

The Misbourne Practice

Patient Newsletter

March 2024

Issue#2

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Opening Hours

The phone lines at both of our sites are open from 8.30am to 6pm Monday to Friday.

The surgery buildings are closed between 6pm and 8am on weekdays, and all-day weekends and bank holidays.

Bucks 24/7 (Fed Bucks) provides Out of Hours services when the surgery is closed.

They can be contacted by dialling **111**, which is free from both landlines and mobiles, or by visiting **111 online: NHS 111 Online**

If you need to be seen, you may be asked to attend an Urgent Treatment Centre base in Amersham or Wycombe.

If the problem is a life-threatening emergency, call 999.

Other sources of medical help or advice are:

NHS 111 Online

Your local Pharmacist - [click here to find out how your pharmacy can help](#)

Stay Protected: COVID-19 Vaccine Update!

Are you 75 years or older, residing in a care home, or dealing with a weakened immune system? Secure your spring COVID-19 vaccine dose from 15th April!

For older adults and housebound patients, appointments will be arranged to commence by April 15, 2024. First clinics for other eligible individuals, we are aiming to run general clinics at 'The Calcott Medical Centre' on April 26th and 27th. Bookings will be via 119 and lines will be open from 15th April.

Don't wait for your 75th birthday – if it falls between April and June, get vaccinated when you're called. Protect yourself and your community.

Crisis Support Numbers

If you are having a difficult time, below are details of people you can talk to.

Safe Haven: telephone support every night 6pm-midnight - 01494 218098

White Leaf Crisis team: Evening support 01865 902000

Mind: helpline 0300 123 3393

Shout: 24/7 text service 85258

Samaritans: 24/7 helpline 116123

Papyrus: under 35's helpline 0800 068 141

Calm: helpline for men 0800 585858

Urgent Treatment Centre (Minor Illness and Injury Unit) Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT - call 111 or visit 111 online to arrange an appointment.

Mount Vernon Hospital Minor Injuries Unit, Rickmansworth Road, Northwood, HA6 2RN

Slough NHS Walk-in Centre, Upton Hospital, Albert Street, Slough, Berks SL1 2BJ.

NHS App

Everything you need to know about using the NHS App.

For help and support, visit [NHS App help and support](#)

Dates that we are closed in 2024 for Staff Training

Protected Learning Time (PLT) is an opportunity for GP practices to address staff learning and professional development needs.

There are ten Protected Learning Time dates each year where the practice will be closed from 1 pm.

When the practice is closed, please use the 111 service for any urgent medical needs.

Dates the practice will be closed for the afternoon during 2024:

- Wednesday 13th March
- Wednesday 17th April
- Tuesday 14th May
- Wednesday 5th June
- Wednesday 10th July
- Thursday 19th September
- Thursday 17th October
- Wednesday 13th November

Friends and Family Survey



Delayed Attendance

Please note you may not be seen if you are more than 5 minutes late for your appointment and may be asked to rebook. This is to ensure we run our appointments on time. Please make every effort to arrive in good time for your appointment.

Adult ADHD Services

Adult ADHD services have extensive national wait times, and our local provider is no longer accepting new referrals. Your GP might not be able to establish shared care agreements with online or remote providers for Adult ADHD treatment, potentially leading to no NHS referral recommendation

Alternatively, they could refer you to other providers solely for assessment, not for ongoing treatment. Private sector referral might be suggested by your GP without shared care arrangements like those in the NHS.

This disparity in services, known as a "commissioning gap," has been highlighted at local and national levels.

You could address this issue yourself by contacting your MP or reaching out to the ICB at bobicb.plannedcare@nhs.net

Key messages For Children

- Childhood infections like measles and whooping cough are rising.
- If your child isn't vaccinated, they're not protected.
- Childhood infections can cause serious illness, hospitalisation and life-long disabilities.
- Childhood vaccinations give your children the best protection and prevent over 5,000 deaths and over 100,000 hospital admissions each year in England.
- It's important that vaccines are given on time for the best protection, but if your child missed a vaccine, contact your GP to catch up.
- To have full protection, children sometimes need to have booster vaccines. You should check their red book or speak to your GP to see if they are missing any.
- If you are unsure speak to your GP or visit www.nhs.uk/childhoodvaccinations to find out if you should book an appointment for your child.
- All the childhood vaccinations are free. For the full timetable visit the NHS website and to see how to get them.
- All childhood vaccinations offered by the NHS have been used in millions of children worldwide and have an excellent safety record.
- All medicines can cause side effects, but all health authorities around the world agree that immunisation is the safest way to protect our children's health.

Until next time

Thank you for being an integral part of our practice. Please send any feedback or topics that you would like to know more about via our [feedback form](#) or via post to the practice.