



VALE MEDICAL GROUP



Long Clawson Medical Practice
Tel: 01664 822214
Email – lcmp.admin@nhs.net

Stackyard Surgery
Tel: 01476 870900
Email – llricb-llr.stackyard.admin@nhs.net

Vaccinations

If you're turning 65, or are aged 70-79, or are 50 and over, with a weakened immune system, you're likely to be eligible for a free shingles vaccination. Shingles is an unpleasant illness that can have serious complications, and vaccination improves outcomes and reduces the severity of any outbreak.

If you have children, they receive free vaccination against common, vaccine-preventable diseases. Vaccination helps prevent serious outcomes for children who catch illnesses such as meningitis, mumps, German measles, diphtheria and tetanus. Serious complications can include:

- Blindness
- Encephalitis (an infection that causes the brain to swell)
 - Epiglottitis
 - Meningitis
 - Deafness
- Severe diarrhoea and related dehydration
 - Ear infections
- Severe respiratory infections such as pneumonia
 - Paralysis
 - Death

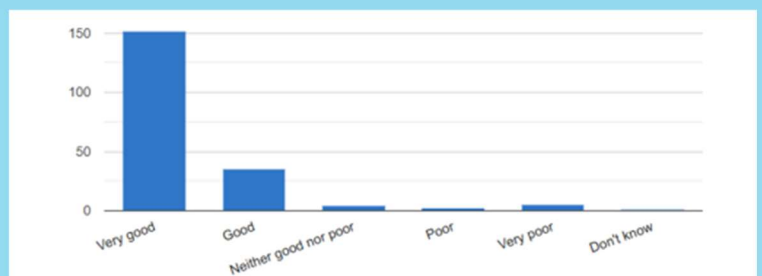
www.nhs.uk/vaccinations

Blood donation

Aged 17 to 65? Generally fit and well? Weigh more than 7st 12lbs (50kg) and less than 25st (158kg)? You could help by donating blood as stocks are critically low. If you're able to donate, see if you can find an appointment here:

www.blood.co.uk

Friends and Family



Always able to get an appointment when needed or talk to someone on the same day I contact the surgery

Brilliant service very friendly staff. Thank you for your service.

www.valemedicalgroup.co.uk/about-us/friends-and-family-test

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 March there were **96 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.

BOWEL CANCER AWARENESS MONTH

THIS APRIL, DURING BOWEL CANCER AWARENESS MONTH, WE'RE BEING ENCOURAGED TO 'PASS IT ON'. PASS IT ON IS AN AWARENESS CAMPAIGN AIMED AT GETTING BOWEL CANCER SUFFERERS TO SHARE THEIR OWN STORIES TO RAISE AWARENESS.

IF: YOU HAVE BLOOD IN YOUR POO - YOU'RE BLEEDING FROM YOUR BOTTOM - THERE ARE CHANGES IN HOW OFTEN YOU POO, OR YOU'RE REGULARLY HAVING CONSTIPATION OR DIARRHOEA - YOU'RE LOSING WEIGHT OR FEEL TIRED ALL THE TIME BUT AREN'T SURE WHY - YOU HAVE A PAIN OR LUMP IN YOUR TUMMY

THESE CAN BE SIGNS OF BOWEL CANCER OR OTHER HEALTH CONDITIONS. IT'S REALLY SIMPLE TO FIND OUT WHETHER YOU NEED FURTHER INVESTIGATIONS WITH A SIMPLE AT-HOME TEST. CONTACT YOUR GP PRACTICE TO MAKE AN APPOINTMENT.

[HTTPS://WWW.BOWELCANCERUK.ORG.UK/ABOUT-BOWEL-CANCER/SYMPTOMS/](https://www.bowelcanceruk.org.uk/about-bowel-cancer/symptoms/)

World Health Day, 7th April

Each year, 7th April marks the anniversary of the founding of the World Health Organisation (WHO). This year, the focus is on 'healthy beginnings, hopeful futures' which is related to maternal and newborn health, as it's estimated that there are over four million preventable deaths each year.

<https://www.who.int/campaigns/world-health-day>

World Parkinson's Day, 11th April

Can you light the country in blue? In 2024, over 150 landmarks and buildings were lit in blue to raise awareness of Parkinson's. Can we beat this in 2025? Parkinson's is a progressive neurological disease that causes problems in the brain which get worse over time. Around 153,000 people in the UK are living with Parkinson's.

<https://www.parkinsons.org.uk/get-involved/light-blue>

World Immunisation Week, 24th – 30th April

The focus of this year's World Immunisation Week is the importance of access to vaccination for all ages. Outcomes for vaccine-preventable diseases are much improved in those who have been vaccinated, and vaccinations protect both the individual and the community as a whole.

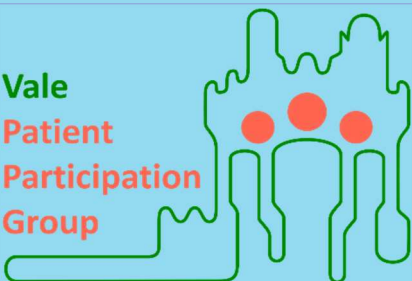
<https://www.who.int/campaigns/world-immunization-week>

MS Awareness Week 28 April – 4 May

Multiple sclerosis is a neurological condition where your immune system attacks your nerves by mistake. You can get MS symptoms in any part of your body and each person's experience of MS is different. Symptoms can include tiredness, numbness and tingling, loss of balance and dizziness, along with vision problems and other symptoms.

<https://www.mssociety.org.uk/get-involved/ms-awareness-week>

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