



NEWSLETTER



Welcome to the latest edition of the Fishermead Medical Centre Newsletter

Practice News

Retirements: Two members of our healthcare team are retiring this spring, Sue our Reception Manager and Tanya our Healthcare Assistant. They have both worked at the surgery for 20 years and will be greatly missed by our patients and colleagues. We know you will all join us in wishing them all the very best for their retirements.

New members of our team: We have welcomed Alison and Cindy who have joined our reception/administration team. Also, Beverley our new Phlebotomist and Jenny our new Healthcare Assistant have joined our clinical team. They both have many years' experience working within the NHS.

New role: Leigh is our new Reception Manager, she has worked within Primary Care for many years and is looking forward to helping support with the smooth running of the practice.

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 1.30 – 4.30pm on the following dates:

11 May 2022

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.

**New Telephony system later this year with
patient call back function**

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.

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/>

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>