



## NEWSLETTER

Welcome to the latest edition of the Fishermead Medical Centre Newsletter

### Practice News

Dr Berger retired from the surgery on Monday 30<sup>th</sup> April, 2018. I am sure you will join us in wishing Dr Berger all the very best for his retirement.

Dr Michael Alexander joined us in May. Dr Alexander has worked as a GP for over 30 years in Buckinghamshire and also works at Stoke Mandeville Hospital within the specialist Vascular Surgery team.

### Protected Learning Time

#### Surgery Closure Dates

Across Milton Keynes, GP surgeries participate in Protected Learning Time. The surgery is closed to patients, during this “protected” afternoon for all staff members to access and participate in training and development activities. The practice will be closed for Protected Learning Time which runs from 1.30pm on the following dates:

- 19 July 2018
- 19 September 2018
- 18 October 2018
- 21 November 2018

If you are unwell and require medical assistance during these closure periods, please contact NHS 111. In an emergency dial 999.

### Calling all patients.....we need you

Fishermead Medical Centre has a ‘**Virtual**’ Patient Participation Group for any of our patients who are interested in helping us shape and improve our services and take part in local surveys.

As we realise that it is not always possible to attend meetings our group operates through emails. We would like to expand our patient group, if you are interested in joining please complete a ‘**PPG interest form**’ at the reception desk. We would very much welcome your input, support and help to improve our services in the future.

# FAMILY PLANNING SERVICE



Dr Ali holds regular contraceptive implant and coil clinics. Please ask a member of our reception team for more information:

- Implant insertion
- Implant removal
- coil fitting
- Coil removal

**General Practice appointments available to suit you**



Remember, you can access general practice appointments on weekday evenings and weekends, at several locations in Milton Keynes.

**Speak to our practice reception team for further information and to get booked in.**

## See the Signs



[www.milton-keynes.gov.uk/seethesigns](http://www.milton-keynes.gov.uk/seethesigns)

### **What is See the Signs, Save a Life?**

See the Signs, Save a Life is a campaign to encourage awareness of how to support someone with suicidal thoughts and encourage us to talk openly about suicide.

### **Suicidal thoughts can affect anyone**

About 6,000 people die by suicide each year in the UK - an average of 16 per day. This is more than all deaths from road traffic accidents. Many more people, about 1 in 5, will experience suicidal thoughts at some point in their life. There are many reasons why someone can feel this way.

### **Suicide is preventable**

Thankfully only a minority of people who have suicidal thoughts go on to take their lives and the right action can support them. People often just need someone to talk to.

### **What can I do?**

If you're worried that someone you know may be considering suicide, try to encourage them to talk openly about how they are feeling. Listening is the best way to help.

If they've been diagnosed with a mental health condition, such as depression, you can speak to a member of their care team for help and advice. If you don't have these details contact their GP or your nearest accident and emergency (A&E).

We can all take positive action to help prevent suicide by looking out for the warning signs.

**Take any suicidal talk or behaviour seriously, it is a warning sign and a plea for help.**

[www.milton-keynes.gov.uk/seethesigns](http://www.milton-keynes.gov.uk/seethesigns)



We were delighted to be supporting Alzheimer's Society Cupcake day on Thursday 14<sup>th</sup> June, 2018. Our cakes were so kindly donated by staff, our GP's, patients and friends. With your help and support, which is so very important we raised £110.00 to improve the help people who live with Dementia receive. THANK YOU to everyone who donated and purchased cakes.

## How can I treat my hay fever?



Hay fever is a common allergy and most people with mild to moderate symptoms are able to treat themselves with OTC medicines from pharmacies, supermarkets and some other shops.

The guidance from the local Clinical Commissioning Group is that we do not prescribe simple hay fever treatment anymore.

For children in full-time education and for people that receive benefits that allow them to have free prescriptions, your pharmacy can supply some medicines free of charge through the local minor ailments service (MK Pharmacy First). Speak to a member of the pharmacy team for more information. Your pharmacist is a great source of advice, whether you use the MK Pharmacy First scheme or buy your medicines over the counter.

### Below are some tips to help reduce your symptoms.

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm).
- Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes.
- Wear wrap-around sunglasses.
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.
- If possible stay indoors when the pollen count is high.
- Use petroleum jelly inside your nose to trap any pollen.
- Keep your house clean and wear a mask and glasses when doing house work.
- Don't dry washing outside to avoid pollen sticking to your clothes.
- You could buy a pollen filter for the air vents in the car.

### When should I see a GP?

- If you are experiencing wheezing, breathlessness or tightness in the chest.
- If you are pregnant or breastfeeding.
- If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

### More information is available at:

<https://www.nhs.uk/conditions/Hay-fever/>

## Health and Wellbeing

Some organisations providing support locally to improve the health and wellbeing of Milton Keynes residents:

**Men In Sheds** looks to foster the health and well-being of men over the age of 18. A charity enabling men to meet, share skills, pursue hobbies, learn new skills and help in community based projects.

The National organisation can be found at: <https://menssheds.org.uk/>

Locally Men in Sheds can be found at: <https://www.meninshedsmk.biz/portal/news.php>

**AGE UK** provides emotional and practical support to older people living in Milton Keynes, helping them live independently and make more of life. Age UK Milton Keynes can be found at:

<https://www.ageuk.org.uk/miltonkeynes/>

**Walking for health** offers a range of walking groups, to suit walkers of all fitness levels. Walks take place across the city, providing the opportunity to see the wide range of parks and open spaces available in MK. The walks are all led by qualified **walk leaders**, offering safe, secure and fun suitable routes for all. Walking for health can be found at:

<https://www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks>

**REDWAY RUNNERS Milton Keynes** is a community running club where runners of all ages have fun and get fit in a friendly environment that welcomes all abilities. They can be found at: <http://www.redwayrunners.com/>

**MK Arts for Health** works with health, community and corporate clients across the Milton Keynes area to devise manage and deliver art projects and programmes. Taking part in arts activities is proven to have health benefits. MK Arts for Health runs an Arts on Prescription programme. People are referred to the programme for a variety of health issues including mental health conditions, pain relief and Alzheimer's. Find them at:

<https://localgiving.org/charity/mkartsforhealth/>

**COMMUNITYACTION:MK** supporting the Voluntary Sector in Milton Keynes. As well as helping others, volunteering has been shown to improve volunteers' wellbeing. They can be found at:

<https://communityactionmk.org/volunteering/>

**Carers MK** supports the health and wellbeing of individuals who are caring for someone who cannot manage without them due to illness, physical disability, frailty, learning disability, mental health issues, addiction or additional needs. Please find further information at:

<https://carersmiltonkeynes.org/about-us/about-carers-mk/>

**Why Weight** is a free service for MK residents looking to take control of their weight and create achievable goals towards leading a healthy lifestyle. Accessible adult and child lifestyle services for families to reach and maintain a healthier weight. Further information can be found at: <http://www.whyweightmk.co.uk/>

**MK Council** - access information on the 5 ways to wellbeing at:

<https://www.milton-keynes.gov.uk/social-care-and-health/public-health/5-ways-to-wellbeing>