

Fishermead Medical Centre

Fishermead Medical Centre, Fishermead Boulevard, Fishermead, Milton Keynes, MK6 2LR
Tel: (01908) 609240



NEWSLETTER



Practice News

New members of our team: We have welcomed Michaela to our reception team. Michaela is new to Primary Care and is really enjoying her role with us. You have all made her feel very welcome, thank you.

Reception team changes: Our fantastic reception team have undertaken care navigation training and are now Patient Care Navigators. They navigate patients to the right health or social care professional, supporting patients to receive timely care that best meets their health and social care needs – right person, right place, right time. The role provides the first point of contact for all patients and acts as a focal point of communication between patients, doctors and other medical and multi-disciplinary staff.

FLU and COVID VACCINATION CLINICS

We are holding various bookable flu and covid vaccination clinics for eligible patients at the surgery.

Our main flu and covid vaccination programme commences with a Saturday clinic on the 5th October, 2024. This is for all eligible age groups. We then have various bookable clinics set up for all eligible patients including children's nasal flu 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 for flu, covid, RSV, pneumococcal, shingles or whooping cough during pregnancy vaccinations 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.**

EARLY MORNING BLOOD TESTS AND CONSULTATIONS WITH OUR SENIOR CLINICAL PRACTITIONER AVAILABLE ON MONDAYS, TUESDAYS AND WEDNESDAY FROM 7.30AM

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:

24 October 2024 / 21 November 2024 / 24 January 2025 / 19 February 2025 / 19 March 2025

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 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.



**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.

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.

Funded by

NHS 

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

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.