



VALE MEDICAL GROUP



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SAMARITANS

Awareness Day

Monday 24th July

The Samaritan's foundation was founded in the U.K. in 1953 by Chad Varah. He was a vicar and cartoonist who would offer to counsel his parishioners and someone who prioritized listening to their problems above all else. Most of the parishioners who came to him had suicidal thoughts because of various challenges in their life. As a result of this, vicar Varah felt compelled to do more to assist persons who are contemplating suicide.

Samaritans Awareness Day is on 24 July (24/7) so they are raising awareness throughout July, to let people know that they can talk to them, day or night, 24/7.

Samaritans are here to listen. You can call them on 116 123, email them at jo@samaritans.org

You don't have to feel suicidal to get in touch. Only 1 person in 5 who calls Samaritans says that they feel suicidal.

The reasons for depression range widely from issues such as stress, family, social pressures, anxiety, loneliness, loss, and disillusionment. Suicidal thoughts can arise when one concludes that they are ultimately not strong enough to deal with these problems, and therefore question their purpose of living. While depression is often unnoticed, its effects are profound, impacting one's capacity to function, operate, socialize, and develop.

Remember,
**you are
never alone**

Samaritans are here to listen 24/7.
You can call them any time for free on

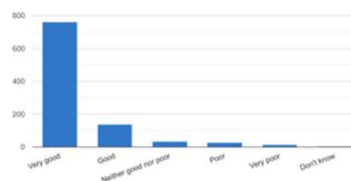
116 123

Surgery Update:

Long Clawson Medical Practice and Stackyard Surgery will be closed from 1pm on Thursday 3rd July 2025 due to staff training and we will re-open as normal at 8am Friday 4th July 2025. Long Clawson Pharmacy will remain open during this time.

Friends and Family

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



Very good doesn't cover it. Outstanding would be more appropriate.

Access to Doctors appointments is very good when needed, staff and Nurses all very helpful.

I was seen by Sue the ANP. She was amazing, she listened attentively, she was kind and understanding, I am very grateful.

Everyone is very professional but more importantly friendly and put you at ease.

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 **80 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.

ALCOHOL AWARENESS WEEK 9TH – 13TH JULY 2025

AROUND 10 MILLION OF US ARE REGULARLY DRINKING ALCOHOL IN WAYS THAT CAN HARM OUR HEALTH AND WELLBEING. FROM HEADACHES, HANGOVERS AND SLEEPLESS NIGHTS TO LOWER PRODUCTIVITY AND SYMPTOMS LIKE ANXIETY AND DEPRESSION WORSENING OVER TIME, ALCOHOL AFFECTS US IN SO MANY WAYS. TO KEEP HEALTH RISKS FROM ALCOHOL TO A LOW LEVEL IF YOU DRINK MOST WEEKS: MEN AND WOMEN ARE ADVISED NOT TO DRINK MORE THAN 14 UNITS A WEEK ON A REGULAR BASIS, SPREAD YOUR DRINKING OVER 3 OR MORE DAYS IF YOU REGULARLY DRINK AS MUCH AS 14 UNITS A WEEK, IF YOU WANT TO CUT DOWN, TRY TO HAVE SEVERAL DRINK-FREE DAYS EACH WEEK. THERE'S A STRONG LINK BETWEEN HEAVY DRINKING AND DEPRESSION, AND HANGOVERS OFTEN MAKE YOU FEEL ANXIOUS AND LOW. IF YOU ALREADY FEEL ANXIOUS OR SAD, DRINKING CAN MAKE THIS WORSE, SO CUTTING DOWN MAY PUT YOU IN A BETTER MOOD GENERALLY. LONG-TERM HEAVY DRINKING CAN LEAD TO YOUR HEART BECOMING ENLARGED, DRINKING IN LARGE QUANTITIES CAN ALSO AFFECT YOUR BEHAVIOUR AND SLEEP PATTERNS. FOR MORE INFORMATION OR FOR FURTHER SUPPORT YOU CAN VISIT: [ALCOHOL AWARENESS WEEK](#) | [ALCOHOL CHANGE UK](#) [ALCOHOL ADVICE](#) -

SARCOMA AWARENESS MONTH JULY 2025

Sarcomas are malignant tumours derived from mesenchymal cells (bone, cartilage, blood vessels, muscle, fat, nerves and connective tissue, including that present in the organs), and can develop at any site in the body. There are many different types of sarcomas, but they are usually grouped into soft tissue sarcomas or bone sarcomas. Sarcomas are rare cancers: the 21st group of cancer in descending order of incidence. Due to its rarity, a GP can expect to see only one or two sarcomas in an entire career. The most common symptom of soft tissue sarcoma is a lump on your body, other symptoms include tummy pain and constipation. For more information about sarcomas, you can visit these links: [Soft tissue sarcoma - NHS](#) [What is sarcoma? Symptoms of sarcoma](#) | [Macmillan Cancer Support](#)

World Hepatitis Day – 28th July 2025

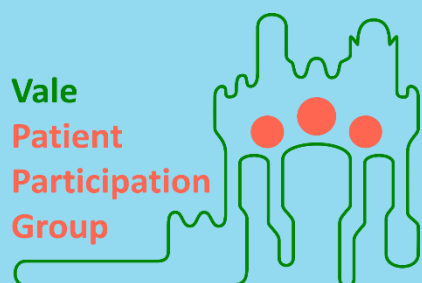
Hepatitis is the world's deadliest virus, after COVID-19.

There are over 2 million new cases of hepatitis every year. More than 300 million people are living with hepatitis. Hepatitis is the leading cause of liver cancer. We have everything we need to eliminate hepatitis by 2030 – but the world is moving backwards. Hepatitis is the term used to describe inflammation of the liver. It's usually the result of a viral infection or liver damage caused by drinking alcohol. There are several different types of hepatitis. Some types will pass without any serious problems, while others can be long-lasting (chronic) and cause scarring of the liver (cirrhosis), loss of liver function and, in some cases, liver cancer. Short-term (acute) hepatitis often has no noticeable symptoms, so you may not realise you have it. If symptoms do develop, they can include :muscle and joint pain, a high temperature, feeling and being sick, feeling unusually tired all the time, a general sense of feeling unwell, loss of appetite, tummy pain, dark urine pale, grey-coloured poo ,itchy skin and yellowing of the eyes and skin (jaundice). Long-term (chronic) hepatitis also may not have any obvious symptoms until the liver stops working properly (liver failure) and may only be picked up during blood tests. In the later stages it can cause jaundice, swelling in the legs, ankles and feet, confusion, and blood in your stools or vomit. Your liver has lots of jobs. So, it is normal for liver cells to get worn out or damaged. This causes inflammation. Inflammation is a normal part of your immune system. It sends messages to your liver's repair system telling it to replace dead or damaged cells. Once this is done the inflammation stops and the repair system tidies up and shuts down again. Many people can stop hepatitis. If it is stopped early enough your liver might be able to completely recover. The best way to stop hepatitis is to take away whatever is causing the damage. This could mean losing weight or eating a healthier diet, stopping drinking alcohol, getting treatment for viral hepatitis , taking medicines to treat or control autoimmune hepatitis. For more information you can follow these links:

[Hepatitis - NHS](#) [Home - World Hepatitis Day](#) [World Hepatitis Day](#)

National Schizophrenia Awareness Day 25th July 2025

Schizophrenia is a long-term mental health condition. It causes a range of different psychological symptoms. Doctors often describe schizophrenia as a type of psychosis. This means the person may not always be able to distinguish their own thoughts and ideas from reality. Symptoms of schizophrenia can include: hallucinations – hearing or seeing things that do not exist outside of the mind delusions – unusual beliefs not based on reality, muddled thoughts and speech based on hallucinations or delusions losing interest in everyday activities, not wanting to look after yourself and your needs, such as not caring about your personal hygiene, wanting to avoid people, including friends, feeling disconnected from your feelings or emotions. For more information and further support you can visit [Overview - Schizophrenia - NHS](#) [National Schizophrenia Awareness Day - Change Mental Health](#)



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