

WALNUT TREE HEALTH CENTRE



PATIENTS PARTICIPATION GROUP (PPG) AUTUMN 2025

CHANGE IS IN THE AIR

The leaves are changing colour and the skies are more grey than blue. Autumn is with us and whilst we cannot 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 NHS health check. 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 advised on the symptoms of dementia and what to look out for.

The health check takes 30 minutes and includes measuring your height and weight, and waist, a blood pressure test and a blood sugar and cholesterol test. You will be asked questions about your health including 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 or find out dates and locations of the community service public.health@milton-keynes.gov.uk

Macmillan Coffee Morning

Thanks are due to all the Walnut Tree Health Centre staff and PPG members who assisted at the recent Macmillan Coffee morning held during the Flu and Covid-19 vaccination clinic. So many patients generously donated and we were able to raise **£621.62**

Your PPG is made up of volunteers who meet regularly with the staff and Practice Manager of Walnut Tree Health Centre 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 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. Patients can use Engage consult on our website:
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 2025 Flu and COVID-19 vaccinations. Congratulations must go to the staff for a mammoth task of providing 1014 flu vaccinations and 241 COVID vaccinations so far.

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 COVID19 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 following dates:

15th of October 2025

19th November 2025

22nd January 2026

26th February 2026

25th March 2026

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