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**Rectory Meadow Surgery**

**Newsletter – Autumn 2025**

**Welcome to our Autumn Newsletter**

**Inside this Issue**

**Afternoon Closures**

The Surgery will be closed for Staff Training from 1300:

15th October

18th November

15th January

11th February

17th March

**If you need medical advice while the Surgery is closed, please call 111 or 999 if you need urgent care.**

**Missed**

**Appointments**

It is very important that you let us know if you are unable to attend your appointment so that we may offer it to someone else.

Last quarter we had 70

patients who missed their appointments and didn’t inform us.

**This is a huge improvement on the previous quarter and so thank you to everyone who attended or cancelled.**

## fall-leaves-falling-banner - True North Outdoor

## Latest News

## Flu Clinics

## We are now inviting people who qualify to have their flu vaccinations to clinics we are running in October. If you receive an invite via text, you will find a link attached where you can book your flu vaccination directly through the system. For those who also qualify for the covid booster and wish to also have a covid vaccination, these can be offered during the flu clinic that will be held on Saturday 4th October. Let the team know upon arrival and they will direct you to the appropriate vaccinator who can do this at the same time.

## Preparing for Winter illnesses

## If you have symptoms of a respiratory infection, try to stay at home and avoid contact with other people. If you do need to leave home, wear a well-fitting face covering. For more self-care advice, please click on the link below for more information.

## [Winter illness | NHS inform](https://www.nhsinform.scot/winter-illness/)

## Understanding CKD

## CKD is a condition where the kidneys do not function as well as they should. It is important to monitor and manage this condition to help preserve kidney function and reduce the risk of complications.

## Lifestyle Recommendations

## Diet: Follow a balanced diet that is low in salt, saturated fats, and processed

## foods. Eating a variety of fruits, vegetables, and whole grains can be beneficial. It is also recommended to limit protein intake, especially from red meat, as it can affect kidney function

## Hydration: Stay well-hydrated by drinking an adequate amount of water each day. However, if you have been advised to limit fluid intake, please follow your healthcare provider's guidance.

## Blood Pressure and Diabetes Management: Keep your blood pressure and blood sugar levels under control. This may involve taking prescribed medications and making lifestyle changes.

## Regular Exercise: Engage in regular physical activity, such as walking, swimming, or cycling, to maintain a healthy weight and improve overall health. For more information, please click on the link below.

## [Kidney Care UK, the UK's leading kidney patient support charity | Kidney Care UK](https://kidneycareuk.org/?gad_source=1&gad_campaignid=18129799637&gclid=EAIaIQobChMIo_DsjtC5jwMV6ZVQBh1UAggJEAAYASAAEgLGc_D_BwE)

**Hot topics from our PPG**

## We have asked our patient group members to contribute to the newsletter with topics they feel have had experience with and would like to share with you.

##### Fall caution during autumn from our PPG

##### “I love the Autumn the changing of the colours in gardens and parks and lovely warm days but what I do not like are wet slippery leaves covering footpaths and walkways.   It is so easy to lose our footing when stepping on wet leaves, so it is very important to look where we are walking on pavements and surfaces which have not been cleared.   It is virtually impossible to save ourselves from falling when foot connects with wet leaves.”

**Until the next newsletter, stay safe and take care of yourselves - Jules**

##### Self-refer to MSK

##### For physiotherapy only, you can self-refer. If you need to see one of our specialist clinicians or need any diagnostic imaging, we will still require a referral from one of the above specialists.

##### If you do wish to self-refer for physiotherapy you can complete a form and send it back to [practiceplusgrp.music-referrals@nhs.net](mailto:practiceplusgrp.music-referrals@nhs.net) or to Unit 2, The Merlin Centre, Cressex Business Park, Lancaster Rd, High Wycombe, Bucks, HP12 3QL

##### [MSK referral process in Buckinghamshire - Practice Plus Group MSK & Diagnostics](https://www.mskdiagnostics.co.uk/our-locations/msk-buckinghamshire/how-to-get-referred/)

##### Patient Survey 2025

##### It’s the time of year again when we would like to get the views of Rectory Meadow patients on the services provided to enable us, in conjunction with the Practice to find ways to develop and improve in the future.  Some of the questions are repeated so that we have a year-on-year comparison and some are new to reflect the changing environment. Your feedback by answering our short survey will enable us to learn from our collective experiences and plan for a sustainable future. You may receive a text from the surgery - also inviting you to participate in the survey.  Please only submit one response per person. The Survey can be accessed by clicking on the link below: <https://s.surveyplanet.com/st8vxuxt>