

NEWSLETTER

VALE MEDICAL GROUP
SEPTEMBER 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



UNDERSTANDING

FIT NOTES



DNAs

97

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

In July, 97 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

Thurs 10th - Both surgeries will be closed from 1:00pm-6:30pm for essential staff training



A fit note (officially called a Statement of Fitness for Work and sometimes a sick note) is a formal medical document from a healthcare professional that provides evidence about your ability to work.

When do you need a fit note?

More than 7 days off: You need a fit note if you are ill or injured and cannot work for more than 7 days in a row, including weekends and bank holidays

7 days or less: You do not need one for 7 days or less. Instead, you can "self-certify" by filling out a form for your employer when you return

Benefits claims: You may also use a fit note as evidence to support a claim for health-related benefits or Statutory Sick Pay (SSP)

If you require a fit note, just complete an Accurx form - the link is on our website and Facebook page



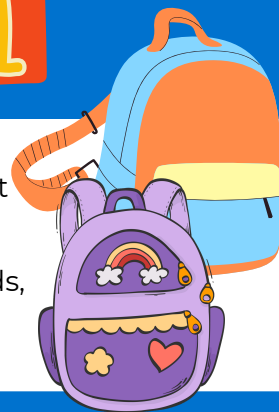
**flu
SEASON**

Vaccination season is nearly here. We'll be rolling out our flu and COVID vaccination clinics soon and will contact eligible patients with booking information. **Please wait for your invitation before contacting the Practice to make an appointment.**

BACK TO school

As children return to school this September, now is a great time to check that **vaccinations** are up to date, any **regular medications** are **ordered and in date** and that healthy sleep and handwashing habits are back on track.

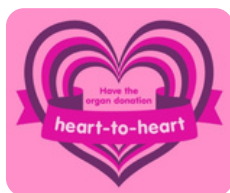
Pharmacy First! The return to school can also bring the usual seasonal coughs and colds, so remember that **your local pharmacy** can provide advice and treatment for many minor illnesses.



Campaigns for September



**Migraine Awareness
Week - 21-27 Sept**



**Organ Donation Week
22-28 Sept**



**World Suicide
Prevention Day - 10 Sept**



**INTERNATIONAL DAY
OF SIGN LANGUAGES**

**International Day of Sign
Languages - 23 Sept**

do you know how to be SAMPLE SMART?



If a clinician has asked you to provide a sample, please help us process it as quickly as possible by following the guidance below:

Clearly label the sample with your full name and date of birth

Use the **correct sample container**, available from reception if needed

Return the sample on the **same day** it is taken

Drop samples off before 1:00pm to ensure they can be collected and processed promptly

Samples must have been requested by a clinician.

Unfortunately, we cannot accept or test samples that are brought to the surgery without a prior clinical request

Thank you for your cooperation in helping us provide a safe and efficient service 😊

25 Sept

**MACMILLAN
CANCER SUPPORT**

Coffee Morning

Whether you'd like to attend one or are thinking of hosting something yourself, **Macmillan Coffee Mornings are taking place on Friday 25 September** to raise money for the charity.

Find out more here:

www.macmillan.org.uk/coffee-morning or check your local village notice boards and Facebook groups to find local events.



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