

Fishermead Medical Centre

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NEWSLETTER



Welcome to the latest edition of the Fishermead Medical Centre Newsletter

Practice News

New members of our team: Dr Gohar is joining our clinical team from the beginning of April. She has been a GP in Buckinghamshire for many years and will be working three days a week at the surgery.

We will also be welcoming Michaela who is joining us in March as part of our reception/administration team. We know you will all make them very welcome.

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:

29 February 2024

21 March 2024

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 to NHS 111 online. In an emergency dial 999.

Do we 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.

MEASLES – It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles. Help to protect everyone, at every age, get vaccinated.

General Practice appointments available to suit you



Remember, you can access general practice appointments on weekdays, evenings and weekends, at several locations in Milton Keynes.

Speak to our practice reception team for further information and to get booked in.

Additional Primary Care Network services available

Please see below a list of the additional services we offer here at Fishermead Medical Centre. Please contact the reception team should you be interested in any of these services, and they can arrange for you to speak with these clinicians or your GP to discuss in more detail.

Social Prescribing – Our social prescribers can help connect you to activities, groups and services in your community to meet any practical, social and emotional needs that might be affecting your health and wellbeing.

Mental Health Team – Our team of mental health professionals offer talking therapies, counselling, CBT and can signpost you to other talking therapy specialisms.

Health & Wellbeing Coaching – Our coaches support you, if needed, to make dietary and lifestyle changes for the management of pre-diabetes, Type 2 Diabetes, and weight loss. They also help with goal setting around exercise and diet to improve mental, physical and emotional wellbeing.

Occupational Therapy – Our Occupational Therapist can provide equipment or advice to help you maintain your independence at home, address concerns with falls and memory issues and provide support for carers that may be assisting you.

Physiotherapy – Our First Contact Practitioner (FCP) is a physiotherapist who is qualified to treat patients without a referral from a GP or other healthcare professional. If you have any concerns about a musculoskeletal (MSK) problem, you can book directly with them.

Pharmacist Team – Our practice-based pharmacists can support you with any questions or issues you may have about your medication. They also complete medication reviews and can help you manage your medication needs.

Care Co-ordinators – Our care co-ordinator works alongside our practice and primary care network clinical healthcare team and surgery administrative staff to provide and coordinate personalised care planning for our patients.

citizens advice Milton Keynes

Advice on Prescription

Are you registered as a patient with Fishermead Surgery?

If so, you can now use our Advice on Prescription service, which helps patients to resolve practical, financial, legal and personal issues that may be affecting their health and wellbeing.

Fortnightly sessions with our Adviser

Appointments by face to face, phone or video call

Ask your GP, Health Professional, Social Prescriber or member of Reception Staff to refer you.

Funded by NHS and Citizens Advice

Sessions are for patients only. Visit www.miltonkeynescab.org.uk for details of our other outreach services across Milton Keynes.



Armed Forces veteran friendly accredited GP practice

Have you served in the UK Armed Forces?

We are a 'Veteran Friendly Accredited' practice.

Ask reception to add the wording 'Military Veteran' to your medical records along with this code: XaX3N.

Additional healthcare support may be available for veterans with service-related health conditions.