

NEWSLETTER

VALE MEDICAL GROUP
AUGUST 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

86

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

In June, 86 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

31 August is the Late Bank Holiday - The Surgeries will be closed and will reopen on Tues 1 September



ARE YOU A carer?

If you are a carer for someone, **please let the Practice know** so that we are better placed to support you.

Check out websites like:

www.carents.co.uk
www.carersuk.org

where you can find information about a range of topics including **care services, financial support, helplines, free downloads and guides.**



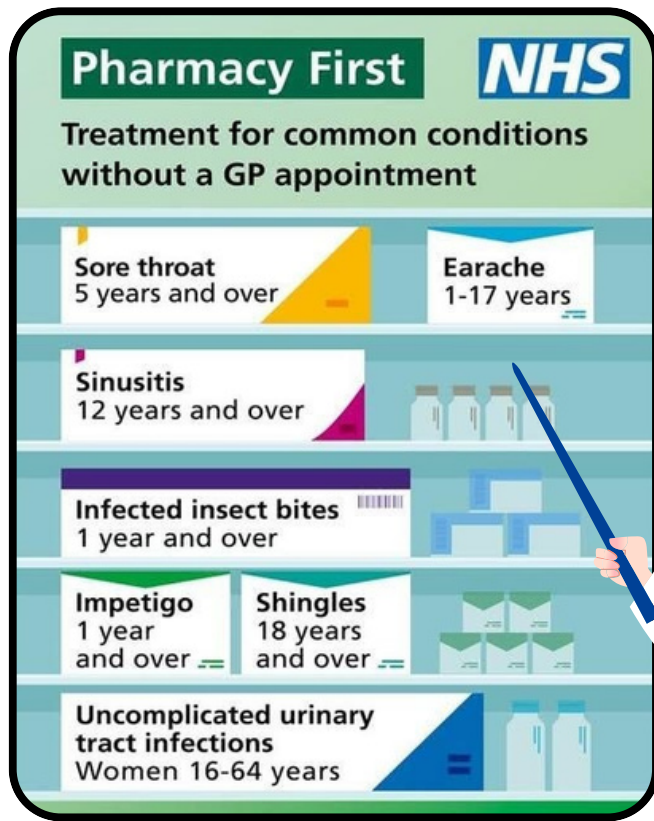
DID YOU KNOW?

As featured in the **Melton Times**, we have a **new defibrillator** outside the Long Clawson Practice just beside our MedPoint prescription-dispensing machine

Plan Ahead

During the summer, roadworks are often planned with diversions, temporary traffic lights and closures. Please take care to **leave plenty of time** to get to your appointments





CAMPAIGNS FOR AUGUST



**World
breastfeeding
Awareness week**
1st - 7th Aug

*You are welcome to
breastfeed in any of
our premises*

**Cycle to
Work Day**
Thurs
6th Aug



HOT TAKE

**TIPS TO STAY
SAFE AND
COMFORTABLE
IN HOT
WEATHER**



KEEP OUT OF THE HEAT

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

Need a GP letter?

We have a new, clear process for processing **private letters, forms and requests** that fall under non-NHS services. **Check out our website** under
Services >
Private Work
for information
and our
price list

