

NEWSLETTER

AUTUMN '25



ISSUE 58

Fosse Medical Centre

334 Fosse Road North
Leicester LE3 5RR
0116 2957 100

Website: fossemedicalcentre.co.uk

IN THIS ISSUE

- Vaccinations
- Phones
- Self-referral
- Room "O"
- Cervical Screening
- Pharmacy First
- New Diagnostic Centre
- Reminders...

HERE FOR YOU

Surgery Times

Weekdays 8.00am to 6.30pm
- until 8pm on Wednesdays.
(Wednesday afternoons may be
closed for training)

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

FMC is now on **Instagram**. Sign up for
the latest news and information.
[@fossemedicalcentre](https://www.instagram.com/fossemedicalcentre)

SELF-REFERRALS...

Some health areas can be accessed directly by
patients – these include:

- Physiotherapy: appointments via Reception
- Foot Problems: Podiatrist: 0116 2255118
- New Pregnancy: Termination: 0345 7304030
- Ante Natal Care: via Reception
- Midwife: via Reception
- Wound Dressing: District Nurse
- Stitches removal: 0300 3007777
- Live Well: 0116 4544000

CERVICAL SCREENING...

Please note, from 1 September negative results will
be sent via the NHS App and you will NOT receive
a letter. If it should be a positive result this will be
sent in writing.

ROOM "O"...

You may soon find that your appointment is in Room
"O". This is ground floor, past the Disabled Toilet and
straight ahead. Reception will be happy to help you..

Vaccinations – Again!

We would like to say 'It is never too late for
vaccinations, but sometimes it is. Flu, measles,
COVID – can all be killers. Vaccination is the safest
and best means of prevention. We all owe it to
ourselves and our families to do our best and get
them all vaccinated at the appropriate time.

- **FLU** For children aged between 2 and 3 years
the vaccination will be available from mid-
September
- **FLU and RSV** For those over 65 years will be
available from 1 October. (Note: the last date this
can be given is 31 March next year.)
- **HPV** For 15 year olds
- **COVID** For COVID jabs you may need to find a
Pharmacy or Health Centre that is giving these,
or look at the NHS websites for details of places
near you that are vaccinating against COVID. If
over 75 or immuno-suppressed you can:
 - book on the NHS App
 - online at www.nhs.uk/book-covid
 - or go to www.nhs.uk/covid-walk-in to find a
walk-in site near you

If you can't get on-line phone **119** or speak to
someone at FMC or check with GOOGLE.

ALL VACCINATIONS ARE IMPORTANT

IF YOU ARE UNSURE – ASK
Reception staff will be pleased to help

SPIROMETRY...

In future, FMC will be using the new diagnostic
centre at the Hinckley Hub for referrals for
Spirometry.

PTO ➡

PHONES

Some FMC patients have experienced problems with the surgery's telephone system. We apologise if this has happened to you.

It would help the surgery if you would let Reception know if any problems occur. Please give details of the date and time of the call you make and the manner of the problem. Please also leave your name and phone number.

By knowing what problems we are dealing with we may be able to prevent them in future. Thank you.

And remember.....if you change your phone number you should inform the surgery as if we cannot contact you it could result in your removal from our list.

REMINDERS...

- **NEW PATIENTS...**All new patients must have a *New Patient Health Check*. If you fail to turn up for the appointment or fail to let the surgery know that you cannot attend you may not be registered with FMC.
- **DOWNSTAIRS APPOINTMENTS...** If you would like your appointment to be downstairs please mention this when booking your appointment.
- **PRESCRIPTIONS...** You may have a nominated Pharmacy to which your prescriptions will be sent for your collection, **OR**, if you have a paper prescription, written by the Doctor, you can take it to any Pharmacy although they may not be able to provide your medication immediately.

MOUNJARO IS IN THE NEWS...

In view of the doubling in price of the weight loss jab new guidelines have been given regarding the prescribing of Mounjaro. Type 2 diabetics must have a BMI of 35 or more for Mounjaro to be prescribed and only cases of obesity will qualify for the product on prescription, not purely for weight loss.

THANK YOU...😊...

- **FOR YOUR CO-OPERATION** in making the new waiting room system work
- **FOR KEEPING YOUR APPOINTMENT.** There are still far too many DNAs – 'Did Not Attends'. If you make an appointment please keep it. If you can't keep it then please let us know so that someone else could come.
- **FOR GETTING YOUR VACCINATIONS.** We can only help you if you play your part. See the notice on the front page for what will be available and when.
- **FOR YOUR COURTESY and CONCERN** for our Reception staff who do a wonderful job and are always polite and hard working on your behalf.

Have you picked up a copy of the FMC Information Leaflet? Ask at Reception.

PHARMACY FIRST...

We have written about this before but it is always worth reminding patients that our PHARMACIES can provide excellent advice on such things as ❖ Ear Infections (1-17 years) ❖ Shingles (18 and over) ❖ Sore throats (5 and over) ❖ Sinusitis (18 and over) ❖ Impetigo (1 year and over). Patients phoning the surgery, 111 or going to urgent care settings with the above symptoms will be referred to a Pharmacy. If the Pharmacy is unable to help it will ask you to contact your Doctor.

❖ Pharmacies also provide support for the following: Healthy Eating ❖ Stopping Smoking ❖ Monitoring Blood Pressure ❖ Contraception ❖ Exercise.

❖ In some cases Pharmacies can provide prescription medications without the need to see a GP. After a consultation with a Pharmacist a notification will be sent to the patient's GP on the same or following day.

❖ Pharmacists are also experienced in spotting warning signs, also known as red flag symptoms, which may warrant a referral to another healthcare provider.

PHARMACY FIRST is an initiative of NHS England and the Department of Health and Social Care to support GP practices and make better use of our excellent Pharmacists.

PHARMACY FIRST near Fosse Medical Centre at: Shilchem, Mattocks, Blackbird and Patels Pharmacies.