



## NEWSLETTER



### Practice News

**New members of our team:** We have welcomed Vicky to our reception team. Vicky has many years' experience working within the NHS both in primary and secondary care. We know you will all make her very welcome.

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

**Members leaving our team:** Dr Mubeen has left the practice. We know you will all join us in wishing her all the very best for the future.

### FLU CLINICS

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

Our main vaccination programme starts with a Saturday clinic on the 7<sup>th</sup> October, 2023. This is for all eligible age groups including children's' nasal flu. We then have various bookable clinics set up for all eligible patients during our usual opening times Monday - Friday.

We ensure clinics alternate between morning, afternoon, evenings 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.

## DON'T DELAY BOOK TODAY

### 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.**

## 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 2.30 – 6.30pm on the following dates:

17<sup>th</sup> October 2023  
23<sup>rd</sup> November 2023  
24<sup>th</sup> January 2024  
20<sup>th</sup> February 2024  
21<sup>st</sup> March 2024

The surgery re-opens at 8.00am the following day. If you are unwell and require medical assistance during these closure periods, please visit 111.nhs.uk online. In an emergency dial 999.

## Additional services available

Please see a list of the additional services we offer at Fishermead Medical Centre. Please contact the reception team should you need any of these services.

**Social Prescribing**- Is an approach that connects people to activities, groups and services in their community to meet the practice, social and emotional needs that affect their health and wellbeing.

**Mental health social prescribing**- offers talking therapy, bereavement counselling or advice.

**Health & Wellbeing Coaching** – to support people in making dietary and lifestyle changes for the management of pre-diabetes, Type 2 Diabetes, and weight loss. We also help with goal setting around exercise and diet to improve mental, physical and emotional wellbeing.

**Occupational Therapy** – 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.

**Physiotherapy (First Contact)**- A First Contact Practitioner (FCP) is a physiotherapist who is professionally qualified to treat patients without a referral from a GP or other healthcare professional. FCPs provide the first point of contact whereby those who visit a GP for a musculoskeletal (MSK) problem will instead have an appointment with an FCP physiotherapist.

## 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

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