



VALE MEDICAL GROUP



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Mental Health and the festive season

Andy Williams sang “It’s the most wonderful time of the year”, but not everyone enjoys the festive season. 36% of people surveyed by Mind said they feel too embarrassed to admit they feel lonely at Christmas. That’s one in three people. Let’s normalise talking about it.

If you struggle with your mental health at this time of year, there are lots of options for support, including talking to one of the team at your GP surgery.

If you’re facing the thought of Christmas alone and you’re an older adult, the Salvation Army may be able to help. They’re offering meals and support to a wide variety of individuals and families.

Could you offer friendship to an older adult? Age Concern run a telephone service where you can volunteer to speak to someone each week.

www.salvationarmy.org.uk/christmas

www.mind.org.uk

Practice updates

From the 13th of December we will be welcoming Dr Dibb to the practice. She will be working Wednesday and Thursday.

Sadly, the practice will be saying a goodbye to Alison Bradon. Most of you will have known Alison if you have attended the practice for blood tests. We wish her all the best for the future.

	Long Clawson Medical Practice	Stackyard Surgery	Long Clawson Pharmacy
Friday 22 nd December	8AM – 4PM	8AM – 4PM	8AM – 6:30PM
Saturday 23 rd December	CLOSED	CLOSED	9AM – 12NOON
Sunday 24 th December	CLOSED	CLOSED	CLOSED
Christmas Eve			
Monday 25 th December	CLOSED	CLOSED	CLOSED
Christmas Day			
Tuesday 26 th December	CLOSED	CLOSED	CLOSED
Boxing Day			
Wednesday 27 th December	8AM – 6:30 PM	8AM – 6:30PM	8AM – 6:30PM
Thursday 28 th December	8AM – 6:30PM	8AM – 6:30PM	8AM – 6:30PM
Friday 29 th December	8AM – 4PM	8AM – 4PM	8AM – 6:30PM
Saturday 30 th December	CLOSED	CLOSED	9AM – 12NOON
Sunday 31 st December	CLOSED	CLOSED	CLOSED
Monday 1 st January	CLOSED	CLOSED	CLOSED

Friends and Family

Friends and Family comments December 2023 – Long Clawson Medical Practice

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
124 (73%)	21 (12%)	11 (6%)	8 (5%)	6 (4%)	0 (0%)

Friends and Family comments December 2023 – Stackyard Surgery

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
65 (80%)	10 (12%)	5 (6%)	1 (1%)	0 (0%)	0 (0%)

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

DNA's December

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 October there were **98 DNA's** at the Long Clawson Medical Practice and **27 DNA's** at the Stackyard Surgery, totalling up to **125 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.



Pharmacy Technicians

Pharmacy Technicians are professional, skilled, knowledgeable, and essential members of the pharmacy team who dispense and supply your medicines, and make sure they are right for you.

Pharmacy Technicians are healthcare professionals who are registered with the UK pharmacy regulator, the General Pharmaceutical Council (GPhC) for their license to practice.

Staying warm

Staying warm when it's cold outside can be challenging, and the UK is expected to see a colder than average start to December. Budgets are squeezed for many, so cost-effective tips from the BHF are especially welcome.

The Red Cross have information about staying warm during the winter, including a link to the 3,000 plus Warm Hubs across the country that are offering a warm place to be if you're struggling to heat your home.

Longer term, to save money on your energy bills, you might want to consider ways to make your home more energy efficient. The Energy Saving Trust has advice about the ways in which you can improve the efficiency of your home.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/beat-the-cold/keeping-warm>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://energysavingtrust.org.uk/energy-at-home>

