

Pinfold Medical Practice's **PPG** November 2025 Newsletter

Contact us via **reception** or the **suggestion box** in the practice foyer

Email: nencicb-cd.pinfoldppg@nhs.net

Hi everyone,

Thank you to the people who came along to the Pinfold Practice foyer to discuss how exposure to social media has affected them or their families, it was good to speak with you.

We are taking a little break from the walk-ins, so the next walk-in for **Farming Families** will be at the practice during January 2026. Further details will be circulated shortly. Talking of December, the opening times for the practice will be as follows over Christmas/holidays.

Monday, **22nd December** 2025: 0800 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:45*)

Tuesday, **23rd December** 2025: 08:00 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:00*)

Wednesday, **24th December** 2025: 08:00 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:45*)

Thursday, **25th December** 2025: **Closed**

Friday, **26th December** 2025: **Closed**

Monday, **29th December** 2025: 0800 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:45*)

Tuesday, **30th December** 2025: 08:30 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:00*)

Wednesday, **31st December** 2025: 08:00 – 18:30 (*Dispensary 08:30–12:30 / 14:00–17:45*)

Thursday, **1st January** 2026: **Closed**

Friday, **2nd January** 2026: **Closed**

Please remember to order your repeat prescriptions in good time and to stock up with any over-the-counter medicines you may need. When the practice is closed please go online and consult <https://111.nhs.uk> (for assessment of people aged 5 and over) or call for free, 111 on your mobile or landline. For all emergencies dial 999. Further advice can be sought from digital.nhs.uk. Advice for your baby or child can be sought from the little-orange-book which can be downloaded from <https://northeastnorthcumbria.nhs.uk> and contains expert advice.

If you are a carer or know someone who is, please make a note there will be a **Durham Carer's Roadshow** on **Thursday, 20th November 2025** between **10am-2pm** at the **Bishop Auckland, Methodist Church**, 21 Cockton Hill Road, DL14 6EN. You can find out about support and resources available to carers. Learn more at <http://bit.ly/4olczEU>

News in brief from the Integrated Care Board (ICB) covering the North East & North Cumbria:

- Smoking rates in the North East have fallen to 10% of adults
[smoking rates in the North East have fallen](#)
- Women across the North East and North Cumbria can now get emergency contraception from their local community pharmacy
[find a pharmacy offering the contraceptive pill](#)
- For patients wanting to live a healthier lifestyle but not sure where to start, take a look at the NHS Healthy Choices Quiz
[‘NHS Healthy Choices Quiz’](#)
- The NHS has partnered with the armed forces community for veterans, service leavers, reservists, families and carers who are in need for support
[Op COURAGE for the North of England](#)

Industrial Action – Resident Doctors:

It is expected that further industrial action by resident doctors will begin next Friday (14 November) at 7 am and will run until 7 am on Wednesday, 19 November.

Plans are in place across the region to maintain patient safety and prioritise emergency services for those who need help the most. However, some patient services may be affected during this time.

For non-life-threatening illnesses and injuries, people are reminded to use NHS [111 online](#), keeping 999 and hospital Accident and Emergency Departments for life-threatening emergencies only.

Anyone with a planned appointment or treatment during this time should attend unless they hear otherwise from the NHS. Any appointments that need to be changed will be rescheduled.

The vast majority of the NHS services will still be available as normal during this time, including GP practices and community pharmacies, which can help with a range of [common health concerns](#) and provide over-the-counter advice and treatments.

And finally, please find below other helpful links.

www.pinfoldmedical.co.uk

<https://www.pinfoldmedical.co.uk/local-support-services>

<https://www.england.nhs.uk>

<https://nhs.uk/live-well>

<https://www.who.int>

<https://www.gov.uk>

Domestic Abuse National helpline for women 0808 2000 247

Mankind Initiative for male victims of domestic violence <https://mankind.org.uk> Little-Orange-Book.pdf via www.newcastle.gov.uk

helpline@patients-association.org.uk or ring 0800 345 7115 Mon-Fri 9.30am-5pm

For mental health support text 'CALMER' TO 85258 – for free confidential 24/7 support

As always, **for patients who are not online**, please contact the practice on **01388 718230**.

Take care & stay healthy,

Bernadette Hunt – PPG Chair & Teesdale Patient Representative