

VALE MEDICAL GROUP



Long Clawson Medical Practice: Tel: 01664 822214
Email - icmp.admin@nhs.net

Stackyard Surgery: Tel – 01476 870900
Email – llrich-llr.stackyard.admin@nhs.net

NHS App - Prescriptions

Did you know you can manage repeat prescriptions from Vale Medical Group in the NHS App?

You can easily choose where your prescriptions are sent. So, if you know you'll be away from home or you are moving home, you can change your nominated pharmacy from within the app.

You can also order your prescription at any time that suits you. There's no need to wait to join a telephone queue or wait until the GP surgery opens.

It's easy to use, and, if you hit a snag, you can go to 'Help' in the top right-hand corner of the app or visit [nhs.uk/helpmeapp](https://www.nhs.uk/helpmeapp).

Find out more about the NHS App at: www.nhs.uk/nhsapp



UPCOMING EVENTS

PPG Meeting – 4th July
7pm @ Stackyard
Surgery

Men's Health Week – June 12th - 18th

This week in June celebrates Men's Health Week. It is an important time to bring awareness to health issues which affect men disproportionately and focus on making men more aware of problems they have or may one day develop and give them with the courage to find information, services, and treatment they may need to live healthier for longer.

Given that the COVID Pandemic has taken such a focus on health, this week it's important to be conscious of other serious health conditions. As a result, Men's Health Week will run from the 12th to 18th of June and its time for men everywhere, to give themselves an MOT.

Your car gets an MOT regularly, but what about you?

Giving your body a once-over does not require any tools and is free of charge.

For a step-by-step guide, please follow the link below for more information:

<https://www.menshealthforum.org.uk/diy-man-mot>



Self-care for this month: Hayfever

Hay fever is usually worse between late March and September especially when it is warm, humid, and windy. This is when the pollen count is at its highest.

You can:

- Put Vaseline around your nostrils to trap pollen.
- Wear wrap around sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you have been outside.

Hay fever is a common allergic condition. It affects up to 1 in 5 people at some point in their life

Consult with our pharmacy and they can help with your symptoms. They can give advice and suggest antihistamines, drops tablets or nasal sprays to help you're your symptoms.

If you child is **under 2 years old**, you'll need a prescription from a GP.



Weight Management Programme

You can find a lot of information online about healthy eating, physical activity, and weight management. But it is often hard to determine what is right, and healthy for YOU.



The Leicestershire Weight Management Service are a team who aim to help. They will guide, support and help you to achieve your health goals. It is also important to note that reaching and maintaining a healthy weight over the long term requires focus on overall health and lifestyle habits, and not just what you eat.

They offer nutritional lifestyle advice, running over a 12-week period exploring:

- How to change your eating habits to be healthier and reach a healthy weight
- Effective physical activity for weight loss and health
- What is a healthy weight or BMI
- Keeping a lifestyle diary

You will be supported by qualified professionals who will tailor a plan to steadily, and sustainably progress your weight-loss goals and lifestyle habit changes.

To find out more about this service please visit:

<https://www.leicestershirewms.co.uk/>

Website Feedback Form

We have recently launched a new feature on our website which can be found in the 'Information' tab under 'Your Feedback' or alternatively by following this link:

<https://www.valemedicalgroup.co.uk/feedback.php>

We welcome any feedback or suggestions of ways to improve our patient services.

Carer Week

5th - 11th June 2023

This will be an annual campaign to raise awareness of caring and highlight the challenges that unpaid carers face. We would like to recognise the contributions which they make to families and communities across the UK. With the COVID pandemic, this left an impact on unpaid carers' lives, due to the increased number of visits and care that they provided. Many have also taken on additional roles as carers for friends and relatives who are disabled, ill or older people who need additional support.

With the increased hardship and impact of the cost-of-living crisis, carers should be recognised for their hard work and respected for all they are doing during these difficult times.

For more information, please visit:

<https://www.carersweek.org/>



Care Coordinator

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

Care Coordinators will play an important role to proactively identify and work with people in providing coordination and navigation of care and support across health and care services, particularly those who are frail, elderly or have long-term conditions.

The Care Coordinator will ensure that patient health and care planning is timely, efficient and patient-centred.