

NEWSLETTER

VALE MEDICAL GROUP
MAY 2026

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WELCOME

Welcome to the latest edition of our patient newsletter. Here we will share updates from the practice, health advice and useful information about our services to help you stay informed and well. Thank you for being part of our community

DNAs



DNA is someone who did not attend their doctor/nurse appointment and did not tell us beforehand.

In March, **99** appointments were listed as DNA. If you are unable to attend your appointment, please let us know ASAP so that someone else may have your appointment time.

DATES TO REMEMBER

4 May - Both surgeries will be closed for the Early Spring Bank Holiday

13 May - Both surgeries will be closed from 1:00pm-6:30pm for essential staff training

25 May - Both surgeries will be closed for the late Spring Bank Holiday



DID YOU KNOW?

You can pick up your prescriptions 24/7 from our Prescription Collection machine outside the surgery.

For more information, check out the post on our Facebook page or [CLICK HERE](#)

JOIN OUR PPG

Becoming part of our Patient Participation Group (PPG) is a great way to make a positive impact on how we run our surgeries. As a member, you can:

- **provide vital insight** into the community
- **represent a group** you feel would benefit from being represented
- **help empower our patients** and give us a better understanding of how to improve care



If you are available to join our small and friendly team, [please email the surgery](#) and we'd be happy to give you more details.



HAPPY 100th BIRTHDAY

One of our patients, Mr Foster, turned 100 in April and confirmed he received his card from King Charles III and Camilla. We wish Mr Foster the very best of health in his 101st year!

MAY IS NATIONAL WALKING MONTH

The Living Streets charity promotes walking for year-round health, and May is their National Walking Month.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It can help you

- **build stamina**
- **burn excess calories** and
- **make your heart healthier**

As the weather gets better in Spring, why not try to get out for more walks in your local area? You can use the links below to help plan your walks

- **Ramblers website** - great for helping to find local routes
- **CLICK HERE** to see how walking can help improve your health



OTHER CAMPAIGNS FOR MAY

Check out these national campaigns, awards and awareness days



DEAF AWARENESS WEEK



MENTAL HEALTH AWARENESS WEEK



BREAST CANCER PREVENTION WEEK



WORLD PRE-ECLAMPSIA DAY ON 22 MAY

Have you used the NHS app?

In April, our PPG (Patient Participation Group) hosted two sessions of FREE NHS App training.

You can use the app to:

- **Access** your NHS information
- **Request** repeat prescriptions
- **Use 111 Online** for urgent help
- **View and manage** appointments for others, such as children and family members

CLICK HERE to access a free guide if you'd like more information



PRACTICE FEEDBACK

Have you visited either of our surgeries recently? We would love to hear feedback about your experience.

CLICK HERE to fill out a 1-minute form to tell us what we did well and what we could do even better.



Why not try... **STRAVA**

Strava is a popular, FREE fitness-tracking application and social network, primarily for runners, cyclists, and hikers. It uses GPS to record activity data such as distance, pace, speed, and elevation and allows users to share workouts, compete on segments (leaderboards) and connect with a community.