



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



More than nine in ten people survive bowel cancer when it's diagnosed at its earliest stage. Awareness of the symptoms can help you to catch it early and improve the outcome. Symptoms of bowel cancer include changes to your poo, bleeding from your bottom, blood in your poo, unexpected weight loss or overall tiredness, and/or a pain or lump in your tummy. If you're experiencing any of these symptoms, it's better to get checked early.

www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month

www.bowelcanceruk.org.uk/about-bowel-cancer/symptoms/

Staff Update

In April we will be welcome three new staff members to the team.

Rajwinder and Amelia will be joining our reception team.

Dr P Shah will be joining the practice as a new GP, she will be working Mondays, Tuesdays and Thursdays

Friends and Family

Long Clawson Medical Practice – April 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
16 (76%)	3 (14%)	0 (0%)	2 (10%)	0 (0%)	0 (0%)

The Stackyard Surgery – April 2024

Very good	Good	Neither poor nor good	Poor	Very poor	Don't know
22 (88%)	2 (8%)	1 (4%)	0 (0%)	0 (0%)	0 (0%)

IF YOU WOULD LIKE TO PROVIDE FRIENDS AND FAMILY FEEDBACK, PLEASE FOLLOW THE LINK ON OUR WEBSITE

DNA's

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 February there were **91 DNA's** at the Long Clawson Medical Practice and **31 DNA's** at the Stackyard Surgery, totalling up to **122 appointments** 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 lot.



Parkruns are inclusive events that aim to put friendly, regular activity on the list. Run by groups of volunteers, Parkruns are held all over the UK at weekends. You can volunteer to be part of the support team if you don't wish to run.

You can find out more about where you can join a parkrun event below. Whether you're looking for a full 5k run, a junior event or you'd like to be part of the friendly support crew, there's bound to be an event for you!

<https://www.parkrun.org.uk/>
<https://www.parkrun.org.uk/events/events>

Shingles

Shingles is a painful condition that is a reactivation of the chicken pox virus, usually on one side of your body. It can be painful and cause complications. If you're aged 70 to 79, or turned 65 on or after 1st September 2023, you should be eligible for a free shingles vaccination.

If you're suffering from shingles, you can find lots of helpful information about how you can best manage the infection including information about how to reduce the pain associated with shingles, and about antivirals you may be offered.

www.nhs.uk/conditions/shingles/

www.patient.info/skin-conditions/shingles-herpes-zoster-leaflet

Healthy diet

Eating a healthy diet is important for long-term health and wellbeing. There are recommendations about the number of portions of fruit and vegetables you should eat, along with suggestions for fibre and protein.

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>

Bullying

If your child frequently has lost or damaged belongings, a change in behaviour, reluctance to go to school, or suddenly needs access to money, it's one of a list of things that might indicate they're victims of bullying. It's not just children who are affected by bullying.

If you're being bullied, whether you're a child or an adult, the national bullying helpline can offer help and support so you can deal with the situation and know that you're not alone in finding things difficult.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
<https://www.nationalbullyinghelpline.co.uk/>