



NEWSLETTER



Welcome to the latest edition of
the Fishermead Medical Centre
Newsletter

Practice News

Nurse Shyla retired from the surgery in September. Shyla has been with us for over 30 years, she will be greatly missed by our patients and us, her colleagues. We know you will all join us in wishing her a long and happy retirement.

We welcome our new nurse, **Nurse Amy** to our team of General Practice clinicians. Amy has many years' experience working at Milton Keynes University Hospital.

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:

21 November 2018
24 January 2019

20 February 2019
21 March 2019

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 your support

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

We already try very hard as a practice to get feedback from patients in a number of ways, but we realise that it is not always possible to attend meetings so our group operates through emails. We would like to expand our patient group, if you are interested in joining please complete a '**PG interest form**' at the reception desk. We would very much welcome your input, support and help to improve our services in the future.

Thank you Dr K Ali

FAMILY PLANNING SERVICE



Dr Ali has monthly clinics to fit contraceptive implant and coils. 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.

We hope you enjoy completing our wordsearch below with ways to keep you healthy during the Winter

Healthy Autumn Wordsearch

J U S A E Q F B I M U H Z U R F U S A E V E Y N
D T R K G N I R E E T N U L O V T C F Z H U R N
H S S V O Y W B A S U D J O F R I E N D S I E Z
T N X A Y C K Y L G Y B K U N R G Y H W R F S B
Y O L P F B R X M J C M T S N I M A T I V T I M
H I Y Z P K Z B V U D R X A X I Y J E B G A T X
I T S S X V A W Q H W I T B Z T F Y B S H L I F
F A W W S H K E H M V I P A D K H J Z O C X N D
R N S W G E Y Z R Y A P M O N O M R O J N P A D
J I A G P T L B A B D I Q Z M A B D A B U N S Q
A C K V C V B B D A M R H Z B O E R L H L K D G
A C Z E K Y V H A N D W A S H I N G S F L C N B
F A A E F J L F N T Y D B T H P J O W I Q C A P
T V R R D N V I M S E O Z P I D B D M I D X H R
H B V C K J S I E H J G H A X O S T V B T N E Y
M J B P N I J Z D L W L E O T B N Y O V R N H Q
C G J Q E B T I I B G A P V M W C N O Z N U M Q
S W X T L E T Y T D D E H I G K G W F I A M D N
X O A L K B L D A K N S F N N I W I D N R X I T
D V Y L E I F S T C C G I F R U I T G Q B A Z N
U Y O X K V B K I N D T H N K J I H M S X H K R
T Z G Q W I N N O F A T C D R Q W Q N G X I S K
K M A N Z K N D N E T Z R P P O M S B U Q G I V
J C J I Y I H G H X P P J B H X S C I J U J O V

walking
hand sanitiser
lunch
hydration

milk
yoga
meditation
breakfast

volunteering
fruit
vitamins
handwashing

heating
vaccinations
vegetables
dinner

sleep
friends

Health and Wellbeing

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

NHS Stay Well This Winter find out more about staying well this winter <https://www.nhs.uk/staywell/>

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/mkartforhealth/>

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>