



VALE MEDICAL GROUP



Long Clawson Medical Practice
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Stackyard Surgery
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Pride month means a huge amount to the LGBTQ+ community and understanding some of the history of LGBTQ+ awareness and equality is critical to understanding Pride Month. Pride in London is a huge event celebrating the LGBTQ+ community. It's held as close to the 1st of July as possible to commemorate the Stonewall Riots. You can choose how you become involved, from marching, to volunteering, or as a supporting business.

www.prideinlondon.org/pride

www.activatelearning.ac.uk/news/a-proud-journey-the-history-of-the-pride-movement-in-the-uk



MERGER

We are pleased to announce that the merger for Long Clawson Medical Practice and Stackyard Surgery has now been completed successfully.

Friends and Family

June 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
2 (100%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)

Always happy to help with my requests and lovely medical staff.

All the staff are very friendly, I am always treated with care. I always get an appointment on the same day or day after which is fantastic!

IF YOU WOULD LIKE TO PROVIDE FRIENDS AND FAMILY FEEDBACK, PLEASE FOLLOW THE LINK ON OUR WEBSITE

DNAs (Did not attend)

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 May there were **83 DNAs** at the Long Clawson Medical Practice and at the Stackyard Surgery, which patients did not attend.

If you are unable to attend your appointment, please let us now as Soon as you can so we can arrange for Someone else to take your lot.

BNF Healthy Eating Week 10th – 14th

It can be difficult to know what a healthy diet looks like with so many easy food options available to us. The Eastwell Guide helps to illustrate what our plates should look like to ensure a well balance and healthy diet.

<https://www.nutrition.org.uk/nutritional-information/>

Stillbirth and neonatal death

Losing a baby can be devastating and incredibly difficult to talk about.

Tommy's offers support for those who have suffered the loss of a baby during pregnancy or after their birth.

Camp Out for Sands encourages us to spend time camping out, even in your sitting room, the idea is to raise funds and awareness for the impact of stillbirth and neonatal death.

<https://www.tommys.org/baby-loss-support>
<https://www.sands.org.uk/get-involved/camp-out-sands>



The focus of this year's Diabetes Week is health checks.

If you have diabetes it's important to make time for your health checks. We offer these to make sure that you're staying fit and well, and that your condition is well managed to ensure you stay healthy in the longer term.

www.diabetes.org.uk

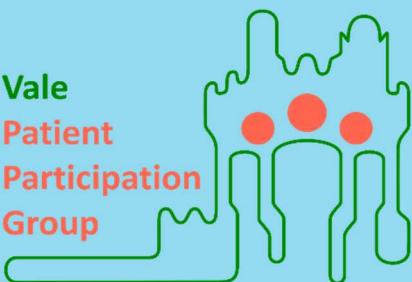
CHD (coronary heart disease)

Coronary heart Disease is restriction of blood flow to the heart due to a buildup of fatty deposits in the arteries around it. You can reduce your risk of CHD by maintaining a healthy weight, eating a healthy diet, not smoking, exercising, reducing alcohol consumption and taking your prescribed medications, along with keeping your blood pressure and diabetes under control.

www.bhf.org.uk/informationsupport/conditions/coronary-heart-disease

www.nhs.uk/conditions/coronary-heart-disease/prevention

Vale
Patient
Participation
Group



Patient participation groups are generally made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice. PPG meetings are held on a regular basis to discuss the services on offer, and how improvements can be made from the benefits of patients and the practice.

The VMG PPG currently has over 15 members and have meetings every three months, and our chair is Martin Fagan.

If you wish to make contact, please email info@valeppg.uk