



VALE MEDICAL GROUP



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HOW TO COPE IN HOT WEATHER

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.



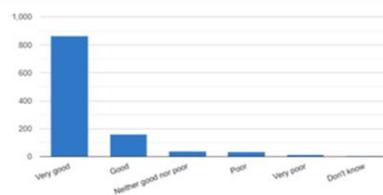
Surgery Update:

Dr Wooding is currently on Sabbatical leave so will be unavailable for appointments until the Autumn.

We will be closed for Bank Holiday on Monday 25th August 2025 and will re-open as usual Tuesday 26th August 2025 at 8am.

Friends and Family

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



Always friendly, efficient and never have to wait long to be seen.

Very friendly staff. Listen to concerns and manage accordingly. Always a good service.

The online referral system works well, being able to add a photo for someone to look at is very good as well.

Very efficient, saw me the same day I made an enquiry. I felt very cared for, and the doctor gave me a full explanation of her diagnosis.

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 **105 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.

WORLD LUNG CANCER DAY 1ST AUGUST 2025

WORLD LUNG CANCER DAY TAKES PLACE ANNUALLY ON AUGUST 1ST AND IS DEDICATED TO LUNG CANCER AWARENESS AND THE PROMOTION OF OVERALL LUNG HEALTH. EVERY YEAR, WORLD LUNG CANCER DAY HELPS RAISE AWARENESS OF THE RISK FACTORS THAT MAY LEAD TO LUNG CANCER, SUCH AS SMOKING CIGARETTES AND OTHER HARMFUL TOBACCO PRODUCTS. IT ALSO HIGHLIGHTS THE PREVENTATIVE MEASURES FOR WHICH WE ADVOCATE, AND THE RESEARCH CARRIED OUT BY SCIENTISTS WORLDWIDE IN AN EFFORT TO STOP THE DEVELOPMENT OF LUNG CANCER, AND ULTIMATELY, TO FIND A CURE.

COMMON SYMPTOMS OF LUNG CANCER A NEW, PERSISTENT COUGH THAT MAY WORSEN OVER TIME, COUGH THAT PRODUCES BLOOD, HOARSENESS OR WHEEZING, SHORTNESS OF BREATH, PAIN IN THE CHEST, BACK, OR SHOULDERS THAT WORSENS WHEN COUGHING, LAUGHING, OR BREATHING, UNEXPLAINED WEIGHT LOSS OR SUDDEN LOSS OF APPETITE, FEELING WEAK OR TIRED.

FOR MORE INFORMATION REGARDING LUNG CANCER, YOU CAN VISIT THESE LINKS:

[Symptoms of lung cancer | Cancer Research UK](#) [Lung cancer - Symptoms - NHS](#) [Symptoms of lung cancer | Macmillan](#)

Spinal Muscular Atrophy Awareness Month

Spinal muscular atrophy (SMA) is a rare genetic condition that can cause muscle weakness. It gets worse over time, but there are medicines and other treatments to help manage the symptoms. **Symptoms of spinal muscular atrophy (SMA)** The symptoms of spinal muscular atrophy (SMA) affect everyone differently: muscle weakness – such as floppy or weak arms and legs, movement problems – such as difficulty sitting up, crawling or walking, problems with breathing or swallowing, twitching or shaking muscles (tremors), bone and joint problems. For more information you can visit: [Symptoms & Effects of 5q Spinal Muscular Atrophy – SMAUK](#)

Immunisation Awareness Month

This August, National Immunisation Awareness Month raises awareness and highlights the importance of routine vaccination for people of all ages to protect public health. It emphasises the role vaccines play in preventing the spread of infectious diseases and highlights the importance of vaccines being given on time.

Vaccines do:

- help to protect you and your child from many serious and potentially deadly diseases
- protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated
- undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced
- sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days
- reduce or even get rid of some diseases – if enough people are vaccinated

Vaccines do not: do not overload or weaken the immune system – it's safe to give children and adults several vaccines at a time and this reduces the number of injections needed, do not contain mercury (thiomersal). Do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts, do not cause autism – studies have found no evidence of a link between the MMR vaccine and autism.

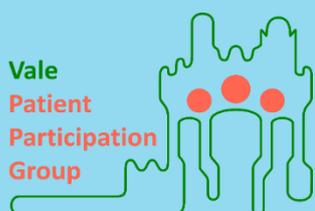
For more information on Immunisations, you can follow these links:

[NHS vaccinations and when to have them - NHS](#) [Complete routine immunisation schedule - GOV.UK](#)

SUMMER SUN SAFETY MONTH

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight. Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun is at its hottest. As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body. Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better. For more information on sun safety and how to keep yourself safe you can visit:

[Sunscreen and sun safety - NHS](#)



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