

Budbrooke Medical Centre

January 2023



Kick-start your new year with a healthier you

Happy New Year to all of our lovely patients! We hope everyone has enjoyed the festivities 🌲

Has anyone else gotten too used to eating what they want? 🍕🍔

If you are looking for some help and advice with weight management or to make lifestyle changes that will stick, our Health and Well-being Coach Phil is here for you on a Tuesday. With longer appointment times & different organisations to refer too, Phil can give you tailored support and help you set reachable goals. Book a telephone call or a face to face appointment with Phil to kick start 2023. Let's make it a good year!



Cost of living

Worried about the rise in your energy bills? Act on Energy has a free advice line dedicated to answering all energy/ billing questions. It ensures to empower others to make ongoing decisions that will provide better health and economic outcomes for residences of Warwickshire and surrounding areas. Call free on: 0800 988 2881



Winter Warm Hubs

With the cost of living rising, warm hubs are a free, warm, welcoming and safe place for everyone. Free hot drinks and a chance to chat to others in the community. Warm Spaces has launched at The Open Door in Hampton Magna. Sessions are Tuesday 11:30am-1:30pm, Wednesday 9am-2pm and Friday 10am-12pm so please come along for a hot drink and to stay warm!

Social Prescriber

Our Social prescriber Tracey can offer you support and refer you to community groups and statutory services for practical and emotional help that may benefit you. She is available for telephone and face to face appointments.

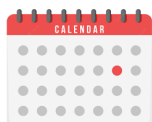
Health Calendar – Check out our posts on Social Media

Dry January

21st January – Race Against Dementia Day

23rd – 29th January – Cervical Cancer Prevention Week

27th January – Parent Mental Health Day



Aches and pains?

Do you have a new joint, bone or muscle problem? Let 2023 be the year you get these issues sorted and start living pain free!

Seeing an Advanced Physiotherapist first instead of a GP could be right for you. Our First Contact Practitioner can offer early assessment and diagnosis, expert management advice and further refer to specialists services where necessary.

Lucy works every other Thursdays and offers face to face and telephone appointments. **See inclusion criteria:**

- Back pain // neck pain
- Nerve symptoms e.g pins and needles or numbness
- Possible problems with muscles, tendons, or bone e.g tennis elbow or carpal tunnel
- All soft tissue injuries, sprains, strains or sport injuries
- Arthritis
- Post – orthopaedic surgery

Wellbeing for Warwickshire

This confidential helpline provides emotional support to residents in Coventry and Warwickshire. It connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can put you in touch with a wider network of support.

0800 616171

The phone line is available 24 hours a day, seven days a week, 365 days a year including all bank holidays.



Breast screening - all you need to know

1. Your first invite will be between the age of 50 and 53. The invite will be every 3 years until you are 71 years old
2. Once you are 71 years old you will be stop being invited but you can still have your screening every 3 years – you will need to book this yourself

For any enquiries or to book or change an appointment contact Warwickshire's breast screening please call **024 7696 7200**

If you are experiencing any breast cancer symptoms please contact us and make an appointment with a GP