

Budbrooke Medical Centre

December 2023



YOUR FARMER- Mobile Farm Shop

Your Farmer specialises in the supply of Farm Finest Hamper that are delivered to help support families in food crisis. A Farming Food bank that delivers all the required ingredients to ensure the families, couples and individuals being supported can produce full balanced meals

A typical Farm Finest Hamper contains; Fresh Meats (Diced Chicken, Chicken Fillets, Minced Beef, Stewing Steak, Roasting Joint, Etc) Fresh Vegetables (Potatoes, Carrots, Onions, Parsnips, etc) Fresh Fruit (Bananas, Apples, Oranges, etc) ...everything a family requires to put great tasting, full balanced meals on the family table!

For the cost of £3 individuals/couples can purchase 5 items of frozen meat, 1kg of fresh vegetables and 1kg of fresh fruit. Seasonal offerings include a Christmas dinner hamper for £5 over December! Membership can be accessed through a referral from a school, church or community centre. For more information please contact Caroline Edwards on community@stmbb.church or ring 07816074387

Who can you see this month – Budbrooke Staff:

What GPs are on this December?

- Dr Henry White
- Dr Tilly Holt
- Dr Nicola Gadsdon
- Dr Rupinda Sumra
- Dr Henk Mulder (Long-Term Locum GP)
- Dr Gursimran Sidhu (New Registrar)
- Dr David Buckley (Long-Term Locum GP)
- Dr Muhammad Ali (Long-Term Locum GP)

Clinical Pharmacist – Afshan Ghaffar

FCP – Joanna Smith (Every Thursday)

Nursing Staff

- Nurse Ruth Mullineux
- Nurse Sally Bell
- Healthcare Assistant – Claire Robbins

Are you still due a Flu Vaccination?

It's not too late to receive your flu vaccination if you haven't done so already!
We still have appointments to get this done.

As a reminder, here is the eligible criteria:

- Those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
 - Pregnant women
 - All children aged 2 or 3 years on 31 August 2023
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
 - Close contacts of immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme

If you fall into any of these cohorts, please give our reception team a call on 01926 403 800

Merry Christmas All!

We wish all our patients a Merry Christmas and a happy New Year! Budbrooke would like to take this opportunity to thank all our amazing patients for a great year!

We appreciate all feedback that we have accumulated over the year and how you have made us grow as a general practice.

Budbrooke hopes to continue to adapt within the New Year and provide you with more services and further amazing care.

Thank you for all the goodies, all the kind words and all your patience throughout 2023 and we hope to see you all in 2024!

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 – December 2023:

National Grief Awareness Week 2023
International Day of Persons with Disabilities 2023
Human Rights Day 2023
Christmas Day 2023

Dispensary Christmas Rush:

Coming towards the Christmas rush, it is important that you collect your prescription as close as you can to receiving a text from the practice to say that it is ready. This can really help out with the dispensary teams Christmas rush!

Christmas & New Year's Closures

We are closed on the following dates for Christmas & New Year's:
Monday 25th of December 2023
Tuesday 26th of December 2023
Monday 1st of January 2024