

# The Misbourne Practice

Patient Newsletter

February 2025

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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**

## Team Spotlight – Dr Emma Southworth



Dr Emma Southworth has been a dedicated General Practitioner (GP) for nearly 20 years. She began her medical career in hospital medicine before transitioning to general practice, where she finds joy in all aspects of the role. Dr Southworth has a particular interest in women's health, which she passionately pursues.

Her impressive qualifications include an MBBS and a BSc from Royal Free/UCL London. Additionally, she holds both MRCP and MRCGP certifications. Dr Southworth is available at the Misbourne every Friday, dedicating the rest of her week to another medical position.

Outside of her professional commitments, Dr Southworth cherishes spending time with her family and friends. She also enjoys taking leisurely walks with her dog during her rare moments of free time.

## Sexual Assault Referral Centres

### **NHS launches campaign to support survivors of sexual assault and abuse**

The NHS has launched a campaign to raise awareness of sexual assault referral centres (SARCs) - specialist services that offer free care and support to anyone who has been sexually assaulted or abused at any time in their life.

SARCs are available 24/7 across England, however, many sexual assault and abuse survivors do not know where to go or who to turn to for help. We also know that some people are put off seeking help due to thinking they need to speak to the police. Help is available from a SARC without having to talk to the police or report what happened.

The SARC team will make sure that anyone visiting their service understands their options and gets the support they choose in a place where they are safe. This could include crisis care, medical and forensic medical examinations, emergency contraception and testing for sexually transmitted infections. They can also arrange access to an independent sexual violence advisor, as well as referrals to mental health services and emotional and psychological support, such as counselling.

If you have been sexually assaulted or abused and don't know where to turn, search 'sexual assault referral centres' for more information or visit [www.nhs.uk/SARCs](http://www.nhs.uk/SARCs)

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

**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 2025 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 2025:

Thursday the 13<sup>th</sup> of February 2025

## National Campaign for RSV Vaccines

NHS England will issue national RSV invitations in February 2025 to support uptake in those eligible for the vaccine. Invitations will be sent nationally using a digital first approach. This means NHS England will email everyone with a registered email address and will also attempt to contact people through the NHS App. If the app message is not delivered or read within 24 hours, a text message will be sent. A letter will be sent to people without a registered mobile number.

Invitations will be sent to:

- Individuals in the older adult catch up cohort (defined as those aged 75- 79 on 31 August 2024) who have not yet been vaccinated.
- Individuals who have turned 75 since 1 September 2024 who have not yet been vaccinated.

The invitation will include a call to action for those eligible to contact their general practice to book an RSV vaccination appointment. If you are contacted, please give us a call to book a vaccine with one of our friendly nursing team members

## NHS 10-Year Health Plan: A Heartfelt Thank You to Our Contributors

Thank you for your invaluable contributions to the NHS 10-Year Health Plan! Your insight and feedback are crucial in shaping the future of healthcare in the UK. We have forwarded all feedback to NHS England. Included below is a summary of the feedback and suggestions received.

### General Sentiments

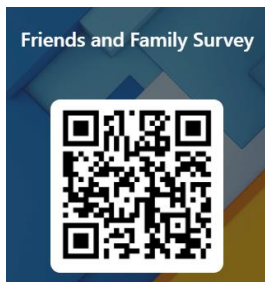
- **Positive Outlook:** Many respondents are optimistic about the future of the NHS, expecting improvements in efficiency, modernisation, and accessibility.
- **Concerns:** There are significant worries about data security, over-reliance on technology, and the potential loss of personal interaction in healthcare.

### Key Themes

1. **Technology in Healthcare:**
  - **Hopes:** Respondents hope for improved diagnostics, AI-assisted screenings, unified record-keeping, and better patient information sharing. They believe technology can streamline processes and enhance the quality of care.
  - **Fears:** There are concerns about data breaches, misuse of personal information, and an over-reliance on AI, which could lead to depersonalised care. Some fear that technology might replace human judgement and interaction.
2. **Virtual Wards and Community Care:**
  - **Positive Aspects:** Virtual wards and community care are seen as convenient, reducing the demand for hospital beds and bringing care closer to home. They are expected to improve accessibility and provide timely care.
  - **Concerns:** Potential issues include inadequate care for the elderly and those not tech-savvy, and the risk of patients feeling isolated. There are also concerns about the consistency and quality of care provided in virtual settings.
3. **Prevention and Early Detection:**
  - **Priorities:** Respondents emphasise the importance of regular health screenings, lifestyle interventions (e.g., diet, exercise), and early detection of serious illnesses like cancer and heart disease. They believe these measures can significantly improve health outcomes.
  - **Challenges:** Ensuring that preventive measures are accessible and understood by the general population is a major challenge. There is also a need for better public education on the benefits of preventive healthcare.
4. **Ambulance Triage and Emergency Care:**
  - **Benefits:** Faster response times, better prioritisation of urgent cases, and the potential to reduce congestion in A&E departments are seen as major benefits. Improved triage processes could lead to more efficient use of resources.

Wednesday the 12<sup>th</sup> of  
March 2025

## Your Feedback Matters



Leave us a review on  
NHS reviews using the  
QR code below



Leave us a review on  
Google using the QR  
code below



- **Concerns:** Risks include misdiagnosis, longer wait times, and the need for highly trained paramedics. There is also concern about the pressure on ambulance services and the potential for delays in critical situations.
5. **Community Diagnostic Centres:**
- **Advantages:** Localised and accessible diagnostic services are seen as a major advantage, reducing the need for hospital visits and making it easier for patients to get the tests they need.
  - **Issues:** Ensuring sufficient resources, staff training, and maintaining high standards of care are critical concerns. There is also a need to ensure that these centres are well-integrated into the broader healthcare system.

## Specific Feedback

- **Efficiency and Modernisation:** Many respondents emphasised the need for the NHS to adopt modern technologies and streamline processes to improve efficiency. They believe that a more modern and efficient NHS will be better equipped to meet future challenges.
- **Data Security:** A recurring concern is the security of patient data and the potential for breaches. Respondents are worried about the misuse of personal information and the need for robust data protection measures.
- **Personal Interaction:** There is a strong desire to maintain personal interaction in healthcare, despite the push towards digital solutions. Respondents value the human touch and are concerned that technology might lead to a loss of personal connection.
- **Accessibility:** Ensuring that new technologies and services are accessible to all, including the elderly and those with limited tech skills, is crucial. Respondents stress the importance of making healthcare inclusive and ensuring that no one is left behind.

## Additional Comments

- **Staffing and Training:** Adequate training for staff on new technologies and ensuring sufficient staffing levels are highlighted as critical for the success of future initiatives. Respondents believe that well-trained staff are essential for delivering high-quality care.
- **Public Engagement:** Continuous engagement with the public to understand their needs and concerns is essential for the successful implementation of new healthcare strategies. Respondents appreciate being involved in the planning process and want their voices to be heard.

## Improving Outcomes for People with Type 2 Diabetes

[Healthy Living for people with type 2 diabetes](#), a nationally commissioned digital and structured education service, is proven to improve health outcomes including HbA1c, BMI and blood pressure. It is available free-of-charge to anyone with type 2 diabetes. If you are recently diagnosed or live with type 2 diabetes you can self-refer [online](#).

## LGBT+ History Month

February marks the celebration of LGBT+ History Month in the UK, running from the 1st to the 28th. This annual event honours the rich history and significant contributions of the LGBT+ community, while also raising awareness about ongoing issues related to equality and rights.

Founded in 2005 by the charity Schools OUT UK, LGBT+ History Month coincides with the abolition of Section 28, a law that once prohibited the promotion of homosexuality in schools. Each year, the event adopts a specific theme; for 2025, the focus is on "Activism and Social Change," highlighting the pivotal role of LGBT+ individuals in advocating for civil rights.

Throughout February, a variety of events, educational activities, and discussions will take place across the country to celebrate diversity and foster inclusivity within our communities. We encourage you to join in this important month to reflect on the past and inspire future progress.

For more information about upcoming events, please visit the LGBT+ History Month website.

# Your Pregnancy Vaccines Timeline



UK Health Security Agency



Royal College of Midwives



## Your pregnancy vaccines timeline

### Routine vaccines and when to have them



### Seasonal vaccines offered in pregnancy

- ❄️ During autumn and winter, you will also be offered the flu vaccine. You can have it at any stage of pregnancy, the sooner the better

Following this schedule will provide the best protection for you and your baby

Stick this timeline up as a useful reminder

### Feedback

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