



VALE MEDICAL GROUP



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Welcome to the Practice

We have some new members of staff joining our practice including two new GPs, Dr N Gadhia who has joined the practice in September and Dr E Dibb who will be joining the practice in December.

We also welcomed a new Clinical Pharmacist to the team Jay Joshi as well as a new Dispenser Emily Stubbs.

We have also had a new reception team member join us, Heidi who will be working mainly at Long Clawson.

We have had Dr Twomey leave the practice at the start of September, everyone at the practice wishes him well for the future.



Sepsis Awareness Month – September 2023

Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs.

It occurs when the body's immune system – which normally helps to protect us and fight infection – goes into overdrive. It can lead to shock, multiple organ failure and sometimes death, especially if not recognised early and treated promptly.

Sepsis is indiscriminate: while it primarily affects very young children and older adults and is also more common in people with underlying health conditions, it can sometimes be triggered in those who are otherwise fit and healthy.

Sepsis always starts with an infection and can be triggered by any infection including chest infections and UTIs.

There are lots of resources out there to help with understanding sepsis and what signs to look out for these include:

- **Slurred speech or confusion**
- **Extreme shivering or muscle pain**
- **Passing no urine (in a day)**
- **Severe breathlessness**
- **It feels like you're going to die**
- **Skin mottled or discoloured**

For more information and awareness resources you can visit:

<https://www.nhs.uk/conditions/sepsis/>

Flu and Covid Vaccinations

We are offering Flu Vaccinations and COVID boosters to those who are eligible this autumn.

Please keep a look out for a text or a letter inviting you to book your vaccination with us.

If you are unsure if you are eligible or not for a vaccination, please call our reception teams at either Long Clawson or Stackyard Surgery where our team will be on hand to check eligibility and availability for you.

Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAY WELL
THIS WINTER**



