



VALE MEDICAL GROUP



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Go Sober for October

Thought about going sober for October? Giving up alcohol for even a short period – just 31 days – can result in health benefits! You may find you benefit from better-quality sleep, improved immunity and a sharper memory. Why not give it a try?

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

Tips to stay sober this October:

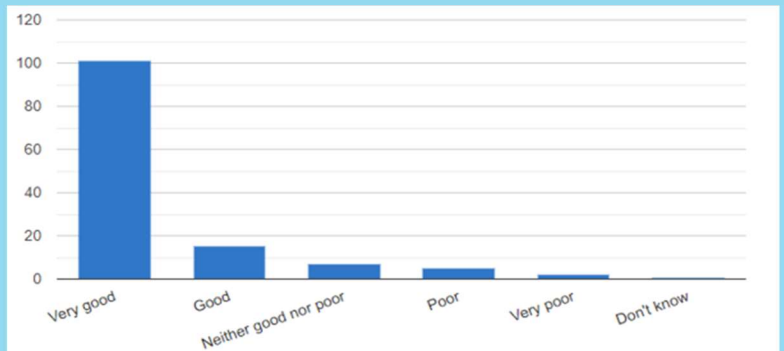
- Avoid triggers that make you want to drink
- Be prepared to say no
- Find alternatives to drinking
- Have a plan
- Reward yourself with something else you enjoy

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

Surgery Update

We would like to congratulate Dr Rachel Andrews on joining the Vale Medical Group Partnership

Friends and Family



This is the best practice I could have dreamed of. The most important thing here was, is and always will be the patient. From the first day in this practice, I received the best care I could have imagined. The doctors are wonderful, the nurses, the ladies at the reception. In a word, the Golden Staff.

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 **September** 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.

Stoptober

Stopping smoking is one of the most important things you can do to improve your overall health, including reducing the risks of serious long-term conditions. Whether you've tried before or it's your first time, this October is the ideal time to quit. Ex smokers report having more energy, feeling healthier and benefitting from improved breathing after just two weeks!

<https://www.nhs.uk/better-health/quit-smoking/>

Did you know that if you stay smoke-free for just 28 days, you're five times more likely to quit for good? Why not try it this October? We understand it can be challenging taking the first steps, but having the right support can help you succeed! You can find a local smoking support service here: <https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

ADHD awareness Month

The theme of this year's ADHD Awareness Month is 'awareness is key'. There are so many myths and misunderstandings surrounding ADHD, so providing information and awareness can help people with ADHD to thrive.

ADHD is a form of neurodiversity. 'Neurodiversity' is a word used to explain the unique ways in which people's brains work. 'Neurodiverse' means that someone's brain works in a different way to the 'average' or neurotypical brain. Neurodiversity can bring challenges, but it can also bring advantages.

ADHD is present through all stages of life, not just in childhood. Almost 5% of adults have ADHD and more than 80% of children who have ADHD will continue to meet the clinical diagnosis for ADHD in adulthood.

<https://adhdaware.org.uk/october-is-adhd-awareness-month/>

Breast Cancer Awareness Month

Anyone can get breast cancer, and it's important to know what is normal for you. By knowing what to look for, and what is normal, you can spot any changes early.

Touch your breasts. **Look** for changes. **Check** anything new or unusual with a GP. What's your normal?

<https://breastcancernow.org/about-breast-cancer/touch-look-check/>



Baby Loss Awareness week 9 – 15 October

Losing a baby at any stage of pregnancy can be devastating. Baby Loss Awareness Week aims to highlight the number of people that loss affects, and to ensure that the impact is not forgotten.

<https://babyloss-awareness.org/>

World Mental Health Day, 10th October

'No mind left behind' is the theme of this year's World Mental Health Day, ensuring that anyone experiencing poor mental health gets the support and treatment they need. Putting your mental health first is important! If you need additional support, you can find the help you need here:

<https://www.nhs.uk/nhs-services/mental-health-services/>



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