



VALE MEDICAL GROUP



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It's Movember; time to grow the mo' to raise awareness of men's issues such as mental health, suicide, prostate cancer and testicular cancer.

<https://uk.movember.com/>



If you have a cough for three weeks or more, a change in a cough you've had for a long time, a chest infection that doesn't get better or repeated chest infections, chest or shoulder pain that doesn't get better, a hoarse voice for three weeks or more, then make an appointment to see your GP. Also, if you're feeling breathless and wheezy for no reason, coughing up blood, losing weight for no obvious reason or feeling tired, it's a good idea to make an appointment with your GP practice. These could be potential signs of lung cancer, and while most won't be, it's important to get checked.

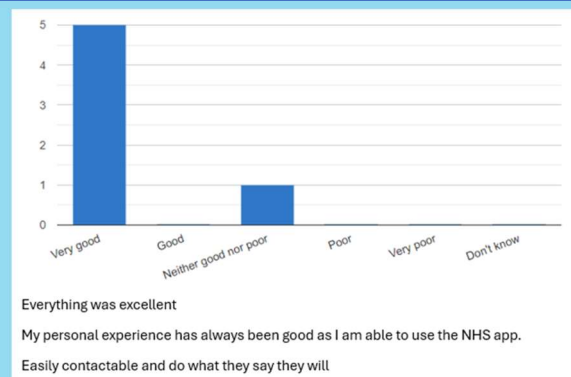
<https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month>

The NHS

*It's time to have your say.
The NHS is changing, and you're being asked to contribute your ideas to how we can ensure a sustainable NHS for the future.*

<https://change.nhs.uk/en-GB/>

Friends and Family



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 October there were **175 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.

Mouth cancer awareness

We don't often look into our mouths to check that they're healthy, but it's important to keep a look out for potential signs of mouth cancer, which can include lumps, red or white patches, and changes to the roof of your mouth.

<https://www.dentalhealth.org/mouthcancer>



Winter weather warnings and staying warm

Keeping warm in winter is vital to one's overall health and studies show that being cold (under 18 degrees indoor temperature) has a negative effect and increases the risk of ill health, especially in those who are vulnerable.

There are some simple steps you can take to stay feeling healthy and happy through the winter. Your physical health is important, and so is your mental health.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/stay-healthy-winter>

Pancreatic cancer awareness

Let's light the UK in purple on 21st November to raise awareness about pancreatic cancer. You can also choose to Take on Challenge 24.

Pancreatic cancer may not present any symptoms to start with, though symptoms may include:

- Pain and discomfort in the upper part of the tummy (abdomen) that sometimes spreads out into the back
- Signs of [jaundice](#) such as yellowing of the skin and the whites of the eyes, itchy skin, dark pee (urine) or pale and smelly poo (stools) that are difficult to flush away (steatorrhoea)
- Unexplained weight loss

<https://www.pancreaticcancer.org.uk...rence/pancreatic-cancer-awareness-month-pcam/>

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

Stress awareness

Stress can cause both physical and mental symptoms. Recognising signs of stress in yourself and in others is important. Mind has a brilliant guide about the signs and symptoms of stress, and if you recognise these symptoms in yourself or others, perhaps it's time to take action to reduce your stress.

<https://www.mind.org.uk/information...problems/stress/signs-and-symptoms-of-stress/>

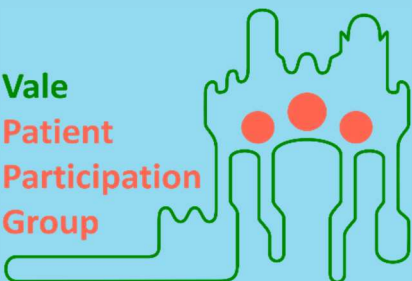
Child Flu

Children aged 2-3 can get their flu vaccination from their GP surgery.

For children who are in a at-risk group you can book an appointment through the surgery if you don't want to wait for the school programme

www.nhs.uk/vaccinations/child-flu-vaccine

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