



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



Park runs

Taking part in a parkrun can help you to stay fit, challenge yourself and meet new people.

Taking part is a fun way to exercise and stay healthy.

Parkrun is a 5k run that happens every Saturday morning and is completely free.

Regularly exercising is important for your mental and physical wellbeing.

To find your local parkrun, use the link below:

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

Surgery Update

During the month of July we welcome our new **Practice Manager, Liam Yates** as well as our new **Assistant Practice Manager Susan Walters**

Friends and Family

July 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
17 (89%)	0 (0%)	1 (5%)	0 (0%)	1 (5%)	0 (0%)

Very impressed; staff friendly, helpful and understanding. Problem dealt with professionally and efficiently.

The reception staff are all friendly caring and efficient. Phlebotomists have all been good during my repeated blood tests!

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 JUNE there were **100 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 appointment.

Good Care Month 1st – 31st July

Good Care Month is all about celebrating the people who work in health and social care every day. Working in care can be an emotionally and physically difficult job, so taking the time to take care of those who take care of others is important. There are three main events taking place this Good Care Month with Well Nel's Share & Shape, a session on sleep and taking care of your mental health. In order to support Good Care Month, or to access the help and facilities surrounding Good Care Month, please use the link below:

<https://keepingwellnel.nhs.uk/events-activities/good-care-month/>

Alcohol Awareness Week

1st – 7th July 2024

If you're struggling with alcohol addiction and you'd like to reach out for help and support, there are several places you can go to. Alcoholics Anonymous is one support group that you can reach out to if you'd like to get some help. Looking after yourself and others is important, especially when it comes to struggles with alcohol.

<https://www.nhs.uk/conditions/alcohol-misuse/>

<https://alcoholchange.org.uk/get-in...awareness-week-1/about-alcohol-awareness-week>

<https://www.nhs.uk/conditions/alcohol-misuse/risks>
<https://www.alcoholics-anonymous.org.uk/>



Skin cancer can be scary and worrying, and doing what you can to avoid the development of skin cancer is essential. Making sure you're consistently applying sunscreen, checking UV regularly, wearing long clothes and staying out of direct sunlight all reduce your chances of developing skin cancer. Staying away from artificial UV, such as sunbeds, is also very important. Putting your safety first is vital.

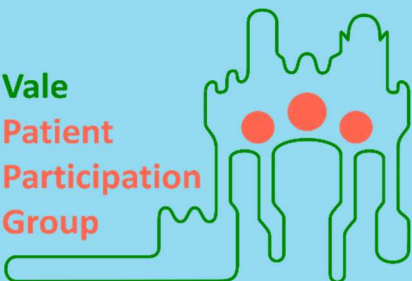
<https://www.cancerresearchuk.org/about-cancer/skin-cancer/about-skin-cancer>

Domestic abuse and violence

Different kinds of abuse and violent behaviour are all dangerous, and reaching out for help, no matter how insignificant you feel it is, is really important. Talking to someone you trust or a medical professional can help you to figure out what to do, and how to deal with what you're experiencing. Abuse can be emotional, physical, sexual or threatening. There are various people you can speak to on the NHS website below. Using these resources is the first step to making things better. If someone has seriously hurt you, or you're concerned about your safety, you should try to call 999.

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

**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