

# The Misbourne Practice

Patient Newsletter

December 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**

## Team Spotlight – Dr Jo Brodie



Dr Jo Brodie describes herself as an all-round General Practitioner. She has been a GP for over 20 years and enjoys the variability and excitement that each new day offers in Practice. Her particular skills are those in Paediatrics, Women's Health and the continuity of care for all her patients. She is also there for her patients at the end of life.

Dr Brodie holds clinical areas of responsibility within our Practice. These include being the Lead Practitioner for support for the District Nurse and Palliative Care Teams. She is also in charge of young people and children who are more vulnerable and on Special Care Orders.

Dr Brodie is a Director for the Primary Care Network. She is also involved in running the Primary Care Network on a day-to-day basis with the other two Practices in the area. These are part of the Chalfont PCN.

Dr Brodie enjoys supporting Dr Aleem and Dr Hettiaratchi who oversee our Trainees within the Practice and she feels that having Trainees is a breath of fresh air within the Surgery as well as offering additional appointments to the patients. She also oversees our highly trained Senior Clinical Pharmacist.

Dr Brodie is available at the Surgery all day Monday and all-day Wednesday and has another clinical medical job during the rest of the week.

In her spare time Dr Brodie likes to keep fit and this involves gym, swimming and exercise bike work. She also enjoys travelling and the theatre. Her commitment to her family is something that she continues to enjoy although her grown up lads are not living permanently at home.

## Update on Vaccinations Offered

- **COVID-19 Vaccines** After 22 November, we will no longer be able to book COVID-19 vaccines at the practice. You can still book your vaccine through the NHS website or by calling 119.
- **Flu Vaccines** We have low stock of flu vaccines for people over and under 65. If you want to see if we can still book you an appointment, please call us.
- **Fluenz (Nasal Flu Vaccine)** Fluenz is still available for children aged 2 and 3 years old, and for children who missed their flu vaccine at school. Please contact us to find out more or to book an appointment.
- **RSV Vaccine** The RSV vaccine is available to book for patients aged 75-79 and pregnant women from 28 weeks. If you're eligible, please contact us to book.

**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 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 2025:

Tuesday 14<sup>th</sup> January 2025

## Ensuring Your Child's Vaccination Status

Your child's health is paramount, and safeguarding them against serious diseases is essential. The NHS provides a complimentary childhood vaccination programme designed to protect children from various illnesses.

Vaccines function by training the immune system to recognise specific infections, ensuring that if your child encounters a targeted disease, their body can respond swiftly. This helps prevent illnesses such as measles, mumps, rubella, and whooping cough.

While vaccination efforts in England have significantly reduced mortality and hospital admissions associated with these diseases, recent statistics show that population immunity has fallen below the World Health Organisation's recommended threshold of 95%. This decline has resulted in an uptick in infections like measles and whooping cough.

These infections can severely affect your child's life, leading to missed school days, hospitalisation, and potential long-term health issues or even fatalities.

We recognise that you may have concerns regarding the safety and efficacy of vaccines. Rest assured, all childhood vaccinations offered by the NHS have a proven safety record, having been administered to millions of children. Health authorities worldwide unanimously endorse immunisation as the most effective way to protect children's health.

If you have any questions, please don't hesitate to reach out to your GP or health visitor, who can provide guidance and address your concerns regarding the vaccination schedule.

Timely vaccinations are crucial for optimal protection; however, if your child has missed a vaccine, it's never too late to contact your GP for information on catching up.

For further details on childhood vaccinations, please visit [www.nhs.uk/childhoodvaccinations](http://www.nhs.uk/childhoodvaccinations) to find out more.

## Staying Healthy This Winter at Misbourne Practice

As we embrace the winter months, it's more important than ever to prioritise your health and well-being. At Misbourne Practice, we are dedicated to supporting you through the colder season and ensuring you stay well.

### Flu Vaccinations

This winter, we encourage you to consider the flu vaccination. The flu can lead to serious health complications, particularly for vulnerable groups. Our practice offers the flu vaccine to eligible patients, helping to protect you and those around you. For more information on who can receive the vaccine and its benefits, please visit news section of our webpage.

### COVID-19 Vaccinations

Keeping up to date with your COVID-19 vaccinations is crucial. The vaccine helps protect you from severe illness and plays a vital role in reducing the spread of the virus. If you have not yet received your booster, or if you have any questions about your vaccination status, through the NHS website or by calling 119.

### Staying Well

Alongside vaccinations, there are several ways to maintain your health during the winter months:

- Stay Active: Regular physical activity can help boost your immunity and overall well-being.
- Eat Well: A balanced diet rich in fruits and vegetables can support your immune system.
- Stay Hydrated: Drink plenty of fluids, even in colder weather, to stay hydrated.
- Get Plenty of Rest: Ensure you are getting adequate sleep to help your body recover and recharge.

Thursday the 25<sup>th</sup> of  
February 2025

Support and Resources

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

If you are feeling unwell or have any health concerns, do not hesitate to reach out to us. Our team is here to help you access the right care and support. For more information on the services we offer, please visit our website.

### Your Feedback Matters

Let's work together to ensure a healthy winter for everyone at Misbourne Practice!

## Find your little big thing for your mental health

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us.

This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

### [Your Mind Plan quiz](#)

Answer 5 quick questions to get your free plan from Every Mind Matters with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

### [Sign up for anxiety-easing emails](#)

Join our email programme to get expert advice and practical tips from Every Mind Matters' to help you deal with anxiety. It will also show you how to make these new steps part of your daily routine.

### [Get sleep tips sent to your inbox](#)

Your sleep matters, so put sleep first by joining Every Mind Matters' 6-week email programme. From creating your perfect sleep sanctuary to setting a wind-down alarm, join today to find out how to make "goodnight" a great night.

## Baby Buddy App

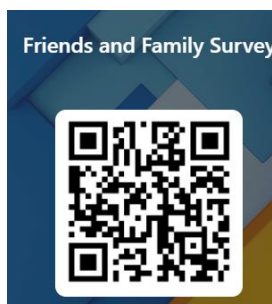
Pregnancy, birth and baby support – Free app for parents and parents-to-be, gives easy access through pregnancy and the first 6 months following baby's birth. Designed to help parents to look after their own health and baby's physical and mental health.

**Website:** [www.nhs.uk/apps-library/baby-buddy](http://www.nhs.uk/apps-library/baby-buddy)

## NHS App

The NHS App is a simple and secure way to access a range of NHS services on your smartphone, tablet, or computer. The app allows patients in England to book appointments with their GP, order repeat prescriptions, access their GP record and receive messages from the health centre.

To keep up to date with latest results, appointments and general healthcare information please ensure you have notifications for the app switched on, you can change this option in the app. If you need help with this please speak to a member of staff.



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Misbourne Practice

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