



NEWSLETTER

Practice News

From 1st October 2025, all GP practices in the UK must follow new requirements set out in the GP contract. We are required to make changes to the way our booking system currently operates (Total Triage). This means there are changes to how you will access appointments with us.

- You will no longer need to telephone or visit the surgery to book an appointment with our GP's.
- Our reception team will no longer be able to directly book a GP appointment for you.
- Our new online triage model asks you to complete an online form stating the reason for contacting the practice, this form will then be reviewed by a Clinician and categorised according to need.

To contact us about a health problem, visit www.fishermeadmedicalcentre.co.uk navigating to appointments and complete the online request form. This form will be triaged by our clinicians and categorised according to need. You will then be contacted by our patient services team and offered a face to face, telephone or video consultation or you may be referred to another service. This ensures you are navigated to the most appropriate healthcare professional, and you are seen in the right place at the right time.

FLU VACCINATION CLINICS

BOOK TODAY

Bookable flu and covid vaccination clinics for eligible patients are bookable at the surgery.

Our flu vaccination programme commences with a Saturday clinic on the 4th October, 2025. This is for all eligible age groups. We then have various bookable clinics set up for all eligible patients including children's nasal flu. We also 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.

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**

Fishermead Medical Centre

Fishermead Boulevard, Fishermead, Milton Keynes, MK6 2LR

Tel: 01908 609240 Email: fishermeadmc@nhs.net www.fishermeadmedicalcentre.co.uk



Surgery Closure Dates - Protected Learning Time

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:

15 October 2025 / 19 November 2025 / 22 January 2026 / 26 February 2026 / 25 March 2026

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

The additional services we offer here at Fishermead Medical Centre are listed below. Please contact the reception team should you be interested in any of these services.

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.

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 and pharmacy technicians 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.

Saturday Appointments

We are now able to offer appointments with a GP, Nurse, Healthcare Assistant and Physiotherapist on a Saturday. These clinics run every 4 weeks and please speak to our practice team for further information and to get booked in.

Referrals To Community Or Secondary Care

If you have been referred to hospital secondary or community care for further investigation you can see the average waiting times, information, support and advice while you wait, please see the following options:

<https://www.mkuh.nhs.uk/patients-and-visitors/my-hospital-journey>

<https://www.myplannedcare.nhs.uk>



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

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