 465 646
Victoria Road, Darlington DL1 5JN
www.cliftoncourtmedicalpractice.nhs.uk

Mon: 8am-12pm, 2pm-6pm
Tues: 7:30am - 6:00pm
Wed: 8:00am - 6:00pm
Thurs: 7:30am - 6:00pm
Fri: 8:00am - 6:00pm
Weekend: Closed



Goodbyes and hellos to leaving and returning staff

Denmark Street Surgery

Denmark Street Surgery is undergoing a lot of change at the moment, with two long-standing partners retiring, the appointment of three new staff members, and an expansion of the premises.

Dr Michaela Young retired in March after 25 years with the practice, and Dr Shelagh Naismith left in June, after many years with the practice. They will both be much missed by staff and patients.

Returning from maternity leave are Dr Merson, who returns in June, and Dr Grayson who will be back in the autumn.

Practice Manager, Paul Conroy, appreciates how difficult it has been for both patients and the staff, but asks everyone to bear with them while things return to normal.

“It has been quite challenging recently, and we appreciate the impact it has had on appointment availability,” he says. “However, we’re not only losing, replacing and welcoming back doctors, but we’re making a number of new appointments that will allow us to offer a better service to our patients.”

Also joining the practice recently are Sorin Hotima, Advanced Clinical Practitioner, and



Paramedics, Gemma Gardiner and Katie Stephenson.

Aside from all the staff changes, the surgery will be expanding into additional premises to

provide space for admin, while the existing admin area will be re-purposed to provide clinical rooms.



Surgery Contact Info and Opening Times

Main Reception: 01325 465 646
Denmark Street, Darlington DL3 0PD
www.denmarkstreetsurgery.nhs.uk

Mon: 7:30am - 6:00pm
Tues: 7:30am - 6:00pm
Wed: 7:30am-12pm, 2pm-6pm
Thurs: 7:30am - 6:00pm
Fri: 7:30am - 6:00pm
Weekend: Closed

Counting carbs

Rockliffe Court Surgery

When Dr Alison McNaughton-Jones launched an online 'low carb' group to support diabetes patients at Rockliffe Court Surgery, she never anticipated how popular the scheme would become, or the impact it would have on hundreds of people.

Always passionate about promoting healthy eating, Dr McNaughton-Jones found Zoom video meetings to be an effective means of keeping in contact with the surgery's Type 2 Diabetes patients throughout lockdown.

Six initial meetings were scheduled, which let Dr McNaughton Jones pass on information about managing the condition, and field questions from patients, but when they came to an end, patients clamoured for more.

The group was opened up to include anyone registered with the surgery who wanted advice on eating better, and practice staff were amazed when more than 600 people signed up.

The Rockliffe Low Carb Group now includes weekly online meetings, a Facebook group for sharing tips and recipes, and regular emails to all group members.

"We encourage patients to eat a real food diet which avoids processed foods and is



Dr Alison McNaughton-Jones' digital low carb meetings proved to be a big success with patients and locals

low in carbohydrate," said Dr McNaughton-Jones. "So, after we saw the popularity of the low carb group, it was a logical move to open it up to more people.

"I couldn't be happier with the reception it's had – a lot of people really do care about eating well, and the impact this has on the health of our patients is readily

apparent. Our prescribing costs are amongst the lowest in Darlington, and our diabetic results amongst the best, and I am sure the extra lifestyle advice we offer contributes to that."

- **For more information about accessing the Rockliffe Court Low Carb group, speak to a member of staff.**



Surgery Contact Info and Opening Times

Main Reception: 01325 720 605
Hurworth Place, Darlington DL2 2DS
www.rockliffecourtsurgery.co.uk

Mon: 8:30am - 6:00pm
Tues: 7:30am - 6:00pm
Wed: 8:30am - 6:00pm
Thurs: 7:30am - 6:00pm
Fri: 8:30am - 6:00pm
Weekend: Closed

There's more than meets the eye at Moorlands Surgery. When you come in as a patient, you might only see the receptionist and your doctor – what you don't see are all the other members of the amazing team that are working together to meet the needs of patients, and help the practice run smoothly.

Life in a busy practice |

Moorlands Surgery



The patient list of 13,500 come from all over Darlington, including rural areas like Piercebridge and High Coniscliffe. Many of the staff have been familiar faces at the surgery for a long time, with one of the nine GPs clocking up nearly 20 years, and an Advanced Nurse Practitioner (ANP) more than 22 years. Of the other three ANPs, some started as Practice Nurses and

have progressed through their development with the support of the practice. Five Practice Nurses provide chronic disease management for patients who have diagnosis such as diabetes, asthma and COPD. They also do cervical smears, immunisations, and vaccinations. The Clinical Pharmacist is qualified to assess and prescribe, and supports patients

discharged from hospital, to ensure that they get their correct medications. Three Health Care Assistants, along with a Trainee Nurse Associate, take bloods, provide health checks, carry out hypertension reviews, ECG's, and run dressing clinics, among many other things. In addition to the clinical staff, there are 23 support staff, including admin, reception, secretaries, data team, and IT. In addition to day-to-day appointments, the practice also provides a mental health practitioner, a social prescriber, physiotherapy, and help with smoking cessation. The need for additional clinical space to meet patient demand requires a new building, but, in the meantime, investment has been made in temporary Portacabins to enable the team to provide all patients with the best possible service. So, the next time you visit, think about everything that goes in to running a busy surgery.

Surgery Contact Info and Opening Times

Main Reception: 01325 469168
Willow Road, Darlington DL3 9JP
www.moorlandssurgerydarlington.nhs.uk

Mon:	8:00am - 6:00pm
Tues:	8:00am - 6:00pm
Wed:	8am-12pm, 2pm-6pm
Thurs:	8:00am - 6:00pm
Fri:	7:30am - 6:00pm
Weekend:	Closed



Caring for people...

| Primary Healthcare Darlington

Primary Healthcare Darlington provides The Living Well Service, which is commissioned by NHS England and subcontracted to Primary Healthcare Darlington on behalf of the Darlington Primary Care Network.

Social prescribing is a unique approach that goes beyond traditional medical intervention.

Rather than being about medical or clinical matters, social prescribing involves connecting people with alternative support to address challenges affecting their quality of life.

This can include things like housing issues and loneliness, to long-term conditions like pain, diabetes, and weight management, among others.

"Basically, it's anything that someone might go to their GP with that isn't a medical issue," clarifies Ethna Parker, PHD's Living Well Operational Manager.

"It's about making sure people can access the help they need, while freeing up GPs to help more people with concerns requiring medical intervention.

"Nationally, it has been reported that some patients visit their GPs because they are lonely or need help with housing issues. Unfortunately, these are not issues a GP can help with, but, Social Prescribers can!

"Social prescribers help by connecting patients to the vast array of services, activities and goodwill that exist in local communities, encouraging them to focus on what matters to them, supporting them to take

back control of their health and wellbeing, one step at a time.

"As a result, we've been able to put them in touch with friendship groups or gardening clubs – suitable social activities – and as a result, they are no longer needing time the GP could use to see patients with medical concerns."

Social Prescribers are members of the primary care team. You can book an appointment with them in GP Practices and community venues around the town. Any health or social care professional can make a referral, and patients can also self-refer.



"It's often a doctor or a nurse who first identifies that we can be of help," Ethna says, "but we also welcome self-referrals from anyone who thinks they could benefit from our support. Just give us a call and we can go from there."

- **To find out more about social prescribing, leave a message on our answerphone and a member of the team will get back to you: 01325 952278 select option 2. You can also make a self-referral on our website: socialprescribingdarlington.co.uk**

...not just for patients

A journey to healthier living: taking a look at PHD's alternative weight management group

An emerging PHD success is the recently-launched weight management course facilitated by our Health & Wellbeing Coaches.

Ethna said: "The PCN recognised there was a need in Darlington for a free, non-judgemental and supportive programme to help people address weight-related issues from a behavioural perspective.

"Our group leaders are all trained health coaches, mostly with backgrounds in physical training, and they're fantastic at facilitating communication and getting the group to share their experiences and tips.

"I'm speaking from experience – their first group was all PHD staff members! It gave us a chance to experience the group as patients, and it gave the course a leaders a 'trial group' to practise on. I think we all found it remarkably effective and engaging.

"Our leaders are passionate about guiding the groups on their weight management journeys, and can empathise with the challenges individuals face."

An essential aspect of the group is the encouragement of peer support and learning. Participants have the opportunity to share their experiences, challenges, and successes, creating a supportive community that fosters growth and positive change.

"It's not like Weight Watchers or Slimming World," Ethna added. "We don't give out diet plans, and no-one has to get weighed in front of everybody." "Group consultation is a new way of helping patients with a wide range of issues. Group leaders are trained health coaches who are fantastic at putting people at ease so that they can share their experiences with other group members.

"They use recognised behavioural change techniques that gently challenge the way someone thinks while supporting them to identify the changes they can make."

Ethna and the team are understandably proud of the way the group is already helping people lead healthier, happier lives. "It's only been running a few months, but the response has been brilliant," she says with a grin.

Referrals to the weight management group can be made by any health professional or patients can self-refer using the contact details below.

- **To find out more about health coaching, leave a message on our answerphone and a member of the team will get back to you: 01325 952278, select option 2.**



Contact Info and Opening Times

Main Reception: 01325 952278

Woodland Road, Darlington DL3 7PL

www.primaryhealthcaredarlington.co.uk

www.socialprescribingdarlington.co.uk

Mon:	6:30am - 9:00pm
Tues:	6:30am - 9:00pm
Wed:	6:30am - 9:00pm
Thurs:	6:30am - 9:00pm
Fri:	6:30am - 8:30pm
Sat:	8:00am - 1:30pm
Sun:	9:00am - 1:00pm

GP appointments are free, but what are the hidden costs?

Have you had to miss an appointment with the GP because you couldn't take the time off work? Has the cost of transport been so unaffordable that you were unable to attend your appointment? Are you able to afford your prescriptions?

Children North East (CNE) is partnering with Darlington Primary Care Network to understand the financial barriers impacting access to healthcare.

As part of the collaboration CNE will be working with Darlington GP practices to gain critical insight surrounding staff and patient experiences surrounding financial barriers to accessing healthcare.

In the meantime, if you like to be involved, we would love to hear from you.

If you've experienced financial barriers to healthcare and would like to share your thoughts or ideas on what can be done to help you can call, text or email Heba Elsafy on:

07706364573

Heba.Elsafy@Children-NE.org.uk

Who are CNE?

CNE exists because growing up can be hard. As a charity CNE work with babies, children, young people and their families to ensure they grow up to be healthy and happy



**Because growing
up can be hard**

Feedback from patients is vital for a GP practice to gauge its performance and address the needs of its community, and Neasham Road surgery has recently seen the amazing impact its patient participation group has had.

Patients' voices are being heard

Neasham Road Surgery



The Neasham Road Patients Participation Group were instrumental in highlighting how the practice's automatic doors could be made more accessible

Practice manager, Sally Hutchinson, said: "Every surgery has a patient participation group, but how the group is run is very much left up to us. Our group has, time and again, demonstrated its value to Neasham Road – they help us connect even better with the community, and we are just so appreciative of their assistance.

"They help us identify issues or

difficulties, and together we work on solutions. The best part is they spot things that staff members might typically miss because our circumstances are all different – for example, the group recently identified that our automatic doors presented problems to visitors using wheelchairs, or pushing prams, and as a result, we've been able to address that."

Tracy Freeman joined the group

last year and has already seen the impact it has made.

"It's been really positive," she says with a smile. "Since I joined the patient participation group, I've felt like we are really involved in how the surgery develops. Sally is always keen to hear what we think, but I feel like we've also learned a lot about how the surgery functions, and the unique challenges it faces.

"The group is utilised very effectively – for example, our volunteers spent time at the surgery assisting visitors with the new digital sign-in point. It sounds like a simple thing, but for some older people, it can be confusing. Because we were there to help, it freed up members of the surgery's staff to focus on other things. I think that's a brilliant way to use us."

Anyone interested in joining the patient participation group is welcome to email Neashamroad.surgery@nhs.net or visit www.neashamroadsurgery.co.uk for more information.



Surgery Contact Info and Opening Times

Main Reception: 01325 461 128
186 Neasham Rd, Darlington DL1 4YL
www.neashamroadsurgery.co.uk

Mon: 8:00am - 6:00pm
Tues: 8am-12.45pm, 1.45pm-6pm
Wed: 8:00am - 6:00pm
Thurs: 8:00am - 6:00pm
Fri: 8:00am - 6:00pm
Weekend: Closed

Part of the charm of a small community surgery like Orchard Court is the way staff will get to know patients, and patients will often be welcomed to the surgery by familiar faces.

Apprentice duo join the team | Orchard Court Surgery

There have been two new faces greeting visitors at Orchard Court over the last few weeks. Millie Garbutt and Ellie Bailie joined the surgery as part of their apprenticeship in business administration.

"We have members of staff who have been with us for nearly 40 years, so it's been really nice to have two young ladies from Darlington join the team," said reception supervisor, Luanne Bussey.

"Community focus is such an essential part of the spirit of Orchard Court – we've known members of staff to hand-deliver medicine, and even slippers for our older patients – that we wanted to go down this hiring route and help develop local young professionals. We've been so lucky to get Millie and Ellie.

"In order to get an insight into how we operate as a practice, they've worked with our medical secretary, our administrators, and our nurses - it's been a bit of an eye-opener for them, but they



Apprentices Millie and Ellie are the newest faces at Orchard Court Surgery

seem to have really enjoyed it."

Millie said: "Ellie and I go to college half a day a week, and then four days a week we're at Orchard Court. I'm really enjoying it, it's really good.

"I've previously worked in a solicitor's firm, and I feel like this is a lot more interesting, and I'm getting a lot more training and help. It keeps me busy.

"It's really nice having that face-to-face contact with patients when they come in, the majority are lovely, and we have a nice chat. It's just great to be so involved with the community.

"I don't know what opportunities might be available when I finish the apprenticeship, but if there's a possibility of staying on at Orchard Court, I'd definitely consider it."

Surgery Contact Info and Opening Times

Main Reception: 01325 465 285
Orchard Road, Darlington DL3 6HZ
www.orchardct.co.uk

Mon: 7:30am - 6:00pm
Tues: 7:30am-12pm, 1pm-6pm
Wed: 7:30am - 6:00pm
Thurs: 7:30am - 6:00pm
Fri: 7:30am - 6:00pm
Weekend: Closed



From apprentice to staff member | Parkgate Health Centre

An apprenticeship with Parkgate Health Centre has led to a full-time, permanent position for 18-year-old Jessica Harper.

Jess joined the surgery through the Mill Tech Apprenticeship Scheme last October and has been involved in a variety of different tasks, from working on reception and dealing with patients, to admin in the office.

Jess was at Queen Elizabeth Sixth Form College studying for A Levels in Health & Social Care, and Sociology, when she saw the advertisement for the apprenticeship with the practice. She decided to go for it, because it sounded interesting, and she felt it would help her to gain confidence.

"I was quite shy through school and college so I thought that working as a receptionist in the surgery would help me," she says. "I like the variety of the work and I'm learning new things all the time. The more I'm learning, the more I'm enjoying the job.

"Everyone has been so nice to me, and I'm definitely more confident through dealing with lots of different people in person and on the phone."



Apprentice Jess Harper flourished in her role at Parkgate, and has now joined the team full-time

Practice Manager, Sean Bowler said: "Jess came on board as a shy unassuming admin apprentice and started work on the main reception, which is front of house and not always an easy job. Since then she has definitely come out

of her shell and is now an integral part of the small team.

"She has made such an impression that she has recently been successful at interview for a full time post on a permanent contract."



Surgery Contact Info and Opening Times

Main Reception: 01325 735 000	Mon:	8:00am - 6:00pm
Park Place, Darlington DL1 5LW	Tues:	8:00am - 6:00pm
www.intrahealth.co.uk/surgeries/parkgate-medical-practice/	Wed:	8:00am - 6:00pm
	Thurs:	8:00am - 6:00pm
	Fri:	8:00am - 6:00pm
	Weekend:	Closed

GPs from other practices rallied round to help out when one of the partners at St George's Medical Practice had a nasty accident and couldn't work for five months.

Cyclist GP returns after car accident

St George's Medical Practice



A keen cyclist, Dr Alastair Baines was hit by a car while riding in Middleton-St-George, last August, and suffered multiple injuries requiring extensive surgery. Practice manager, Liz Stewart, put out an urgent call for help to the other practices in the PCN, and had a wonderful response. A number of GPs came in to cover Dr Baines' appointments until regular locum cover was established.

"We're a practice of only three partners, so it was difficult to lose one for an extended period," explained Liz. "It was lovely the way the other practices rallied round with all sorts of offers of help. Dr Baines also received lots of cards, gifts and good wishes from patients – it was a real outpouring of love for him."

Dr Baines began a phased return to work in January, and is now fully recovered, and back to his

pre-accident working hours.

In front-of-house news, part-time receptionist, Wendy Vickerman, celebrated a BIG birthday in April. Most of the practice staff joined her for a meal at The Oak Tree, with everyone having a lovely evening.

Wendy has been with the practice since 2017, and, at 60-years-young, hopes to be greeting patients for many more years to come.

Surgery Contact Info and Opening Times

Main Reception: 01325 332022

Yarm Road, Middleton St George, DL2 1BY

www.stgeorgesmp.co.uk

Mon: 8:00am - 6:00pm

Tues: 8:00am - 6:00pm

Wed: 8am-12:30pm, 2pm-6pm

Thurs: 8:00am - 6:00pm

Fri: 8:00am - 6:00pm

Weekend: Closed



Raising both funds and spirits |

Whinfield Medical Practice

Patients visiting the Whinfield Medical Practice may be surprised to see staff dressed in some unusual attire; but it's all for a good cause!



Staff threw a red, white, and blue celebration to mark King Charles' Coronation and raise money for charity

On the last Friday of every month, staff have 'Dress Down Friday' where they get the chance to come to work in casual clothing, or dress to a theme, such as Halloween, Easter, or - most recently - red, white and blue for the celebration lunch to mark King Charles' Coronation.

Everyone taking part donates £2 and has the chance to suggest a charity to receive the money. All

the suggestions are put in a hat, and the one that's pulled out will benefit by up to £80.

Practice Manager, Jane Lincoln, initiated the dress down fun a couple of years ago, and the staff have joined in enthusiastically.

"We usually get about £40 a month, so we roll it forward for two months and then donate it all to the chosen charity," explains Jane. "If there's a special event

coming up, we'll use that for our inspiration - like last year's Platinum Jubilee - or sometimes we choose a theme based on a national day, like International Women's Day, where the receptionists and doctors might wear something pink.

"Everyone really enjoys it, and we've had very positive feedback from patients on our Facebook page."



Surgery Contact Info and Opening Times

Main Reception: 01325 481 321
Whinbush Way, Darlington DL1 3RT
www.whinfieldsurgery.nhs.uk

Mon: 8:00am - 6:00pm
Tues: 8:00am - 6:00pm
Wed: 7am-12:30pm, 2pm-6pm
Thurs: 7:00am - 6:00pm
Fri: 8:00am - 6:00pm
Weekend: Closed



www.darlingtonpcn.co.uk