

The Misbourne Practice

Patient Newsletter

September 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 Pardesi



Dr. Pardesi qualified as a GP in 2011 and has been a partner at St Giles since 2018. Her qualifications include BMBS (Bachelor of Medicine and Bachelor of Surgery), BMedSci (Bachelor of Medical Sciences), a Diploma in Child Health, a Diploma from the Faculty of Sexual and Reproductive Health, and Letters of Competence in Implant and Coil procedures. She is also a member of the British Menopause Society.

Dr. Pardesi enjoys all aspects of General Practice and believes in working collaboratively with patients to manage their acute and chronic medical needs. She has a particular interest in women's health, menopause, and diabetes, and runs the monthly family planning clinics at the practice. Additionally, Dr. Pardesi is the lead GP for the Quality Outcome Framework initiatives undertaken by the practice.

In her free time, she loves spending time with her young family, reading, traveling, and exploring the beautiful local countryside.

Weekend Flu Clinics - Book Your Appointment Now!

We are now booking eligible patients for their flu vaccines. Our weekend clinics will be held on Saturday, the 5th of October at Misbourne Surgery, and Sunday, the 13th of October at St Giles Surgery. A text has been sent to all eligible patients with a link to book their appointment, or you can call our dedicated booking line at 01753 291643. We hope you choose to have your vaccination with us. Help us to help you.

 **Saturday, 5th October at Misbourne Practice**

 **Sunday, 13th October at St Giles Surgery**

 To book, please call our dedicated service number: **01753 291643**.

For more information [please refer to our website](#).

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.

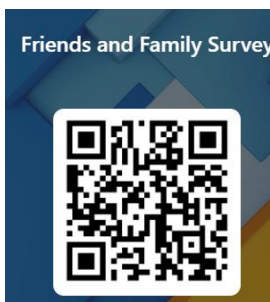
There are ten Protected Learning Time dates each year where the practice will be closed from 1 pm.

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 17th October
- Wednesday 13th November

Your Feedback Matters



RSV Vaccination

Respiratory Syncytial Virus (RSV) is a common respiratory infection. While symptoms are usually mild, the elderly are at higher risk of serious complications.

The UK is leading the way as the first country to develop a vaccine against RSV.

Everyone turning 75 on or after 1 September 2024 is being offered a single dose of the RSV vaccine.

For this first year, those aged 75 to 79 by this date are also eligible as part of a catch-up program. RSV can lead to serious complications in older adults, so protect yourself and book your vaccine before you turn 80.

Eligible patients have already been contacted—check your appointment details with us!

National Patient Survey results

We would like to thank all patients who took part in the National GP Patient Survey from earlier this year.

[Results have been published and are being discussed with our patient participation group](#). We will provide you with updates in the coming months.

NHS 111 offering crisis mental health support

Patients of all ages experiencing a MH crisis or concerned family members can now benefit from support through 111. NHS staff can guide callers with next steps such as organising face-to-face community support or facilitating access to alternatives services, such as crisis cafés or safe havens which provide a place for people to stay as an alternative to A&E or a hospital admission. If required, Every emergency dept in England now has a liaison psychiatric team available to offer specialist care. A full list A of mental health support options is available via the NHS.uk website. <https://www.england.nhs.uk/2024/08/nhs-111-offering-crisis-mental-health-support-for-the-first-time>

Self Referral to NHS Physiotherapy

Musculoskeletal (MSK) physiotherapists assess and treat problems with muscle, bone and joints that may cause pain, stiffness and/or disability.

The team provide specialist assessment followed by expert advice and treatment for a wide range of service for any joint and muscular related problems including rehabilitation after orthopaedic surgery, sports injury rehabilitation and women's health physiotherapy advice and treatment. All eligible patients can now directly access NHS physiotherapy services through our new self-referral service without needing to go via their GP.

Patients under the age of 16 years will need a clinical referral

Please click the link to the staywell-bob website to access information on the self-referral eligibility criteria and details of how to self-refer in the area you are registered with a GP. <https://staywell-bob.nhs.uk/musculoskeletal>

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