



Social Prescribing

Social Prescribing is a free service for people 18+ living in Milton Keynes and are registered with a Milton Keynes GP. for non-medical intervention.

Health and wellbeing is affected by many different factors – social, work, housing, finance, long term conditions, mental health, physical activity, for example. All these factors are considered as part of Social Prescribing.

Social Prescribing empowers people to have the best wellbeing possible through engagement with the community. Sally Jackson, the Social Prescribing Link Worker for Bedford Street Surgery and Furzton Medical Centre, will talk with you to find out what is important to you and how to meet your goals using links with the local community.

For more information, call: **01908 550700** or email Live.life@nhs.net.

**Over 40?
You need to know
your blood pressure**



If left untreated,
high blood pressure can
increase your risk of a
heart attack or stroke.

Your
health
matters

Help us
help you

You can check your blood pressure at the surgery.

Please use the BP machine in the waiting area and give your results to us, or if you take home readings please let us know your results

Thank you.

Your patient participation group

Your patient participation group (PPG) is made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice. The group covers both the Bedford Street Surgery and Furzton Medical Centre. No medical or patient information is shared or discussed at the meetings.

The changes to the NHS and the focus on patient involvement means that the PPG now has an increasingly proactive role to ensure that patient views are captured and understood by the Practice. The patient participation group meets on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

In order to gather a truly representative sample of patients together, we welcome patients from all manner of diverse backgrounds including young people, students, workers, retired people, people with long term conditions, and people from non-British ethnic groups.

If you are interested in joining the PPG visit the website www.bedfordstreetsurgery.co.uk and click on Practice Information and scroll down to Patient Participation Group to register, or come in to the practice and speak with a member of our reception team.

For a larger font ask at reception

Why flu vaccination is important

Flu vaccination is safe and effective. It's offered every year through the NHS to help protect people at risk of getting seriously ill from flu. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. But you can get your vaccine later.

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

How we protect against flu

Flu is unpredictable. Flu vaccination provides the best protection. There are different strains of flu virus. The strains that are most likely to cause illness are identified in advance of the flu season. Vaccines are then made to match them as closely as possible. Even if the vaccine doesn't perfectly match a strain it usually provides some protection against it.

Who can have the flu vaccine?

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

aged 65 years and over,

all children aged 2 or 3 years on 31 August 2023.

Please book your flu vaccine with us, you can book online, ask at reception or by telephone .

Bedford Street Surgery & Furzton Medical Centre

Call: 01908 658850

For Advice Call 111, go online or use the NHS App

Holiday Closing

Closed: Monday 25th December

Closed: Tuesday 26th December

Closed: Monday 1st January 2024

Prescriptions: Please remember to request & collect your prescription in time for the holiday closing. We are aware some requests may be put in early due to this. Thank you.