



# VALE MEDICAL GROUP



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## Mental health

Winter can be challenging for mental health as many of the activities we might do to help improve our mood become more difficult. Getting outside and doing exercise can help boost our wellbeing, while financial pressures and loneliness can take their toll. At the moment, the cold weather and dark nights may make being outside for exercise more challenging, but you can still use the outdoors to help bring your life into balance.

There are some useful tips to help improve your mental health on the NHS website. One is that mindfulness is beneficial. This means taking time to notice how you are feeling, and your surroundings. You can use mindfulness exercises to help support your mental health.

[www.amh.org.uk/winter-welln...do-to-protect-your-mental-health-this-winter/](http://www.amh.org.uk/winter-welln...do-to-protect-your-mental-health-this-winter/)

[www.nhs.uk/every-mind-matte...ps/top-tips-to-improve-your-mental-wellbeing/](http://www.nhs.uk/every-mind-matte...ps/top-tips-to-improve-your-mental-wellbeing/)

[www.mind.org.uk](http://www.mind.org.uk)

## Christmas closures

Long Clawson surgery and Stackyard surgery will be closed from 4pm on Christmas eve and will reopen on the 27 Dec at 8am.

## New year Closures

Long Clawson Surgery and Stackyard Surgery will be closed from 4pm on New years eve and reopen on the 2 Jan 25 at 8am.

## 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 November there were **130 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.

## Pharmacy First

You don't always need to wait to see a GP for some common minor conditions. Pharmacies can offer advice and guidance for conditions that don't require a prescription, and many pharmacies have specially trained Pharmacists who are now able to diagnose and treat a number of minor illnesses.

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help>

### Care for older adults

Caring for older adults can be challenging when you're under pressure from work, and other commitments.

The Carers Room is a support network designed for those who are caring for older adults, and you can find out more about what they offer here:

<https://carers.co.uk/>

### Flu

During the winter, flu circulates in the community, and this winter will be no exception.

-If you've been invited for a flu vaccination and haven't yet booked your appointment, then please get in touch.

-If your child has a long-term condition and has been invited for a flu vaccination, you can make an appointment for them to receive their vaccination in the surgery if you would prefer not to wait for the school immunisations.

-If you have a child aged two or three on 31st August 2024, they may be eligible for a free flu vaccination. Children can suffer complications because of flu, and your child gets the best protection from flu if they're vaccinated.

[www.nhs.uk/conditions/flu/](http://www.nhs.uk/conditions/flu/)

## Foodbank and healthy eating on a budget

If you don't have enough food and cannot afford to buy food, you may be able to seek support from the Trussell Trust. The Trussell Trust is a national foodbank organisation.

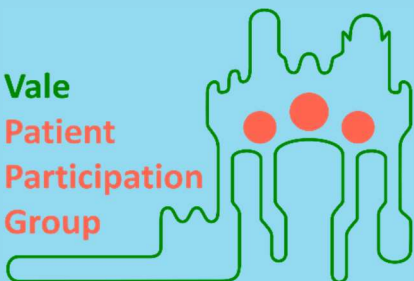
There may also be independent foodbanks for your area.

Eating healthily on a budget can be hugely challenging. The British Heart Foundation has hints and tips on how you can eat healthily while being mindful of the cost of food.

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

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/eat-well-on-a-budget>

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](mailto:info@valeppg.uk)