



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

Hayfever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms are usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

Speak to a pharmacist if you have hay fever. they can give you advice and suggest the best treatments to help with symptoms, such as:

- antihistamine drops, tablets or nasal sprays
- steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

Surgery Update:

We will be closed on the following days this month:

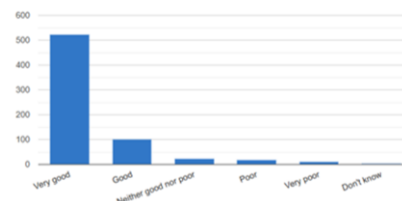
Monday 5th May 2025 – Bank Holiday

Monday 26th May 2025 – Bank Holiday

Long Clawson Medical Practice and Stackyard Surgery will be closed from 1pm on Wednesday 14th May 2025 due to staff training and we will re-open as normal at 8am Thursday 15th May 2025. Long Clawson Pharmacy will remain open during this time.

Friends and Family

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



The appointment was punctual, and the nurse was efficient and easy to converse with.

My appointment was on time. The phlebotomist was very friendly and welcoming.

Prompt phone call after my email. Courteous & helpful GP. Appointment made that day with a good outcome.

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 April there were **92 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.

MENTAL HEALTH AWARENESS WEEK 12TH – 18TH MAY 2025

MENTAL HEALTH AWARENESS WEEK IS AN ANNUAL EVENT IN THE UK DEDICATED TO RAISING AWARENESS OF MENTAL HEALTH AND PROMOTING MENTAL WELLBEING FOR ALL. MANY FACTORS INFLUENCE OUR MENTAL HEALTH, SUCH AS OUR PERSONAL HISTORY (OUR FAMILY, RELATIONSHIPS AND HOW WE SEE OURSELVES) AND OUR SOCIAL CIRCUMSTANCES (INCLUDING OUR HOUSING, EMPLOYMENT AND EDUCATION). THERE ARE THINGS WE CAN ALL DO TO TAKE CARE OF OURSELVES AND THOSE AROUND US. PREVENTION WILL MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE, DEPENDING ON OUR PAST EXPERIENCES AND CURRENT CIRCUMSTANCES.

FOR MORE INFORMATION ON HOW TO HELP YOURSELF IF YOU ARE SUFFERING WITH MENTAL HEALTH ISSUES YOU GET MORE INFORMATION FROM THE LINK BELOW:

[MENTAL HEALTH - NHS](#)

World Hypertension Day 17th May 2025

Hypertension – or high blood pressure – is a serious medical condition that significantly increases the risk of heart, brain, kidney and other diseases. It is one of the major causes leading to heart attacks, heart failure, stroke, collectively known as cardiovascular diseases (CVD), and chronic kidney damage. Controlling hypertension is important to prevent lifelong complications and acute cardiovascular events. Hypertension is known to be the single most important leading cause of early deaths due to cardiovascular diseases.

For more information on Hypertension and how you can manage symptoms you can visit this link: [High blood pressure - NHS](#)

Dementia Action Week 19th- 25th May 2025

Dementia Action Week is an awareness raising campaign. Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia.

If you're worried about symptoms that may be dementia, start by talking to your GP.

Your GP will carry out an initial assessment. It will help you if you know what to expect and how you can have a good conversation about dementia. For more information you can visit these links: [Alzheimer's Society](#) [Dementia - NHS](#)

Deaf Awareness Week May 6th to May 12th

Deaf Awareness Week is an annual event that aims to raise awareness about the Deaf community, language, culture, and history.

It is a time to celebrate Deaf identity, promote Deaf culture, and advocate for equal access to communication and services for the Deaf and hard of hearing. This week-long event provides an opportunity for individuals and organisations to come together and support the Deaf community, learn about their experiences, and work towards a more inclusive and accessible society. For more information on how you can get help or show support for Deaf Awareness Week you can visit these links:

[Deaf Awareness Week – British Deaf Association](#)

[Deaf Awareness Week | National Deaf Children's Society](#)

National Epilepsy Week May 26th – June 2nd 2025

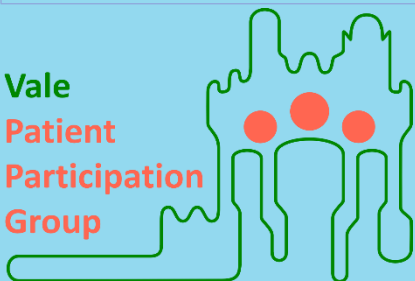
Epilepsy is a neurological condition that affects the brain and causes recurring seizures or fits in people. Due to an uncontrolled increase of excess electrical activity in the brain interfering with the normal functions, this causes a short interruption to the relay of messages in the brain.

Approximately 500,000 people in the England are diagnosed with epilepsy, affecting people of all ages, from newborns to the elderly.

For more information and to find out how you can get further support you can visit this link:

[Epilepsy - NHS](#)

**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