

NEWSLETTER

VALE MEDICAL GROUP
OCTOBER 2026

Long Clawson Medical Practice

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Stackyard Surgery

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WELCOME

Welcome to the latest edition of our patient newsletter! We welcome your suggestions and feedback.

STATISTICS

88 DNAs in August - a DNA is someone who did not attend their appt and did not advise us beforehand

3,614 requests submitted to us via Accurx in total

180 requests submitted per day on average

5% of requests were submitted via the NHS app

22% of requests were submitted at Reception

73% were submitted through our website

DATES TO REMEMBER

The surgery will be closed on the afternoon of **Wednesday 14 October** for essential staff training



STOPTOBER

Thinking about **quitting smoking**? Stoptober is a great opportunity to make a positive change. **The aim is to stay smoke-free for 28 days.** Research shows that if you can quit for four weeks, you are significantly more likely to stop smoking for good.

QuitReady, a service provided by Leicestershire County Council, offer you a **dedicated advisor** who will support you through your entire **12-week programme** - someone who listens, understands, and stays with you throughout your journey whenever possible.

You are three times more likely to stop smoking if you have support from an advisor, alongside stop smoking medications. **QuitReady will also provide you with 12 weeks' worth of nicotine replacement therapy** and all the information you need to make the right choice for you.

Visit
WWW.QUITREADY.CO.UK
and
WWW.NHS.UK/BETTER-HEALTH/QUIT-SMOKING/
to start your journey today



October is Breast cancer awareness month

Breast cancer can cause a number of signs and symptoms. See your GP if you notice a change to your breast that's new or unusual for you.

Checking your breasts is as easy as TLC:

- 1 Touch your breasts: can you feel anything new or unusual?
- 2 Look for changes: does anything look different to you?
- 3 Check any new or unusual changes with a GP

Symptoms to watch out for

A **lump** or **swelling** in the breast, upper chest or armpit

A **nipple change**, for example it has become pulled in (inverted)

A change to the skin, such as puckering or dimpling

A change in the colour of the breast – the breast may look darker, red or inflamed

Changes in size or shape of the breast

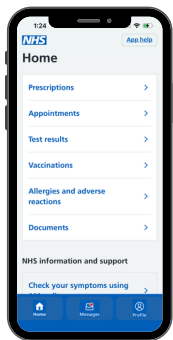
Unusual liquid (discharge) from either nipple

Rash or **crusting** around the nipple

NHS App Referral Updates

Patients referred through the NHS e-Referral Service (e-RS) will receive updates when their referral is being processed and when it has been accepted by the hospital.

Updates are sent via the NHS App, email, or text message, depending on the patient's contact details and preferences. Patients unable to access digital services will continue to be contacted through existing methods.



DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET
THIRSTY
TIRED
THINNER

We call them the 4Ts. If you or your child are **weeing more often**, **constantly thirsty**, **more tired than usual**, or **losing weight for no reason**, it could be a symptom of type 1 diabetes.

If left undiagnosed, type 1 diabetes can be fatal.

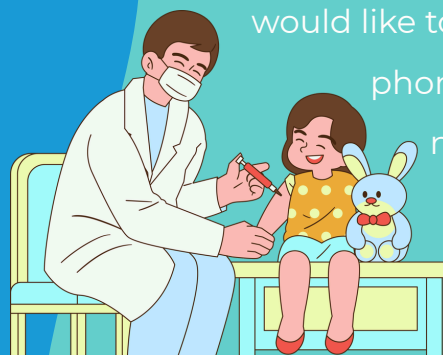
IF YOU'RE EXPERIENCING ANY OF THE 4TS, ASK YOUR DOCTOR FOR A TEST IMMEDIATELY

VACCINATION stations

From 1st October, flu and COVID vaccines are available at both **Stackyard and Long Clawson surgeries**.

If you have not yet received a text message about booking one or would like to enquire, please phone the main surgery number

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