



## VALE MEDICAL GROUP



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To all our staff, patients, and communities celebrating this month, we wish you a very Happy Pride!

Pride Month gives us the opportunity to look back and acknowledge the contributions of LGBTQ+ individuals throughout history. It gives us an understanding of where Pride comes from, and where it is headed to continue the fight for equality and acceptance.

This year we have seen an increase in hostility toward LGBTQ+ people; intense negative media and public discord, particularly around trans people, has led to increases in hate crimes, vandalism of LGBTQ+ venues and disruption of LGBTQ+ events. Society has come a long way since the Stonewall Riots of 1969, but with the UK slipping down to 15th place in the [Rainbow Europe Map](#), we clearly need to continue to raise awareness, challenge negative attitudes, and celebrate inclusiveness.

For more information for awareness or to see what events are near you this pride month you can visit these links:

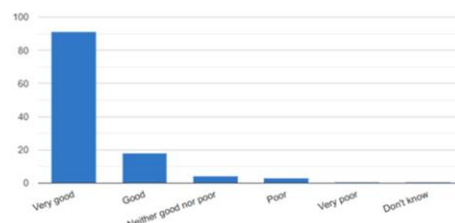
[NHS England » Why Pride is more important than ever](#)  
[Pride UK & Ireland Gay Pride Events Calendar 2025 - THE PRIDE SHOP®](#)  
[LGBTQIA+ UK Pride Events Calendar 2025 – Rainbow & Co](#)

### Surgery Update:

Long Clawson Medical Practice and Stackyard Surgery will be closed from 1pm on Wednesday 11<sup>th</sup> June 2025 due to staff training and we will re-open as normal at 8am Thursday 12<sup>th</sup> June 2025. Long Clawson Pharmacy will remain open during this time.

### Friends and Family

[www.valemedicalgroup.co.uk/about-us/friends-and-family-test/](http://www.valemedicalgroup.co.uk/about-us/friends-and-family-test/)



Excellent service from nurse, reception and doctor. Exemplary service!

Everything on time and was given very clear instructions on results. Lovely staff.

Seen quickly and doctor sympathetic and efficient.

Very helpful, efficient & pleasant (as always with this practice).

### 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 May there were **82 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.

## CARERS WEEK 9<sup>TH</sup> – 15<sup>TH</sup> JUNE 2025

CARERS WEEK IS AN ANNUAL CAMPAIGN TO RAISE AWARENESS OF CARING, HIGHLIGHT THE CHALLENGES UNPAID CARERS FACE AND RECOGNISE THE CONTRIBUTION THEY MAKE TO FAMILIES AND COMMUNITIES THROUGHOUT THE UK. IT ALSO HELPS PEOPLE WHO DON'T THINK OF THEMSELVES AS HAVING CARING RESPONSIBILITIES TO IDENTIFY AS CARERS AND ACCESS MUCH-NEEDED SUPPORT. THIS YEAR THE THEME IS '[CARING ABOUT EQUALITY](#)' HIGHLIGHTING THE INEQUALITIES FACED BY UNPAID CARERS, INCLUDING A GREATER RISK OF POVERTY, SOCIAL ISOLATION, POOR MENTAL AND PHYSICAL HEALTH. FAR TOO OFTEN, CARERS OF ALL-AGES MISS OUT ON OPPORTUNITIES IN THEIR EDUCATION, CAREERS, OR PERSONAL LIVES, JUST BECAUSE OF THEIR CARING ROLE.

IF YOU ARE OR KNOW OF A CARER IN NEED OF SUPPORT YOU CAN DIRECT THEM TO THESE LINKS FOR FURTHER SUPPORT AND HELP:

[CARERS WEEK](#) | [CARERS UK](#) | [HOME](#) | [CARERS WEEK](#) | [SUPPORT AND BENEFITS FOR CARERS - SOCIAL CARE AND SUPPORT GUIDE - NHS](#)

### Men's Health Week 9<sup>th</sup> – 15<sup>th</sup> June 2025

This week in June celebrates Men's Health Week. It is an important time to bring awareness to health issues which affect men disproportionately and focus on making men more aware of problems they have or may one day develop and give them with the courage to find information, services, and treatment they may need to live healthier for longer.

You can find out more information on Men's Health Week and what services and resources are available to you by following these links:

[Men's Health Forum](#) | [Mates in Mind](#) | [Overview of our work](#) | [Mates in Mind](#)

### Diabetes Week 16<sup>th</sup> – 22<sup>nd</sup> June 2025

Life with diabetes can feel like number, check and test overload. You might feel fine or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

- **type 1 diabetes** – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin
- **type 2 diabetes** – where the body does not produce enough insulin, or the body's cells do not react to insulin properly

Type 2 diabetes is far more common than type 1. In the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as **gestational diabetes**. It usually goes away after giving birth.

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- feeling very **thirsty**
- peeing more frequently than usual, particularly at night
- feeling very tired

For more information on diabetes you can visit these links: [Diabetes - NHS](#) | [Prediabetes symptoms and risk reduction](#) | [Diabetes UK](#)

### Learning Disability Week 16<sup>th</sup> – 22<sup>nd</sup> June 2025

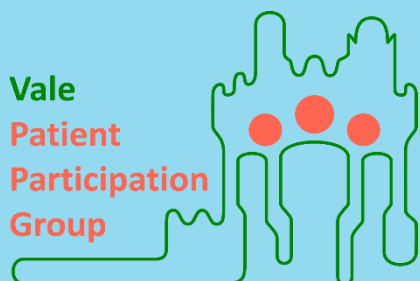
The week aims to educate, spread awareness, and increase understanding of learning disabilities. People with learning disabilities are twice as likely to experience low self-esteem and self-confidence, social exclusion, and bullying that others don't face, leading to mental health issues. Being diagnosed with a learning disability does not mean a person is not intelligent. It means they need extra support and specialized care to overcome the challenges they face in a particular subject area and learn in their unique way.

Doctors and other health workers might be able to tell if a person has a learning disability when they are very young. But some people get a diagnosis later in their lives. This can be when they are adults.

If you are diagnosed with a learning disability, you might be referred to other health professionals to get the support you need.

For more information or if you would like some help and support you can visit these links:

[Learning disabilities - NHS](#) | [Learning Disability Week](#) | [Mencap](#)



**The next PPG Meeting is on Wednesday 12<sup>th</sup> June 2025 at Long Clawson Medical Practice at 7pm.** 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)