



NEWSLETTER



Welcome to the latest edition of the Fishermead Medical Centre Newsletter

Practice News

New role: Dr Mubeen is our new GP Partner, she has worked within Primary Care and Urgent Care for many years and has been with us since September 2022.

Alison is our new Patient Care Co-ordinator. Her role is to support patients and their family members with healthcare needs and goals.

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 2.30 – 6.30pm on the following dates:

20 July 2023
20 September 2023
17 October 2023
23 November 2023

The surgery will re-open at 8.00am the following day. If you are unwell and require medical assistance during these closure periods, please go online to NHS 111. In an emergency dial 999.

**EARLY MORNING BLOOD TEST APPOINTMENTS AVAILABLE ON A TUESDAY,
WEDNESDAY, AND FRIDAY FROM 7.30AM**



JOIN YOUR **PATIENT PARTICIPATION GROUP**

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



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.

Supporting Mental Health

Reflect is a free, confidential and 24/7 text support service for anyone in Bedford Borough, Central Bedfordshire, Milton Keynes or Luton who needs advice or help. It is delivered by trained volunteers and clinicians who are available around the clock to listen and support anyone who is feeling anxious, lonely, overwhelmed or not quite themselves. It is part of the wider network of **Shout** services across the UK.

Text reflect to 85258

Free and confidential support, 24/7 Texting 'REFLECT' to 85258 is anonymous and will not show up on your phone bill.

Does your GP know you are a Carer?

Being a Carer can often affect your own health. By letting your GP surgery know that you are caring for someone could help your GP offer you better support.

A carer is anyone who provides unpaid support to a family member, partner, friend, or neighbour who needs help with everyday tasks because they are ill, frail or disabled. Carers can be any age and may provide support in their own home or in the home of the person they care for.

As a carer your health is as important as that of the person that you care for, as it ensures that you can continue to carry out your caring role. It is important that you visit your doctor regularly and that you tell your doctor that you are in a caring role.

If you are a carer please ask reception for our Carer Registration Form.