



# NEWSLETTER

## NHS APP

Use the NHS App to manage your healthcare using a phone, tablet or computer. Log in to view your health information and manage your healthcare online.

You can:

- request repeat prescriptions
- check your test results
- read messages from the NHS
- book and manage appointments

### 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.**

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

## 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:

**29<sup>th</sup> April 2026 / 21<sup>st</sup> May 2026 / 23<sup>rd</sup> June 2026 / 22<sup>nd</sup> July 2026 / 24<sup>th</sup> September 2026 / 20<sup>th</sup> October 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>



**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.