



VALE MEDICAL GROUP



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Gynaecological cancer can affect any woman of any age. Gynaecological cancers are womb, ovarian, vaginal, vulval or cervical. Symptoms of gynaecological cancers vary, but include bloating, unusual bleeding or bleeding after the menopause, pain, ulceration, and swelling in the legs. Support and advice are available if you're concerned.

Attending your first smear test can be worrying, but it can be very important for your health. If you're nervous, you can let your doctor or nurse know, and they'll be able to reassure you and explain what they're going to do. There are videos on the NHS website describing the process of a smear test, and a description of what will happen during your appointment. If you're nervous about your smear test, you can use the link below to find out more.

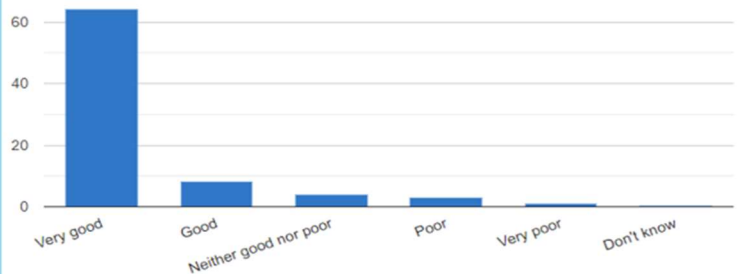
<https://www.macmillan.org.uk/cancer-awareness/gynaecological-cancer-awareness-month>

<https://www.nhs.uk/conditions/cervical-screening/what-happens/>

NHS app

With the NHS app you can easily view your medical records, order repeat prescriptions and view your NHS number

Friends and Family



Brilliant service, I can always get appointment, they often contact me if they spot an issue before me, great staff, very professional can't fault them

Efficient service all round. Good patient care with on the day service. Felt listened to and the appropriate action taken. Good advice and follow up was very quick. Had results quickly and the link with NHS app is great as I can see results.

Quick and efficient

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 **August** there were **108 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.

World Suicide Prevention Day, 10th September

Every year, we reflect on the ways in which we can help people suffering with their mental health and aim to prevent deaths caused by suicide. Discussions about suicide can be hard and upsetting, but they can be the difference between life and death. The Samaritans work every day to prevent suicide, and to offer support to anyone who needs it. You can call the Samaritans at any time of the day or night, and they'll be able to offer you support. It's important to learn how to approach or discuss issues surrounding suicide if you're concerned about someone you know. The language we use can make a big difference. If you're unsure of how to bring up your concerns with someone you're worried about, you can watch the videos provided on the Samaritans website.

<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>

Urology Awareness Month

Urology Awareness Month raises awareness of issues within the urinary system. This can include bladder cancer, prostate cancer, UTIs, kidney stones and other issues. It's important to raise awareness for these issues, as living with urinary problems can be life-changing and debilitating. Living with a UTI is incredibly difficult, especially if it's a chronic issue that you're dealing with. Some ways in which you can help a UTI at home include: drinking cranberry juice, drinking plenty of water, and taking D-mannose or cranberry supplements. For more advice about dealing with a UTI, please see below.

<https://www.theurologyfoundation.org/impact-achievements/campaigns/urology-awareness-month/>



Blood Cancer Awareness Month

Blood Cancer Awareness Month is all about fundraising and spreading awareness of blood cancer, the signs and symptoms, and how to help yourself and others around you. It's important to be aware of the symptoms of blood cancer, and what to look out for. Some of the main symptoms of blood cancer include: weight loss, blood and bruising, shortness of breath, night sweats and fatigue. If you're worried that you or someone you know might have some of these symptoms, you should contact your GP for advice. To find out more about the symptoms of blood cancer and what to do if you're concerned, you can use the link below.

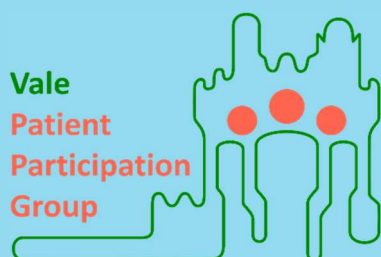
<https://bloodcancer.org.uk/understanding-blood-cancer/blood-cancer-signs-symptoms/>



Organ Donation Week, 23rd - 29th September

This year is the 30th year of the Organ Donor Register, so the focus is on the impact that organ donation has had on so many lives so far, and to say thank you to all the people who have donated organs. This Organ Donation Week, the theme is 'paint the sky pink' and pink lights will represent organ donation to say thank you to those who have donated. Recognising the importance of organ donation is crucial, and organ donation will continue to save many lives in the future.

<https://www.nhsbt.nhs.uk/how-you-ca.../turn-the-skies-pink-for-organ-donation-week/>



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