

WALNUT TREE HEALTH CENTRE



PATIENTS PARTICIPATION GROUP (PPG) WINTER 2025

CHANGE IS IN THE AIR

The leaves are changing colour and the skies are more grey than blue. Autumn is definitely with us and whilst we can not exert change on the seasons we can help to control and invest in our health.

If you are 40-74 years old without any pre-existing conditions you are eligible for a free health check of the health of your heart and blood vessels (cardio vascular health). This can tell you whether you are at higher risk of getting certain health conditions such as : heart disease, diabetes, kidney disease and or stroke. During the check-up you can obtain advice on how to reduce your risk of these conditions. If you are over 65, you will also be told about the symptoms of dementia and what symptoms to look out for.

The health check takes about 20 – 30 minutes and usually includes measuring your height and weight, measuring your waist, a blood pressure test and a blood sugar and cholesterol test. You will be asked questions about your health such as family history of disease, if you smoke or consume alcohol and how much physical activity you do. At the end of your health check you will have a chance to discuss your results and how to improve your scores, which is where you can exert control on your future health.

Ask at the surgery to book an appointment and /or find out dates and locations of the community service.

For further information public.health@milton-keynes.gov.uk

Macmillan Coffee Morning

Thanks are due to all the staff and PPG members who assisted at the recent Macmillan Coffee morning held during the COVID flu vaccination clinic. So many patients donated that we were able to raise **£621.62**

Your PPG is made up of volunteers who meet regularly with the staff to discuss and identify areas for improvement ensuring healthcare services are tailored to patients needs. This is particularly important as the practice and its patients navigate the Governments 10 year Health Plan for the England. See NHS England www.england.nhs.uk

“Fit for the Future”

We always welcome new members.

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WANT TO MAKE AN APPOINTMENT

There are three ways to make an appointment at Walnut Tree Health Centre:

1. On-line via a booking system. You will need to register for this facility at reception. This will also allow access to Engage Consult.

www.walnuttreehealthcentre.co.uk

2. By telephone on 01908 691123

3. In person at the surgery

The practice ALSO has a facility for patients to be seen outside of normal hours. To receive routine GP care at a network of practices across Milton Keynes ask the receptionist to assist you to make an appointment.

Details and a wealth of information can be found on the practice website

www.walnuttreehealthcentre.co.uk

TALKING THERAPY

With the seasonal change many of us can feel mood changes, depression and anxiety. The NHS offers "Talking Therapy" for patients who experience such changes. You do not need to have a diagnosed mental health condition and can refer yourself – of course you can also get a referral from your GP. <https://www.nhs.uk/service-search/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/enter-GP>

Other sources of help are :-

The Man Cave who meet in Bletchley, and CMK. Dates and times can be found on Facebook and the website <https://www.themancaveuk.co.uk>

Men in Sheds meet in Kiln Farm, Coffee Hall, Netherfield and West Bletchley. Times and dates can be found <https://menssheds.org.uk/find-a-shed>

VACCINES SCHEDULE

Much of this newsletter has been encouraging you, the patient, to take control of your health .

The surgery recently undertook the winter flu and COVID vaccinations. Congratulations must go to the staff for a mammoth task of providing 1014 flu vaccinations and 241 COVID vaccinations.

The following vaccination schedule is recommended for adults :

65 + years of age = Flu vaccine every year, plus the Pneumococcal vaccine, and the Shingles Vaccine

70-79 years Shingles vaccine

75-79 years RSV vaccine

75 years COVID -19 vaccine usually given in Spring and Winter

IMPORTANT : If you are starting college or university you should make sure you have already had :

1. The MenACWY vaccine which protects against serious infections like meningitis
2. Two doses of the MMR vaccine as there are outbreaks of mumps and measles at universities
3. The HPV vaccine which protects against genital warts and cancers.

WALK AND TALK GROUP

The walk and talk group continue to meet each week at 10:30 am at the surgery. We walk for about an hour and probably talk for every step.

All welcome

Protected Learning Times

Kindly note that Walnut Tree Health Centre will be closed for protected learning times between 14:30 - 18:30 on the 15th October, 19th November, 22nd January, 26th February, and 25th March for essential staff training.

If you have an urgent need during closure then please use NHS 111 Online