

# NEWSLETTER

VALE MEDICAL GROUP  
JUNE 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



## Men's Health Week

Men's Health Week (**15–21 June 2026**) raises awareness of men's **physical** and **mental health** and encourages **open conversations**. It is vital because **many men experience mental health challenges** but are less likely to seek help, contributing to poorer outcomes. The campaign promotes early support and works to reduce stigma around men's wellbeing.

### A few ways to participate

#### Book a GP Check-up:

Early detection of high blood pressure or prostate issues saves lives.

#### The CAN DO Challenge:

Improve your wellbeing with

the 5 ways to wellbeing: **Connect** (call a friend), **Active** (go for a walk/run), **Notice** (unplug from your phone), **Discover** (learn something new) and **Offer** (volunteer).

**Check out these websites** for more information and take a positive step towards helping yourself or supporting others:

<https://www.menshealthforum.org.uk/mhw>

<https://www.matesinmind.org/>



### DNAs

98

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

In April, 98 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

**11 June** - Both surgeries will be closed from 1:00pm-6:30pm for essential staff training



# KEEP YOURSELF AND YOUR MEDS SAFE IN THE HEAT

Hot weather can affect how medicines work and how your body responds to them. This can impact people with long-term conditions, but taking simple precautions - such as storing medicines correctly and staying hydrated - can help reduce potential risks during high temperatures.



- Keep medicines and medical devices **out of hot cars and direct sunlight**
- **Drink more water** and **stay cool** if you're taking **diuretics** or **blood pressure medication**
- Check if your medicine **increases your risk of sunburn**

# CAMPAIGNS FOR JUNE



9-15 June



15-21 June



15-21 June



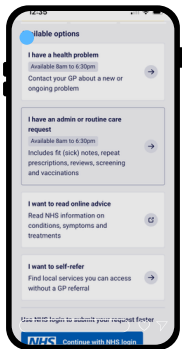
8-14 June



Learning Disability Week:  
15-21 June

Spotlight on...

 **accurx**



**Accurx** ("ack-you-are-ex") is the system that patients should use to contact us to:

- **discuss a new or ongoing health problem**
- make an admin or routine care request including **sick notes, repeat prescriptions, reviews, screenings** and **vaccinations**
- **self-refer** by finding local services you can access without a GP referral
- read online about **information on conditions, symptoms** and **treatments**

The surgery can also contact you via Accurx to confirm appointments, contact you or relay all-patient messages. [CLICK HERE](#) to access Accurx via our website.

# World Blood Donor Day | 14 June



Giving blood is a simple act that saves lives across the UK. Donations support emergency care after accidents, major surgery, cancer treatment, and people with blood disorders. Blood is vital for childbirth complications, premature babies, and transplant patients. One donation can help several people and keeps essential NHS services running.

[CLICK HERE](#) to visit [blood.co.uk](http://blood.co.uk) and sign up to be a blood donor or create an account to help easily locate your nearest donation venues or download the FREE NHS Give Blood App to book and manage your appointments.