



NEWSLETTER



Practice News

Welcome to the latest edition of the Fishermead Medical Centre newsletter

Nurse Amy emigrated to Australia at the end of May, with her young family, we know you will join us in wishing her well.

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

2019 FLU CLINICS

We are holding various bookable flu vaccinations clinics at the surgery.

Our first clinic on the 28th September, 2019 is for patients Over 65 and Adults at Risk.

We then have various bookable clinics for all eligible patients during October, November and December. We ensure clinics alternate between morning, afternoon, evening and weekends to provide easier access to all our patients.

If you have any queries or require information about clinic dates and eligibility please contact us on 01908 609240 or speak to a member of staff in the surgery.

DON'T DELAY BOOK TODAY

There is a national delay with the availability of the nasal vaccination for patients under 18 years old. We will be contacting these patients once we have the vaccines available.

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.



Are You Aged Between 70 and 79? You Are Eligible for a Shingles Vaccination Why not book yours today!

Who can have a free shingles vaccination?

The national shingles immunisation programme is recommended for people aged 70 to 79, but is being introduced in phases. If you are eligible your GP surgery may contact you and ask you to book an appointment. You can also proactively ask your healthcare professional about the programme if you think you may be eligible. People who are in their seventies but are not yet eligible for vaccination, will be offered vaccination in future years under the national programme.

If I've had shingles before can I still get vaccinated?

Yes vaccination as part of the national programme is still recommended for those who have had shingles in the past as unfortunately people can get shingles more than once, although the risk is low. The vaccine does not treat existing shingles or the pain associated with them.

Are there any side effects with the vaccination?

Like all vaccines and medicines, vaccines are associated with certain side effects, although not everybody gets them. Further information on this vaccine can be found in the patient information leaflets available at

www.medicines.org.uk/emc/product/6101/pil

Please contact your practice and speak to a member of staff for more information and to book your shingles vaccination.

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:

18 September 2019
17th October 2019

20 November 2019
23 January 2020

19 February 2020
19 March 2020

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

Christmas and New Year Opening Hours

Day	Time
Friday 20th December 2019	Normal hours 8:00 – 18:30 <i>Last day to order repeat prescriptions</i>
Saturday 21st December 2019	CLOSED
Sunday 22nd December 2019	CLOSED
Monday 23rd December 2019	Normal hours 8:00 – 18:30
Tuesday 24th December 2019	Open 8:00 – 13:30
Wednesday 25th December 2019	CLOSED
Thursday 26th December 2019	CLOSED
Friday 27th December 2019	Normal hours 8:00 – 18:30 <i>Last day to order repeat prescriptions</i>
Saturday 28th December 2019	CLOSED
Sunday 29th December 2019	CLOSED
Monday 30th December 2019	Normal hours 8:00 – 18:30
Tuesday 31st December 2019	Open 8:00 – 13:30
Wednesday 1st January 2020	CLOSED
Thursday 2nd January 2020	Normal hours 8:00 – 18:30

Out of hours

Please call NHS 111 for all medical advice or 999 for emergencies.

Prescriptions

Please note the last day to order prescriptions before Christmas is Friday 20th December and the last day before New Year is Friday 27th December.

Stay well this Winter

People are being urged to keep an extra special eye on themselves and the people they care for over the winter period so minor illnesses don't become more serious.

People who are older or have long term conditions may be particularly vulnerable and getting help earlier may prevent concerns becoming more serious.

This winter:

- Have your flu jab if you are eligible
- If you start to feel ill, get help from your pharmacy
- Keep your home warm, at least 18 degrees
- Make sure you take any medication as directed
- Ensure you order any repeat prescriptions in good time as many surgeries and pharmacies close over Christmas
- Keep a supply of cold and flu remedies in the house so you don't need to go out if the weather is bad
- If you are prescribed antibiotics finish the course

Don't go to A&E or call 999 unless it's an emergency. If you are in any doubt, NHS 111 can help you get the right treatment

[NHS Stay Well this Winter](#)

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/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/>

MoreLife (UK) Ltd is a free service for MK residents looking to take control of a healthy lifestyle. Accessible adult and child lifestyle services for families are available. Further information can be found at:

www.more-life.co.uk Tel: 0808 208 2340

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>