



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

Cervical Cancer Awareness Week

22nd-28th January

Cervical cancer mostly affects women under the age of 45. Almost all cervical cancers are linked to infections with certain types of human papillomavirus (HPV). The NHS now offers vaccinations against many types of HPV. If you are under the age of 25 and you missed having the vaccination when you were 12-13 years old, then you may be eligible for immunisation.

www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine

Anyone who has a cervix can get cervical cancer. If you're having vaginal bleeding or discharge that's unusual for you, or pain during sex in your lower back, hips or pelvis, you should seek an appointment with a member of your GP practice team. While there are many reasons why you might have these types of symptoms, it is important to rule out some causes.

www.nhs.uk/conditions/cervical-cancer

If you are over the age of 25 and you are due a smear test, please contact your GP practice to arrange a smear test with a practice nurse.



We wish all our staff and patients a very Happy New Year

Practice updates

We would like to welcome a few new members of staff to the practice. We have Sarah and Ben starting in the Pharmacy, and we also have Tracey and Kara starting on Reception.



Friends and Family

Long Clawson Friends and Family January 2024 results

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
107 (80%)	17 (13%)	2 (2%)	4 (3%)	2 (2%)	1 (1%)

Stackyard Friends and Family January 2024 results

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
65 (80%)	10 (12%)	3 (4%)	0 (0%)	3 (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 December there were **61 DNA's** at the Long Clawson Medical Practice and **22 DNA's** at the Stackyard Surgery, totalling up to **83 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.

Patient Participation Groups (PPGs)

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,
We have a newly elected chair, Martin Fagan

Men's wellbeing

One in five men die before the age of 65. The Men's Health Forum aims to change the way we look at and think about men's health so that we ensure we reduce the number of premature deaths.

The link below has some fantastic resources to support men in thinking about their long-term health and wellbeing. You can find out more about how you can take care of your physical and mental health here:

<https://www.menshealthforum.org.uk>



Norovirus

Norovirus is known as the winter vomiting bug. We often see an increase in viruses during the winter and this is also true for norovirus. If you do find you catch norovirus, the symptoms should be better within a few days, though for some people the illness may be more severe or may last longer than normal, which may require medical treatment. Regular hand-washing and good hygiene, including during food preparation, is one of the ways we can help to make sure norovirus doesn't spread. <https://www.nhs.uk/conditions/norovirus/>

You can find out more about preventing the spread of norovirus by using the government website.

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

<https://ukhsa.blog.gov.uk/2022/11/1...-you-catch-it-and-helping-to-stop-the-spread/>

COVID-19

While you are no longer required to isolate if you have COVID-19, you can take simple steps with any illness to help your own recovery and to ensure you minimise the risk of passing it on to someone else