



VALE MEDICAL GROUP



Long Clawson Medical Practice
Tel: 01664 822214
Email – lcmp.admin@nhs.net

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

MERGER

On the 31st May we will be merging Long Clawson and Stackyard surgery clinical systems.

Please be aware that at Stackyard on the 31st May there is urgent appointment only until 12noon.

Long Clawson will be urgent appointment only until 5pm.



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

Friends and Family

Stackyard Surgery – May 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
28 (74%)	7 (18%)	0 (0%)	1 (3%)	2 (5%)	0 (0%)

Long Clawson Surgery – May 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
39 (75%)	7 (13%)	1 (2%)	3 (6%)	2 (4%)	0 (0%)

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

DNA's

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 April there were **89 DNA's** at the Long Clawson Medical Practice and **32 DNA's** at the Stackyard Surgery, totalling up to **103 appointments** 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.

Health Checks

If you're aged between 40 and 74, you may be eligible for a FREE NHS health check to help you understand your risk of some long-term health conditions such as diabetes and heart disease.

<https://www.nhs.uk/conditions/nhs-health-check/>



National Walking Month including Walk to School Week, 20th - 24th May.

May is National Walking Month. It's a free, simple form of exercise that you can do anywhere at any time. Why not try upping the number of steps you do each day?

The Active 10 App helps you track how much walking and activity you're doing. Working quietly in the background, the app measures just how far you're walking.

20th - 24th May is Walk to School Week! See if you can make part or all your journey on foot. Walking is a great way to stay active and to reduce the amount of traffic on the roads.

<https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week/>

<https://www.livingstreets.org.uk/get-involved/national-walking-month/>
<https://www.nhs.uk/better-health/get-active/>

Postnatal Depression

"Baby Blues" may last up to two weeks after a baby is born, but if you are feeling low after that point, then you should seek advice as you could have postnatal depression.

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

Arthritis

Arthritis causes pain and inflammation in and around the joints in your body and can occur at any age, though symptoms and types of arthritis will vary depending on the type of arthritis

www.versusarthritis.org

**VERSUS
ARTHRTIS**

Stroke Awareness Month

Face, Arms, Speech, Time (FAST)

Problems with facial or arm weakness or speech problems can mean a stroke.

THINK FAST and call 999.

The stroke association provide virtual help, support and information for those who have suffered a stroke and their families, carers and friends.

www.stroke.org.uk

