VALE MEDICAL GROUP NEWSLETTER

NOVEMBER 2025

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

MOVEMBER

We know that good health means being mentally and physically well, and we advocate for everyone seeking help when they need it. Therefore, this November we are focusing on the mental health part of Men's Health Awareness Month.

Anyone can experience mental health difficulties, but fear of judgement or discrimination may prevent people from opening up and seeking the support they need. This stigma tends to affect men disproportionately, and societal expectations and traditional gender roles are thought to play a big part in this.

Men are often expected to be the breadwinners and to be strong, dominant and in control. While these aren't inherently bad things, they can make it harder for men to reach out for help and open up.

Mental health difficulties can be brought on by a range of different situations or experiences. The Mind report includes information on three factors which men have reported as having an impact on their mental health such as Work and unemployment, Physical appearance and social media.

Whilst there is research to suggest that men are becoming more willing to seek help for their mental health, it is likely that traditional masculine values, stigma and not knowing where to go for support still play important roles in why men are less likely than women to seek help from the NHS for a mental health problem. For more information or to get support you can visit: Men and mental health :: Keeping Well ANDYSMANCLUB - It's Okay To Talk Movember | Changing the face of men's health - Movember

Surgery Update:

PLT– The Surgery will be closed from 1pm on Thursday 13th November 2025 for essential staff training

Friends and Family

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

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 September there were **296 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.

PANCREATIC CANCER AWARENESS MONTH

PANCREATIC CANCER IS THE DEADLIEST COMMON CANCER. HALF OF PEOPLE WITH THE DISEASE DIE WITHIN THREE MONTHS OF DIAGNOSIS. PANCREATIC CANCER IS A CANCER THAT'S FOUND ANYWHERE IN THE PANCREAS. THE PANCREAS IS AN ORGAN IN THE TOP PART OF YOUR TUMMY. IT HELPS YOU DIGEST YOUR FOOD AND MAKES HORMONES, SUCH AS INSULIN.HOW SERIOUS PANCREATIC CANCER IS DEPENDS ON WHERE IT IS IN THE PANCREAS, HOW BIG IT IS, IF IT HAS SPREAD AND YOUR GENERAL HEALTH.WHAT ARE THE SIGNS AND SYMPTOMS OF PANCREATIC CANCER? INDIGESTION WHICH IS A PAINFUL, BURNING FEELING IN YOUR CHEST, UPPER TUMMY OR THROAT. TUMMY PAIN OR BACK PAIN ARE COMMON SYMPTOMS. THE PAIN MAY START AS DISCOMFORT IN THE UPPER TUMMY AND SPREAD TO THE BACK. CHANGES TO POO, INCLUDING DIARRHOEA (RUNNY POO), CONSTIPATION (WHEN YOU FIND IT HARDER TO POO) AND PALE, OILY, SMELLY POO THAT'S HARD TO FLUSH (STEATORRHOEA). UNEXPLAINED WEIGHT LOSS . JAUNDICE, WHICH CAUSES YELLOW SKIN AND EYES, DARK PEE, PALE POO AND ITCHY SKIN. LOSING YOUR APPETITE. RECENTLY DIAGNOSED DIABETES, WHICH IS A CONDITION WHERE THE AMOUNT OF SUGAR IN THE BLOOD (BLOOD SUGAR LEVEL) IS TOO HIGH. PROBLEMS DIGESTING YOUR FOOD, WHICH CAUSES BLOATING, LOTS OF WIND, BURPING, AND FEELING FULL UP QUICKLY. FEELING OR BEING SICK (NAUSEA AND VOMITING). BLOOD CLOTS IN A VEIN. FATIGUE. LESS COMMON SYMPTOMS OF PANCREATIC CANCER INCLUDE FEVER, SHIVERING, AND GENERALLY FEELING UNWELL, AND DEPRESSION OR ANXIETY WITHOUT ANY OBVIOUS CAUSE.IF YOU HAVE JAUNDICE, GO TO YOUR GP OR A&E STRAIGHT AWAY. IF YOU HAVE ANY OF THE OTHER SYMPTOMS AND YOU DON'T KNOW WHY YOU HAVE THEM, GO TO YOUR GP OR CONTACT NHS 111. IT'S IMPORTANT TO REMEMBER THAT HAVING THESE SYMPTOMS DOESN'T ALWAYS MEAN YOU HAVE PANCREATIC CANCER, BUT YOU SHOULD GET THEM CHECKED OUT. FOR MORE INFORMATION YOU CAN VISIT: WHAT IS PANCREATIC

WORLD COPD DAY NOVEMBER 19th – "SHORT OF BREATH – THINK COPD"

The 2025 theme for World COPD Day is "Short of Breath, Think COPD." World COPD Day takes place on November 19th. This year's theme aims to emphasize that although COPD is the third leading cause of death worldwide, it is often not diagnosed correctly. COPD is a common, preventable, and treatable disease, but extensive under-diagnosis and misdiagnosis lead to patients receiving no treatment or incorrect treatment. Appropriate earlier diagnosis of COPD can have a very significant public health impact. Earlier diagnosis and treatment results in better clinical outcomes, including improvements in symptoms, lung function and quality of life. A diagnosis of COPD should be considered in any patient who has shortness of breath, chronic cough or sputum production, a history of recurrent lower respiratory infections and/or a history of exposure to risk factors like tobacco, cooking fuels, or occupational hazards. For more information you can visit: World COPD Day 2025 - Global Initiative for Chronic Obstructive Lung Disease - GOLD Chronic obstructive pulmonary disease (COPD) - NHS

National Stress Awareness Day

The first Wednesday in November is National Stress Awareness Day. This is an opportunity to think about the effects of stress, physically and mentally, as well as how we can manage feelings of stress. There are many reasons we can feel stressed, whether it's deadlines for work, change in our relationships or pressures we may be putting on ourselves. Sometimes stress can be useful. It can motivate us to sort things out or get something done. However, there are times when stresses can pile up, or when a prolonged period of stress can really impact on us, leaving us feeling unable to cope. This is when we need to consider the impact stress is having on us mentally **and** physically.

Stress can affect our mental health and, in some cases, make life feel like it's not worth living. It can leave us with racing or foggy thoughts. We might feel overwhelmed, anxious, irritable or confused. Some people struggle with headaches or migraines as a result of stress. Many might significantly change their behaviour or responses to situations. It's important to remember that stress can also affect our physical health too. It can raise blood pressure, cause heart problems, lead to stomach issues, obesity, eating problems and strokes. These things can have a significant impact on your life and, in some cases, can even be life threatening.

If you are struggling, you could make an appointment to see your GP or speak to a trusted friend/family member. Sometimes talking about stress can help you see the causes more clearly. For more information or to get help you can visit: National Stress Awareness Day | Papyrus Get help with

At the eleventh hour on the eleventh day of the eleventh month – we will remember them.

The Armistice, an agreement to end the fighting of the First World War as a prelude to peace negotiations, began at 11am on 11 November 1918. On Armistice Day and Remembrance Sunday we as a Practice with the nation pause for a two-minute silence and reflect on the service and sacrifices the Armed Forces make on our behalf.

As a Practice, we have made a commitment to support our Armed Forces Community and ensure that they are treated with the dignity and respect that they deserve. We have both a moral and legal responsibility to adhere to the Armed Forces Covenant.

Staff will support any patients, service users or colleagues who wish to observe the two-minute silence at 11am on 11th November.

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