

NEWSLETTER

SPRING '25



ISSUE 56

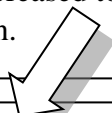
Fosse Medical Centre

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Website: fossemedicalcentre.co.uk

TOP OF THE LIST THIS ISSUE - VACCINATIONS

- The importance of vaccinations cannot be ignored.
- From babies to the more mature, vaccinations are vital to the control of many illnesses.
- You may think they are unnecessary. If so, think again!
- If you or your child is thought to be at risk from a vaccination it will not be offered to you. So, if you are asked to come for a 'jab' please don't turn it down.
- **CHECK THIS OUT:** Data on vaccinations published by NHS England shows that 16% of children who turned 5 between 1 April 2023 and 31 March 2024 had not received both doses of the MMR vaccination. Cases of measles increased to worrying levels.
- See below for further information.



CHILDREN's vaccinations... are given at 8 weeks, 12 weeks, 16 weeks, 1 year, 3 years 4 mths, 12 to 13 years and 14 years. It is important that children receive ALL of them.

Don't forget. Don't miss out.

ADULTS' vaccinations are offered for flu, shingles, Covid, respiratory syncytial virus (RSV), Pneumococcal – and also selective immunisation programmes for pregnant women or individuals with underlying medical conditions.

IF YOU ARE UNSURE – ASK

Reception staff will be pleased to help you.



AND...

If you need a downstairs appointment remember to mention this when booking the date.

HERE FOR YOU

Last year there were 1420 Doctor appointments missed. It's a waste of their time and leads to longer waiting times for all patients.

If you cannot keep an appointment please contact Reception to cancel.

At Fosse Medical Centre there is a **ZERO TOLERANCE POLICY**
Any form of abuse can lead to serious consequences

SICK NOTES...New Policy...

1. On your device search Fosse Medical Centre and enter the website.
2. On front page you will see a section stating 'Fit/Sick Notes', please click this.
3. The next page will show you which sick note you will need based on the current length of your sickness.
4. For 0-7 days, click on the link in that section which will provide you with a copy of the self-certify form.
5. For over 7 days, click on the link under 'Want to obtain a sick note?' and fill in the form with the relevant information that you require on your sick note.

PLEASE NOTE: Sick note requests can only be taken under this format.

Travelling Abroad?

If you are visiting a country where you must have proof of vaccination don't leave it too late to book an appointment. Contact Reception at least 8 weeks before travel to ensure that the surgery has the necessary vaccines and that your body is able to develop immunity.

You can pick up a form from Reception
There will be a charge for this service.

CQC (Care Quality Commission) Inspection

Similar to a school's OFSTED, FMC was recently selected for inspection after a 10 year gap. The purpose is to check every aspect of the work of the Surgery, from duties to dust and from staffing to surveys. Everyone was delighted to hear that FMC received a rating of **GOOD** in ALL areas.

Some of the feedback is on the back of this Newsletter ...
or you can find the full report on the FMC website.

PTO ➡

CARE QUALITY COMMISSION (CQC) Report on its Recent Inspection

The CQC inspection team was very thorough in its work. Some of the actions undertaken on inspection were:

- Two hours with the clinical teams regarding audits, prescribing, safeguarding and consultation records - to name but a few.
- Two hours with the Practice Manager regarding safe staffing levels, contracts, and training.
- Two hours with the nursing staff regarding cleaning protocols, audits, long term conditions (asthma, diabetes, COPD)
- One hour with Klair, Reception Manager, regarding Staff – training, support and rotas, and patient feedback.

The feedback from the inspectors at the end of the day was very positive, especially in relation to how everyone at Fosse Medical Centre worked closely as a team and the emphasis on patient safety. Every area of the inspection was rated GOOD.

The full report can be viewed on the Fosse Medical Centre Website: fossemedicalcentre.co.uk

GETTING THE RIGHT CARE

- *Can you treat yourself?*
- *Pharmacy First*
- *If urgent:*
 - ♦ *contact surgery*
 - ♦ *or 111*
 - ♦ *a Local Urgent Care Service*

If you need urgent help don't delay in coming forward.

SELF-REFERRAL...

The Leicester, Leicestershire and Rutland (LLR) ICB (Integrated Care Board) are reminding patients that they can refer themselves to a range of physical and mental health NHS services without seeing a clinician first.

Self-referral provides patients with more choice in how they access care, while freeing up GP appointments.

Self-referral services in LLR include:

- Physiotherapy
- Podiatry
- Audiology
- Mental Health
- Diabetes Prevention
- Weight Management
- Stop Smoking
- Active Together
- Pharmacy First (*see below*)

For more information, visit:

<https://leicesterleicestershireandrutland.icb.nhs.uk/self-referral/>

CHANGES...

...to our Waiting Room...

We are making some changes to the waiting room for confidentiality purposes. You will notice that the floor has been marked to highlight where to queue and there has been a change in the layout of the chairs.

Please help us by following the guides.

And this is important...

...if you change your phone number...

If you change your phone number please let us know. If we cannot contact you this could result in removal from our list.

REMEMBER...PHARMACY FIRST... can give certain prescription medications directly without seeing a GP. After a consultation with the pharmacist the Pharmacy will send a notification to the patient's GP on the same day or on the following working day. Pharmacists have private consultation rooms and you do not always need an appointment.

The following Pharmacies are near Fosse Medical Centre: Shilchem, Mattocks, Tesco, Blackbird & Patels.

ZERO TOLERANCE POLICY

As has been mentioned in many Newsletters, Fosse Medical Centre will not tolerate any form of abuse of staff or premises. If anyone is guilty of abuse they will be given 8 days to find a new surgery. After that time they will no longer be able to use Fosse Medical Centre.