



Budbrooke Medical Centre

August 2023



Promoting walking and cycling to surgery:

At Budbrooke we are asking we allow for those less able to be able to have access to the car parking spaces and promote health and wellbeing and ask patients to utilize walking and cycling to the doctors! We ask if patients can walk or cycle to the doctors please utilize this as much as possible. This also promotes good health and wellbeing. The practice is willing to invest in things such as bike racks to support this choice. We also ask if you are able and well enough to walk that you park within the village. This allows ease of parking for those less able patients. Budbrooke are open to help these choices with patient's suggestions

Bank Holiday Closure

The surgery & dispensary will be closed on
Monday 28th of August 2023

NHS Self-help tips to fight tiredness:

Many cases of tiredness are due to stress, not enough sleep, poor diet and other lifestyle factors. Try these self-help tips to restore your energy levels.

- **Eat often to beat tiredness.** A good way to keep up your energy through the day is to eat regular meals and healthy snacks every 3 to 4 hours, rather than a large meal less often.
- **Get moving.** You might feel that exercise is the last thing on your mind. But, in fact, regular exercise will make you feel less tired in the long run, so you'll have more energy.
- **Lose weight to gain energy.** If your body is carrying excess weight, it can be exhausting. It also puts extra strain on your heart, which can make you tired. Lose weight and you'll feel much more energetic.
- **Sleep well.** Many people don't get the sleep they need to stay alert through the day.
- **Reduce stress to boost energy.** Stress uses up a lot of energy. Try to introduce relaxing activities into your day.
- **Talking therapy beats fatigue.** There's some evidence that talking therapies such as counselling or cognitive behavioural therapy (CBT) might help to fight fatigue
- **Cut out caffeine and/or drink less alcohol**

PPG Tips – Did you know about the following roles at Budbrooke Medical Centre?

We have several professionals that you can see here at Budbrooke Medical Centre to suit all healthcare needs. Provided by our PCN, the following clinical staff you are able to self-refer too, no need to see a GP or nurse to refer you on!

Social Prescriber: You can see our social prescriber for support within the community to improve your personal health and wellbeing. They can signpost to other outside organisations to get you on the right path.

Clinical Pharmacist: You can see our Clinical Pharmacist for medication reviews, pill checks, directing patient care that optimizes the use of medication and promotes health, wellness, and disease prevention or if you feel as though you want further understanding of what medication you are taking or discuss alternatives.

MIND - Mental Health: We have a MIND practitioner called Mia at Budbrooke Medical Centre to which you can self-refer too. MIND is a mental health charity who offer support to those who are struggling. If you or someone you know is effected by mental health problems, please give us a call and book to see Mia on Tuesdays at Budbrooke. Having the correct help and support can make such a difference in your or your loved ones lives.

FCP – Physio First: If you are struggling with aches and pains, we have a FCP physio first practitioner who can support you with an introduction to physio. This service can provide support and advice on the best ways to overcome any of these discomforts within the bones and joints

Pharmacy Opening Hours:

Tuesdays: 8:00am - 7:30pm
Monday - Friday: 08:00am - 6:30pm
Closed for lunch from 1-2pm every weekday

Dates to remember – August 2023:

- World Breastfeeding Week: 1-7 Aug 2023
- National Grief Awareness Day: 30 Aug 2023
- Cycle to Work Day: 6 August 2023
- International Left Handers Awareness Day 20
- Cavernoma Awareness Day 2023
- Makaton International Awareness Day 2023



Do you want to quit smoking?

Giving up smoking has so many benefits for your health, however we can appreciate how difficult this choice can be to make. At Budbrooke we provide patients with the support they need in order to see through your choice. The practice can refer you to Everyone Health for support and stopping smoking aids. Alternatively you can call the free **Smokefree National Helpline** on **0300 123 1044**

Out of Hours (Extended Access appointments):

01926 69 59 49
(Open Fridays 6pm-8pm, Saturday & Sunday 9am – 12pm)