

Dorking Medical Practice, 142a South Street,
Dorking, Surrey
01306 881313
newhouse.surgery@nhs.net

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Alcohol Awareness Week 2025

July 7 – July 13

Alcohol Awareness Week is a national campaign aimed at encouraging open conversations about alcohol use, raising awareness of its risks, and supporting individuals who may be struggling with drinking habits. Observed annually in July, the week offers an important opportunity to reflect on our relationship with alcohol and how it affects our health, families and communities.

Key Facts about Alcohol and Health

- Alcohol is linked to over **60 medical conditions**, including seven types of cancer.
- In England, there were over **8,000 alcohol-specific deaths** in 2023, the highest since records began.
- **One in four adults** in the UK regularly exceeds recommended drinking limits.
- **Alcohol-related harm costs the NHS an estimated £3.5 billion** each year.
- **Cutting down or quitting alcohol** can improve sleep, mental health, immune function, and long term disease risk.

For Help see: www.nhs.uk/live-well/alcohol-advice/alcohol-support



Welcome to Talking Therapies

Talking therapies are designed to help with common mental health problems.

Our NHS service is free, confidential and available throughout Surrey for people 17+ who are registered with a Surrey GP.

You can ask your GP to refer you or you can refer yourself.

talk to us.

01483 906392
self-refer today

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Please note: We are not a crisis centre

If you are concerned about yours or someone else's immediate safety, then call 999 for emergency services.

If you feel that you need urgent help to be able to keep yourself or others safe it is important to contact your GP. Outside of GP hours, the following crisis support is available:

Crisis Helpline

In times of crisis or distress please call: 0300 456 83 42

5.00pm - 9.00am Monday to Friday, with 24 hours cover at weekends including Bank Holidays.

Samaritans (24 hours daily)

Freephone: 116 123

email: jo@samaritans.org

New Staff Members



Kayla Condie
Medical Administrator



Ashleigh Corbett
Clinical Coder/Administrator

No, I'm not a doctor.



I'm a First Contact Physiotherapist.

I'm another qualified member of your surgery team, working alongside your GP.

I'm an experienced physiotherapist with specialist training. If you have a muscle or joint problem, you'll be referred to me **first** for an initial assessment and diagnosis.

We will then agree the best course of action to get you better which could be prescribing medication, exercises or referral for an X-ray or specialist treatment if needed.


Surrey Heartlands



Are you drinking enough?

Colours 1-3 suggest normal urine

1



Check the colour of your urine against this colour chart to see if you're drinking enough fluids throughout the day.

2



3



If your urine matches 1-3, then you're hydrated.

Colours 4-8 suggest you need to rehydrate

4



If your urine matches 4-8, then you're dehydrated and you need to drink more.

5



6



If you have blood in your urine (red or dark brown), seek advice from your GP.

7



Please be aware that certain foods, medications and vitamin supplements can change the colour of urine.

8



Understand Heat-Related Risks

In the summer heat, our bodies work harder to keep cool. This may lead to health issues, especially if you spend a lot of time outside or don't have ways to cool down. The two most common heat-related risks are heat exhaustion and heat stroke.

Heat Exhaustion:

- Excessive sweating
- Feeling weak or tired
- Dizziness or fainting
- Muscle cramps
- Nausea
- Cool, moist skin

Heat Stroke

- High body temperature (usually above 40 C)
- Lack of sweating, with hot, red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Strange behavior, hallucinations, confusion



Health and Wellbeing Coaching

- Would you like help to understand and manage a long term physical or mental health condition?
- Would you like help to lose weight or maintain weight loss?
- Would you like to discuss methods to aid motivation to maintain positive lifestyle changes?



If you answered yes to any of these questions, you could receive up to six FREE 30-minute Health and Wellbeing Coaching appointments. During your appointments you will have time to explore what's important to you, what you'd like to achieve and consider tools to overcome challenges that you may experience.

You'll discuss anatomy and physiology, lifestyle research guidelines: including nutrition, exercise, physical activity and health psychology relevant to your health condition.

There's no set syllabus for the sessions, so all information will be tailored towards your aims.

Specialist areas of support include:

- Weight management
- Type two diabetes/ non-diabetic hyperglycemia (pre-diabetes)
- COPD
- High blood pressure and/or cholesterol
- Inactivity
- Low motivation to manage long term conditions.

Additional support areas:

- Cancer
- Carer support
- Pain management
- Low mood and or anxiety

Appointments are via phone or video. Please ask your GP surgery if you wish to be referred for Health and Wellbeing Coaching appointments.

Call on: 01306 733536
Or visit our website:
www.dhcclinical.co.uk
Or email on:
dohel.livewell.dhc@nhs.net

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