

NEWSLETTER

VALE MEDICAL GROUP
JULY 2026

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Stackyard Surgery
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VMG email: lcmp.admin@nhs.net

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



PPG – HAVE YOUR SAY

Our **Patient Participation Group** gives patients the chance to help shape local healthcare. The group aims to:

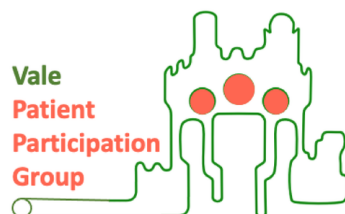
Encourage patient involvement in healthcare

- **Improve communication between patients and practice staff**
- **Influence the future of local health services**
- **Support improvements to services and patient care**
- **Help patients play an active role in their health**
- **Represent patient views within the wider NHS**

You can contribute as much or as little time as you wish and get involved in a way that suits you. Our next meeting:

TUES 4 AUG | 7PM-8:30PM
THE STACKYARD SURGERY

If you'd like to have a voice in local healthcare and make a positive difference, drop an email to info@vmgppg.uk - we'd be delighted to welcome you.



Vale
Patient
Participation
Group

JULY CAMPAIGNS

South
Asian
Heritage
Month



SCOPE

Disability
Pride
Month

DNAs

92

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

In May, 92 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

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





Mental Health Contacts Update

Please note that the phone number for Crisis is no longer in use. As an alternative, please call 111 for help if you're struggling with your mental health.

You can also **116 123** to talk to **Samaritans**.

If you're under 19, you can phone **0800 1111** to talk to **Childline** – the number will not appear on your phone bill

ALCOHOL AWARENESS WEEK | 6-12 JULY

Alcohol is often portrayed as a normal part of social occasions and everyday life, making it easy to overlook its impact on our health and wellbeing.

However, alcohol can contribute to **poor sleep, low energy, increased anxiety** and may affect **relationships, productivity** and overall **quality of life**. Regular drinking can also increase the risk of serious health conditions, including liver disease, high blood pressure, stroke and certain cancers.

This Alcohol Awareness Week, take a few moments to reflect on your drinking habits, learn about your alcohol risk level and consider small positive changes that could improve your health and benefit those around you.

If you have any concerns about your alcohol consumption, use our Accurx system to raise a request for support from your GP or visit www.alcoholchange.org.uk.

Alcohol guidelines

ALCOHOL CHANGE

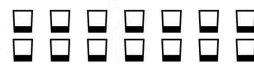
14
units
per week



For men and women

To keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to **spread your drinking over three days** or more.*

This is what 14 units looks like...



14 single measures of spirit
(25ml) 40% ABV

or



6 glasses of wine
(175ml) 13% ABV

or



6 pints of ordinary strength beer/lager/cider
(568ml) 4% ABV

ABV = Alcohol by volume

Remember the drinks you pour at home may be larger than the measures used in pubs.

If you are **pregnant**, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.



FREE ONLINE ANTENATAL CLASSES



Are you pregnant? Do you live in Leicestershire? If so, why not join this free, online, 5-week course!

Delivered by 0-5 yrs Specialist Workers, you'll be able to meet other expectant parents, get to know and understand your growing baby, consider how life will change, find out how to strengthen your bond with your baby, understand early brain development & how to support it, find out about local support & much more!

To register, drop an email with your names and contact details to BSIL@leics.gov.uk