



WALNUT TREE HEALTH CENTRE

PATIENTS PARTICIPATION GROUP (PPG) SPRING 2025

This is the first Walnut Tree Health Centre Patient Participation Group Newsletter for 2025. We wish you all well for the year ahead. Your health and needs are important to all at WTHC and the surgery has embraced a "Golden Rule" in that where possible all patients will be provided with an appointment within two – three weeks, where clinically appropriate. Whilst the surgery numbers do keep increasing this rule will be at the heart of its management of you the patient.

One of the aims of your PPG for will be to offer informative coffee mornings during the, year -providing important health information e.g. the visually impaired input from Prostate Cancer UK and MK Carers. Consideration also to providing a special event to try and allay the natural concerns of young children when attending the surgery.

Healthwatch MK healthwatchmiltonkeynes.co.uk has set out to be your local health and social care champion and to act as an advocate for promoting patient's choice and influencing the provision of high-quality health, social care and well being services. Your Patient Participation Group represents you and working with PPGs – Healthwatch MK aim to increase the diversity of the PPGs to better mirror each patient practice list. Walnut Tree have worked consistently to represent our diverse population but are conscious the group does do not at present represent the young adults. So, this is call for a young volunteer to join us. Please contact the practice and we would be happy to welcome you and discuss.

Another interesting group working for you the patient is "The Patients Association". This is a long-standing independent charity which aims to improve patients experience in healthcare. Their philosophy and commitment is to improving care and championing equal partnerships between patients and providers. There is a free weekly online newsletter and a Helpline patients-association.org.uk

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There are three ways to make an appointment at Walnut Tree Health Centre:

1. Patients can use Engage consult on our website:

www.walnuttreehealthcentre.co.uk

2. By telephone on 01908 691123

3. In person at the surgery

The practice also has a facility for patients to be seen outside of normal hours at the Enhanced Access Services.

Please ask receptionist for more information.

Details and a wealth of information can be found on the practice website:

www.walnuttreehealthcentre.co.uk

HELPING THE ENVIRONMENT

New laws will be coming into practice in 2025 relating to dry recycling. This will affect all businesses, and your surgery is being pro-active in providing receptacles for batteries and glasses.

Hearing aids and their batteries should not be put in your household waste. Old prescription glasses can be recycled for re-use by others.

Lions International have been collecting and recycling unwanted pairs of glasses since 1967. They collect and recycle 1.5 million pairs each year and over the past 35 years have donated recycled glasses to 25 countries. What might not be of use to you could change the life of someone else. The surgery has provided two recycling containers in the waiting room – Please use them.

DO YOU HAVE A SHARPS BIN ?

Effective immediately, the surgery can no longer accept sharps bins in the surgery. MK Council now collect all patient clinical waste. Please ask at reception for a form to arrange collection through the council, or e:mail yourwaste@milton-keynes.gov.uk

THE COURTYARD

With a healthy environment in mind patients will have noticed that the courtyard has now been cleared and we are looking for ideas as to how to re-beautify. All suggestions welcome – perhaps if anyone is downsizing and has spare garden furniture we would be happy to receive.



WALKING GROUP

Weather permitting, we meet regularly on a Wednesday morning at 10:30 at the front of the surgery and walk (and importantly talk) for approximately an hour. With these grey days there is nothing better to break one's grey mood than chatting and we offer fresh air and scenery and chatty walkers.

Everyone is welcome

What is Protected Learning Time This is an opportunity for practice staff across Bedford, Luton and Milton Keynes to address their own learning, training and professional development and widen their knowledge to further assist their patients.

Kindly note that the surgery will be closed from 14:30 to 18:30 on the following dates in 2025:

19th March, 30th April, 22nd May, 18th June, 15th July, 18th September, 15th October, and the 19th November.

The members of your PPG are Janet Smith (Chairperson), Ian McColl (Vice Chairperson), Anne Burkle, Mary Charlewood, Sabrina Kan, Mary McMahan, Hiteshree Nathwani, Dilip Nathwani, Counsellor Russell O'Brien, Jean Robertson, Dhanraji Singh, Marion Stevenson Hoare, Stephanie Warren, Jacqui Theobald.