



## CMKMC Newsletter June 2025



This is the third of an occasional Newsletter to keep you up to date with what is happening at your practice, which we hope will be useful. This is being prepared by the Patient Participation Group (PPG) in conjunction with the surgery staff.

We will try to address the issues that concern you most, as well as any new changes at the practice.

### PAYING FOR YOUR NHS PRESCRIPTIONS

From April 2025, each item on an NHS prescription costs £9.90.

If you regularly get prescriptions, it may well be cheaper for you to pay in advance for either 3-Months' prescriptions, or 12-Months' prescriptions.

A 3-month Prescription Prepayment Certificate costs £32.05.

A 12-month Prescription Prepayment Certificate costs £114.50.

Therefore, if you will need to buy 4 or more prescriptions in 3 months, or 12 or more during 12 months, it will be cheaper for you to buy a Prescription Prepayment Certificate. For 12-month certificates, you can pay in 10 equal monthly instalments.

#### **How to buy a Prescription Prepayment Certificate:**

Either buy it on-line, at <https://buy-prescription-prepayment-certificate.nhsbsa.nhs.uk/start>

or by telephone, at 0300 330 1341. (0300 numbers are treated as normal UK calls for charging purposes.)

There are different arrangements for Hormone Replacement Therapy (HRT) prescriptions. You can buy these on-line or by telephone (different contact details).

### NATIONAL BREAST SCREENING PROGRAMME AFTER AGE 70

Invites for breast cancer screening stop after the 71st birthday but screening can be continued every three years after that as long as people\* call to arrange it themselves.

**\*See website for clarification on who can attend**

<https://www.nhs.uk/conditions/breast-screening-mammogram/when-youll-be-invited-and-who-should-go/>

If you are 71 or over, you are more at risk of getting breast cancer than a younger woman. This is because the risk of getting breast cancer increases with age. About 1 in 3 of all breast cancers occur in women aged 71 or over. Read more here:

<https://www.gov.uk/government/publications/breast-screening-for-women-aged-71-or-over/71-or-over-you-can-still-have-breast-screening-if-you-choose#the-risk-of-breast-cancer-at-age-71-or-over>

Do make sure you continue to arrange breast screening after age 70 by calling The Breast Unit at Milton Keynes Hospital on 01908 995883.

Please note this phone may not be answered during busy times and there is no answerphone facility. You need to just keep trying. We are communicating with the service to aim to improve their answerphone message.

## FAMILY AND FRIENDS QUESTIONNAIRES

Family and Friends questionnaires are automatically sent after an appointment. It is in the practice's contract with the NHS to do this and to report the results back to the NHS each month. It is good feedback to share the positives with the team and follow up on concerns raised and monitor common themes. They are anonymous so they cannot follow up a specific request for assistance. Please contact the practice for assistance in these cases. The practice appreciates everyone taking the time to complete them. Your feedback is important

## BLOOD TESTS AND PRESCRIPTIONS

The practice books bloods tests before 2pm and all other samples must be received before 2pm. This is due to the time of the last collection for taking to the hospital laboratory each day. Our staff do some checks before they are collected which they need time to complete. We cannot keep samples overnight as they spoil.

We can also confirm that routine blood tests are available to be booked in advance with urgent ones carried out daily, subject to clinical need and availability.

Patients are reminded that it is their responsibility for ordering their repeat medication, which they can do up to 10 days before they are due. If you need a medication review you should book it at least 3 weeks before you need the medication.

## CARERS COFFEE MORNINGS

Join us for our Carers Coffee Morning, held every 3rd Thursday of the month for all carers registered at our practice. Hosted by our PCN Social Prescribers or Citizens Advice Milton Keynes, this event supports unpaid carers in Milton Keynes.

Come along to connect with fellow carers, share experiences, and enjoy coffee and biscuits while discovering available support services.

If you've informed us that you're a carer, you'll receive an SMS invitation. If not, please let us know by phone, email, or through our website: <https://cmkmc.co.uk/services/managing-your-health-online/forms/register-as-a-carer/>

## PATIENT PARTICIPATION GROUP

This is a group of patients who help to give patient views and ideas for improvements to the GP Practice, and may assist the practice in some of their activities. Patients are invited to join the group. Meetings are held bi-monthly, currently on a Wednesday evening @ 6:30pm. Please refer to the practice website for the next meeting date.

If you are interested in hearing about the activities of the PPG but cannot/do not wish to attend meetings please register your interest on the practice website, or via Reception, to receive newsletters and invitations to contribute to the group activities online.