

The Misbourne Practice

Patient Newsletter

July 2024

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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](#)



Team Spotlight – Dr Hettiaratchi



We are thrilled to highlight an esteemed member of our team Dr. Randitha Hettiaratchi, who has been an integral part of our St Giles team since November 2014. Dr. Hettiaratchi, with his impressive qualifications including MBBS, BSc, MRCP(UK), MRCPGP from Imperial College, London, brings a wealth of expertise to our practice.

Dr. Hettiaratchi's clinical interests lie in Cardiology, Respiratory, Men's Health, and he is particularly skilled in Joint Injections. Patients appreciate his comprehensive approach to healthcare and his dedication to providing top-notch medical care.

In addition to his clinical duties, Dr. Hettiaratchi holds several key responsibilities within our practice. He serves as the HR and Finance Lead alongside Dr. Adam Bartkiewicz, and acts as the Clinical Lead for Austenwood Nursing Home. Furthermore, he plays vital roles as an Educational Lead, GP Trainer, and GP Tutor at Oxford Medical School. In addition to this, Dr Hettiaratchi has recently been appointed as the Clinical Director of The Chalfont PCN.

Dr. Hettiaratchi is available at St. Giles Surgery on Mondays, Tuesdays, Wednesdays, Thursday mornings, and Friday mornings. Outside of work, Dr. Hettiaratchi enjoys spending quality time with his family. He is a passionate swimmer, cricket enthusiast, and a keen guitar player. His interests in Marvel, travel, and cars add a touch of excitement to his well-rounded personality.

Healthy Libraries

Healthy Libraries provide a range of activities, events, and information to help promote healthier and happier lives for Bucks residents. Whether you want to learn about **healthy eating, find ways to look after your mental health, or connect with other people in your community**, there are many ways that libraries will be able to support you with your health and wellbeing. [See what's happening at your local library.](#)

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.

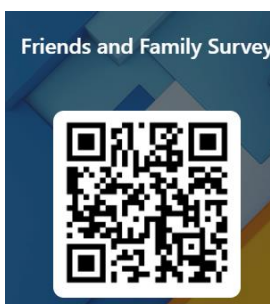
There are ten Protected Learning Time dates each year where the practice will be closed from 1 pm.

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:

- Thursday 19th September
- Thursday 17th October
- Wednesday 13th November

Your Feedback Matters



Autumn Vaccination (Flu) and Covid Booster Update

We are gearing up for the flu season and wanted to share some important updates regarding flu vaccines for 2024. The deliveries of flu vaccines are anticipated to arrive in September, although the exact date is yet to be confirmed. We are working diligently to ensure a timely supply for all our patients.

In addition to flu vaccines, we will also be offering COVID-19 vaccines as per the autumn eligible criteria. This includes children aged 6 months to 4 years in a clinical risk group, housebound patients, severely immunosuppressed patients, and eligible patients or staff in care homes. To make the vaccination process as convenient as possible for you, we are planning on holding clinics both at the surgery on a more regular basis along with some long weekend clinics. Our aim is to provide flexible options to accommodate your schedules.

Your health and well-being are our top priorities, and we want to ensure that you receive the necessary vaccinations in a timely manner. We will be contacting you to book an appointment for your vaccine(s) as soon as we are able to. Last year, we experienced vaccine wastage due to patients getting vaccinated elsewhere. We kindly ask for your cooperation in receiving your flu vaccine from us to prevent wastage and ensure maximum efficiency. Help us to help you stay healthy this flu season.

Stay tuned for further updates regarding flu vaccine availability and clinic schedules.

Healthy Lifestyles

Be Healthy Bucks (no longer live well stay well) is a free health and wellbeing service to help you make simple changes, to start feeling the benefits of a healthy life today. Their tailored support focuses on creating long-lasting behaviour change by helping people make healthier lifestyle choices. They offer services for adults, children and young people across Buckinghamshire which include:

- Stop smoking support
 - Adult weight management
 - Child weight management
 - Reduce alcohol consumption
 - Community-based NHS Health Checks
- Website: <https://bhb.maximusuk.co.uk/>
Email: behealthybucks@maximusuk.co.uk
Telephone: [01296 322738](tel:01296322738)

Sexual Health: The bSHaW services are delivered by Buckinghamshire Healthcare Trust (BHT) and Brook. Terrence Higgins Trust no longer provides this service. bSHaW provides sexual health advice and support in Buckinghamshire. This includes:

- Sexual health advice and treatment,
- STI testing including digital testing,
- HIV treatment and care (including Pre Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP),
- Condom Distribution Scheme,
- Contraception,
- 1:1 support programmes for young people and adults
- Sexual health training for professionals

Website: sexualhealthbucks.nhs.uk
Email: buc-tr.bhtbshaw@nhs.net
Telephone: 0300 303 2880

Drug and Alcohol Services: One Recovery Bucks -

Website: <https://onerecoverybucks.org/>

Please send any feedback or topics that you would like to know more about via our [feedback form](#) or via post to the practice.