



NEWSLETTER



Practice News

New members of our team: We have welcomed Adeline, in a new role for our surgery. Adeline is an Advanced Care Practitioner with many years' experience working within the NHS both in primary and secondary care settings together with Urgent Care. Adeline supports all elements of clinical care whilst improving and enhancing patient access to our multi-disciplinary team.

Claire has also joined our practice team working in reception early mornings. We know you will all make them very welcome.

New role: Laura is our newly appointed Afternoon Reception Supervisor. Laura is looking forward to helping support the smooth running of the practice.

FLU CLINICS

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

Our Saturday clinics for all eligible age groups including children's' nasal flu are:

- **8th October 2022**
- **22nd October 2022**
- **5th November 2022**

We then have various bookable clinics for all eligible patients during our usual opening times Monday - Friday. We ensure clinics alternate between morning, afternoon, evening and weekends to provide easier access for 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.

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.

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” time for all staff members to access and participate in training and professional development activities. The practice will be closed for Protected Learning Time which runs from 1.30 – 4.30pm on the following dates:

20th October 2022
23rd November 2022
18th January 2023
15th February 2023
22nd March 2023

The surgery will re-open at 4.30 until 6.30pm. If you are unwell and require medical assistance during these closure periods, please contact NHS 111. In an emergency dial 999.

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.

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 becoming a virtual group member please complete a '**Patient Group interest form**' at the reception desk. We would very much welcome your input, support and help to improve our future services.

Thank you Dr K Ali

Christmas and New Year Opening Hours

Day	Time
Tuesday 20th December 2022	Normal hours 8:00 – 18:30 <i>Last day to order repeat prescriptions</i>
Wednesday 21st December 2022	Normal hours 8:00 – 18:30
Thursday 22nd December 2022	Normal hours 8:00 – 18:30
Friday 23rd December 2022	Normal hours 8:00 – 18:30
Saturday 24th December 2022	CLOSED
Sunday 25th December 2022	CLOSED
Monday 26th December 2022	CLOSED
Tuesday 27th December 2022	CLOSED
Wednesday 28th December 2022	Normal hours 8:00 – 18:30
Thursday 29th December 2022	Normal hours 8:00 – 18:30
Friday 30th December 2022	Normal hours 8:00 – 18:30
Saturday 31st December 2022	CLOSED
Sunday 1 st January 2023	CLOSED
Monday 2 nd January 2023	CLOSED
Tuesday 3 rd January 2023	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 Tuesday 20th 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, if you are able, 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 find out more about staying well this winter <https://www.nhs.uk/staywell/>

ASCENT Primary Care Network

Fishermead Medical Centre works in collaboration with two other local practices to form ASCENT Primary Care Network (PCN). Our PCN is made up of Asplands Medical Centre in Woburn Sands, Walnut Tree Health Centre and ourselves in Fishermead. We are working together with a range of local providers across primary care, community services, social care and the voluntary sector.

Together we employ a team of health care professionals to support our patient population delivering a holistic healthcare approach, with a strong focus on prevention and personalised care. This is supported by Care Coordinators working at each medical centre.

Our multi-disciplinary PCN healthcare team consist of Clinical Pharmacists, First Contact Physiotherapists, Mental Health Specialists, Social Prescribers, Occupational Therapists and Health & Wellbeing Coaches.

If you think you would benefit from the help of one of our additional roles please speak to a member of our team specifying which service you are interested in being referred to. Your request will then be assessed and passed on to the most suitable healthcare professional.

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://meninshedsmk.org.uk/>

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.theparkstrust.com/activities/walking/wellbeing-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://artsforhealthmk.org.uk>

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