

# VALE MEDICAL GROUP



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## Summer Water Safety

With Summer holidays fast approaching I am sure there will be a lot of our patients heading off for lovely family holidays in the next few weeks. Drowning accidents are especially high in the summer months and over the last few years, we have heard of too many tragedies that could have been avoided.

Every year people drown both at home and on holiday because they don't take simple precautions, so reaching people with water safety messages is vital.

More than 700 people drown in the UK and Ireland every year, that's one every 10 hours, and many more suffer injury, sometimes life changing, when they survive drowning.

For more information on how to stay safe round water this summer please visit:

<https://www.rlss.org.uk/Pages/Category/drowning-prevention-week-campaign>

<https://rnli.org/safety/respect-the-water>



## Alcohol Awareness Week 3<sup>rd</sup> – 9<sup>th</sup> July 2023

Alcohol is a toxic chemical that can have a wide range of adverse effects on almost every part of your body. The effects of alcohol can vary. Sometimes you feel the effects almost instantly. Other times this can take longer and might be after you've had a few drinks.

Many things can affect the impact alcohol has on you, including:

- what you've eaten
- what mood you are in
- how much sleep you've had

This is important for helping you to know and understand how many units you have consumed.

Drinking more than the [low-risk guidelines](#) on a regular basis increases your risk of serious health conditions.

Regular or frequent drinking means having alcohol most weeks and the more you drink the higher the risks to your health.

Serious risks include:

- cancers, strokes, heart disease, liver disease, damage to the nervous system, pancreatitis and mental health issues to name a few.

If you think your drinking is becoming a problem for you, there is lots of support out there. You can contact your GP for support, visits websites such as:

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

<https://www.drinkaware.co.uk/advice/alcohol-support-services>

## Self-care for this month: Diarrhoea

Diarrhoea is passing looser, watery or more frequent poo (stools) than is normal for you.

It affects most people from time to time and is usually nothing to worry about. It can be distressing and unpleasant. It normally clears up in a few days to a week.

You can:

- You should drink plenty of fluids to avoid [dehydration](#). Drink small sips of water often. It's very important that babies and children do not become dehydrated.

- Your pharmacist may suggest you use an oral rehydration solution (ORS) if you or your child are particularly at risk of dehydration.
- You should eat solid foods as soon as you feel able to. If you're breastfeeding or bottle feeding your baby and they have diarrhoea, you should try to feed them as normal.
- Speak to a GP if your diarrhoea lasts longer than 7 days, it is severe, your poo contains blood, you are unable to keep anything down or if your child has had 6 or more episodes in 24 hours.



### Patient Participation Group

Vale Medical Group has an established Patient Participation Group with the aim of fostering patient participation in health care, improving communication between staff and patients and allowing patients to have a say in the future direction of local health provision

The group operates within a nationally proposed frame of reference, but largely it's up to members how it works. Meetings are generally held at Long Clawson. Members can commit as much or as little time as they like and contribute in whatever way they feel comfortable. The group are always keen to attract new members from both of our surgeries. If you would like more information please email PPG directly at [vmgpatients@gmail.com](mailto:vmgpatients@gmail.com)

## Dates for your Diary – July

The next PPG Meeting will be held at Stackyard Surgery  
6.45pm on Tuesday 4<sup>th</sup> July 2023

The next PLT will be Thursday 27<sup>th</sup> July 2023, both Long Clawson and Stackyard Surgery will be closed from 1pm on this date. Long Clawson Pharmacy will remain open.

### **Don't be a DNA!**

A DNA is someone who **did not attend** their Doctor/Nurse appointment and did not tell us beforehand. The clinic was ready, the Doctor and Nurses were waiting, but the patient did not attend.

Last month in June there were **56 DNA's** at the Long Clawson Medical Practice and **23 DNA's** at the Stackyard Surgery, totaling up to **79 appointments which patients did not attend.**

If you are unable to attend your appointment, **please let us know as soon as you can** so we can arrange for someone else to take your slot.



### Phlebotomist

Each month we will take a look at different roles within the practice this month we are looking at the Phlebotomist role and what they can do to help you.

A phlebotomist, will take blood samples from patients which have been requested by a clinician. These blood samples are then examined in a laboratory and the results can be used to quickly diagnose diseases and conditions. Our practice phlebotomist also provides ECGs and Blood pressure checks along with collecting other samples such as urine, faeces for testing.



**First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.**

**The initiative allows residents who require help with one or a number of issues to access a catalogue of information, advice, help and support.**

**Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site.**



