

## VALE MEDICAL GROUP NEWSLETTER

##  February 2025

 **VALE MEDICAL GROUP**

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**NHS App**
If you’re new to using the NHS App and you’re not sure how to access the information, there is lots of information around to help you. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

Did you know that using the NHS App can help you access lots of information about your health?

* Request repeat prescriptions
* Check the status of your prescriptions
* See upcoming appointments
* View your health records

<https://www.nhs.uk/nhs-app/nhs-app-help-and-support/>

**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 January there were **95 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.

**For older patients**

With the withdrawal of the winter fuel allowance, you may be feeling extra financial pressure when it comes to keeping warm this winter. If you’re in receipt of a means-tested benefit, you can still receive the winter fuel payment. But if you're not, or even if you'd just like to save some money while warming up, have a look at these cost-effective tips to warm you up during the cold winter months.

If you have health or mobility issues, it can be very difficult to get out and about to see people. Loneliness can take its toll on their mental health. No one deserves the sadness of feeling lonely. Find support here:

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>



**World Cancer Day, 4th February**World Cancer Day is held to raise awareness, to encourage prevention, and to improve treatment and research. This year, the theme is ‘while cancer touches millions of lives in countless ways, it doesn’t define who a person is’, and it focuses on person-centred care. And don’t forget, if you’ve been diagnosed with cancer, you can find help and support from Macmillan.
#WorldCancerDay #UnitedByUnique
[**https://www.macmillan.org.uk/cancer-awareness/world-cancer-day**](https://www.macmillan.org.uk/cancer-awareness/world-cancer-day)

**Children’s Mental Health Week, 5th–11th February**
The theme of this year’s Children’s Mental Health Week is ‘Know Yourself, Grow Yourself’, which is about encouraging children and young people across the UK to embrace self-discovery and growth.

 As parents, you can encourage your children to prioritise their wellbeing with these ideas:

* Keeping a journal about their feelings
* Going on a reflective walk, mindful colouring or a creative activity
* Being visual using flashcards or drawings to help express emotions
* Practising mindfulness
* Communicating

[https://www.nhs.uk/mental-health/ch...h-support/supporting-a-child-or-young-person/](https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/supporting-a-child-or-young-person/)

**Eating Disorders Awareness Week, 24th February–2nd March**

In the UK, at least 1.25 million people are living with an eating disorder. That’s at least one in 50 people, and the signs can be really difficult to spot. Although eating disorders are complex mental illnesses, they can affect anyone of any age, ethnicity, gender or background, and early intervention is essential. Discover more about how you can help those around you who may be suffering. #EDAW aims to improve awareness and help save lives. If you’re worried that you’re suffering from any form of eating disorder, we’re here to listen and support you. Please make an appointment with our (Nurse/GP).

<https://edaw.beateatingdisorders.org.uk/>

**Tinnitus awareness, 3rd–9th February**

Tinnitus is a condition that causes people to hear sounds in their ears, like ringing, buzzing or other disturbances, when there is no external sound. It can vary in levels, and can impact mood, sleep and concentration. Over a sustained period, it can cause hearing loss or increased sensitivity to noise. Living with this condition can be very frustrating, and draining, so it may be useful to look at some self-help tips.

<https://tinnitus.org.uk/support-for-you/what-can-i-do/self-help-tips/>

**Time to Talk Day, 6th February**

#timetotalk day is on 6th February! How will you have a conversation about mental health? This annual event is about being open to the idea of talking. If someone opens up about their mental health, it might not always feel easy to know what to say. But it doesn’t have to be awkward – just being there for someone can make a big difference.
[www.timetotalkday.co.uk/about/](http://www.timetotalkday.co.uk/about/)

**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**

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