



### Choose You. Helping you build healthy habits.

Choose You is a free service for people in Milton Keynes who want to make a change to their health - whether that's quitting smoking, losing weight, or simply feeling healthier. We offer a whole range of expert support, with one-to-one guidance, group sessions, support programmes and self-help tools, all designed to fit around your life.

We focus on you as a person, not just the habits you want to change. That's because we know real life plays a big role in reaching your goals. Maybe you want to take the dog for a walk without stopping for breath, keep up with your kids or your grandchildren at the park, or hear your doctor say your blood pressure is normal.

Maybe for you, it's about feeling confident at a family occasion or making it through the day without craving a cigarette. Whatever it is you want to achieve, we'll help you build the habits that get you there, by offering you the right support - and taking it at your pace.

### Weight Management

The NHS has a digital Weight Management Programme to support adults living with obesity who also have a **diagnosis of diabetes, hypertension or both**, to manage their weight and improve their health.

It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access.

You said:

We did:

You asked for a clinician to determine what is urgent for an appointment.

We introduced a clinical triage team to offer on the day callbacks to provide an assessment, accessed via the practice website.

### Your Patient Participation

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](http://www.bedfordstreetsurgery.co.uk) and click on About the Surgery and scroll down to Patient Participation Group or come in to the practice and speak with a member of our reception team.

## Our Gp's

### **Bedford Street:**

Dr Ullah (M) : Thurs & Fri

Dt Stranks (F): Mon, Wed, Thurs

Dr Jahngir (M) : Mon, Tue, Wed

### **Furzton Medical Centre:**

Dr Fitzjohn (M) : Tue, Wed, Fri

Dr Mosha (F) : Tue, Wed, Thurs

### **Bank Holiday Closed Days:**

Monday 25th August

Closed all day

### **Protected training Time**

Wednesday 18th June

Tuesday 115th July

between 2.30pm to 6.30pm the practice will not be offering routine appointments & all practice calls will be covered by the 111 service. For Emergency's call 999

## Making Appointments

**You can book online at**  
**bedfordstreetsurgery.co.uk**  
**or call 01908 658850**

### **Nurse Practitioners: Mike, Jenny & Noeline**

These are experienced Nurse and Independent prescribers able to see a wide range of conditions, minor illness, minor injury and other acute conditions.

**Specialist Nurses: Ava & Theresa** We have diabetes, COPD and asthma specialist nurses

**Practice Nurses: Mariam & Helen** Practice Nurses undertake a wide variety of responsibility's, Disease Prevention, Wound Care, monitoring chronic conditions, vaccination, Specific Health Checks, Cervical Screening, Pill checks and much more. Mariam also sees Minor illness.

### **Health Care Assistant (HCA): Leah, Emily & Sue**

Blood Tests, Blood pressure checks, Wound Care, ECGs, Removal Of Stitches or Staples, NHS Health Checks, Certain Injections: B12, Flu, Shingles, Pneumonia, Spirometry, Diabetes Care.

You can book many of these appointments online:  
[www.bedfordstreetsurgery.co.uk](http://www.bedfordstreetsurgery.co.uk)

## Prescriptions

All patients can register to use our online services with SystmOnline, NHS App or Airmid where you will be able to request your medication.

When requesting a repeat prescription in practice use the computer print out of the medication and tick the items you require and post in the red letterbox outside of the surgery.

## Latest News

We do not encourage patients to queue at the practice doors for an appointment as an appointment can not be guaranteed. You can book an appointment online using the NHS app or system online.

We can offer a telephone call on the day from our triage team during the practice opening hours, please use the contact us form to submit your enquiry:

<https://bedfordstreetsurgery.co.uk/services/managing-your-health-online/online-forms/get-help-for-any-health-problem/>

If you have difficulties using online services please contact our reception team who will be able to assist you.

For a larger font ask at reception