



## NEWSLETTER

Welcome to the latest edition of the Fishermead Medical Centre Newsletter

### Seasonal Flu Vaccinations

Influenza (flu) is a highly infectious and potentially serious illness caused by influenza viruses. Each year the make-up of the seasonal flu vaccine is designed to protect against the influenza viruses that the World Health Organization decide are most likely to be circulating in the coming winter.

Regular immunisation (vaccination) is given free of charge to the following at-risk people, to protect them from seasonal flu:

- Patients aged 65 or over,
- patients who have a serious medical condition
- patients living in residential or nursing homes
- patients who are the primary carer for an elderly or disabled person whose welfare may be at risk if the carer becomes ill
- healthcare or social care professionals directly involved in patient care

**Please call to book your appointment on 01908 609240 after 11:00am**

### General Practice appointments available to suit you



Did you know, 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**

## FAMILY PLANNING SERVICE



We are now offering a contraceptive implant insertion and removal service for our patients. Please ask a member of our reception team for more information.

From November 2017 Dr Ali will also be providing a coil fitting and removal service, please let our reception team know if you would like an appointment.

# 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:

- Thursday 19 October 2017
- Wednesday 22 November 2017
- Thursday 25 January 2018
- Wednesday 21 February 2018
- Thursday 22 March 2018

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

## NHS Friends and Family Test



### How likely are you to recommend Fishermead Medical Centre to friends and family, if they needed similar care or treatment?

Please pick up a post card when you next visit and take a couple of minutes to give us your feedback. It'll help us learn more about what you think of your experience - what you like and what you think we could improve on.

### What is wellbeing?

Good mental wellbeing means feeling good and functioning well. It doesn't mean that you never experience feelings or situations that you find difficult, but you'll have the resilience to cope when times are tough. Good mental health and resilience are fundamental to our physical health, our relationships, our education, and our work and to achieving our potential. Our mental health can change over time. This can be because of life events which cause distress or unhappiness, or it can happen with no apparent cause.



### What are the 5 Ways to Wellbeing?

Evidence suggests there are five steps we can all take to improve our mental wellbeing. All five of these actions are free, easily achievable and can be done by anyone. You might already be doing some of the '5 ways' without even being aware of it! Speak to our Health Care Assistant for advice to improve your wellbeing.

**Embracing Self Care for Life**

**13-19 November 2017**

**SELF CARE WEEK**



**NHS**