



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

Cycle to Work day 5th August

Cycle to Work Day is a great way to improve not only your physical fitness, but also your mental and emotional wellbeing and your finances.

Cycling to work can mean that you start your day with some exercise, which will benefit you in many ways. Not only is cycling to work great in itself, but you can earn rewards by taking part! The Cycle to Work Scheme is giving people the opportunity to win thousands of pounds, just by cycling to work! Improving your health and the chance to earn money should be plenty of reason to get involved! To find out more, you can use the link below.

<https://www.cyclescheme.co.uk/cycletoworkday>

<https://www.strava.com/clubs/1239247>



National Bike To
Work Day

Surgery Update

Following patient feedback, we have launched our new and improved website.

www.valemedicalgroup.co.uk

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 JULY 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.

National allotments week 12th – 18th August 2024

THIS YEAR'S NATIONAL ALLOTMENTS WEEK CELEBRATES BIODIVERSITY IN UK ALLOTMENTS. BIODIVERSITY IS CRITICAL FOR OUR HABITATS AND WILDLIFE, BUT IT ALSO CONTRIBUTES POSITIVELY TO THE SUSTAINABILITY AND NUTRITIONAL VALUE OF OUR FOOD.

[HTTPS://WWW.ALLOTMENTONLINE.CO.UK/NATIONAL-ALLOTMENT-WEEK](https://www.allotmentonline.co.uk/national-allotment-week)

World Breastfeeding Awareness Week, 1st-7th August

The theme for Breastfeeding Awareness Week this year is 'closing the gap'. This theme will explore the different mothers from all over the world who breastfeed, and showcase how people who surround the mothers, such as family, friends and healthcare workers, can provide support.

Some of the aims of Breastfeeding Awareness Week are to allow adequate time for women to provide breast milk whilst at work, to allow enough time off for maternity leave all over the world, and to invest in breastfeeding support schemes.

<https://www.who.int/campaigns/world-breastfeeding-week/2024>

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

Organ donation

Choosing to be an organ donor is an important decision and could mean that you play a part in saving somebody's life. Being an organ donor means that if you have passed away, or are in end-of-life care, you can choose to donate your healthy organs to someone who needs them. Usually, the people who require organ donations are people who have been on waiting lists for a significant amount of time or are potentially in a fatal condition.

The staff who are looking after you will always keep your health and wellbeing as their priority. Organ donation will only be considered if you are the end of life. It can be important to discuss and share your wishes with your friends and family. Everyone is automatically an organ donor; however, you can opt out of being a donor if you don't want to be one. It's important to think carefully about what you'd like to do, and to ensure you're making the correct decision. To find out whether organ donation is right for you, you can use the link below.

<https://www.organdonation.nhs.uk/>

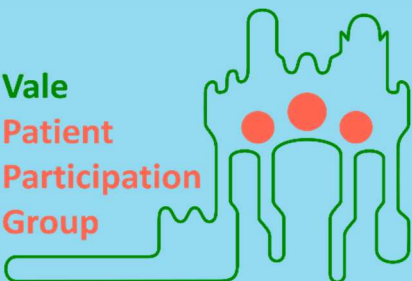
<https://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/get-the-facts/>

Couch to 5K

We should all aim to do 150 minutes of moderate exercise per week; this is the same as 20 to 30 minutes per day. To help us do this, the NHS has two apps. 'Active 10' measures your activity when you're walking, and 'Couch to 5k' is a programme designed to get you running for 30 minutes by the end of a nine-week programme.

<https://www.nhs.uk/better-health/get-active/>

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