

Budbrooke Medical Centre

July 2023



Chair Fitness Class – The Open Door Café

FUN FIT FRIDAY

CHAIR FITNESS CLASS
Fridays 10:30 - 11:15am (Term Time)
The Open Door, 3 Slade Hill
CV35 8SA

IMPROVED
BALANCE
OVERALL AND
GETTING UP
AND DOWN IN
A CHAIR
CORRECTLY

IMPROVED
CARDIOVASCULAR
STRENGTH AND
STRESS REDUCTION

IMPROVED
AWARENESS OF
BODY POSITIONING
AND ALIGNMENT

IMPROVED
STRENGTH,
ESPECIALLY ARM,
SHOULDERS AND
LOWER BODY

IMPROVED
MEMORY
FUNCTION AND
CONCENTRATION

IMPROVES
ENERGY,
CIRCULATION,
FLEXIBILITY AND
OVERALL
WELLBEING

FOR MORE INFO: NICOLA BURROUGHS
NICOLAT4@YAHOO.COM
07779155979

FREE
to all!

Hayfever Season – Advice and guidance:

Here are some NHS advice and guidance around hayfever at this time of year:

- Put vaseline around your nostrils to trap pollen
- Wear sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- Stay indoors whenever possible
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- Buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

A pharmacist can help with hayfever:

Speak to your pharmacist if you have hay fever.

They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with Itchy and watery eyes and sneezing & blocked nose. Call a pharmacy or contact them online before going in person. You can get medicines delivered or ask someone to collect them.

Welcome back Afshan, our Clinical Pharmacist

We are very excited to welcome back Afshan, our Clinical Pharmacist. She will be here to complete your medication reviews, new patient health checks, hospital discharges and on the day medical issues. Afshan will be working remotely and in the practice.

Blood Tests at Warwick Hospital:

Warwick hospital also provide a blood service. If patients have an acute issue being dealt with by the hospital (consultant appointment) please use the following link to book your appointment; We understand those with long term conditions often find it easier to book in at the surgery and this will help those that need to have an timely appointment with our HCA team..

Book here: <https://www.swift.nhs.uk/our-services/adult-hospital-services/blood-tests-phlebotomy>

PPG Survey Results:

The PPG conducted a survey to the patients via text messages and paper copies in the surgery. This was highly successful and obtained around 500 responses. Please see our website for the results.

PPG Meeting Jul-23:

Next PPG Meeting is Tuesday 5th of September 2023

Cervical Screening Awareness

Cervical cancer is one of the most preventable cancers, yet in England two women die every day from it. Screening can help stop cancer before it starts. So don't ignore your cervical screening invite and if you missed your last one, book an appointment with your GP practice. Cervical screening saves lives. Find out more at [#CervicalScreeningAwarenessWeek](https://nhs.uk/cervicalscreening)

The importance of your 5-a-day:

During the summer months, fruits & vegetables can be a refreshing and cooling snack. However it is best practice to have these in our diets all year round and here are some reasons why:

- Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.
- They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
- They can help to reduce your risk of heart disease, stroke and some types of cancer.
- Fruit and vegetables contribute to a healthy, balanced diet.
- Fruit and vegetables taste delicious and there's so much variety to choose from.
- Fruit and vegetables are also usually low in fat and calories (provided you do not fry them or roast them in lots of oil). That's why eating them can help you maintain a healthy weight and keep your heart healthy.
- To get the most out of your 5 A Day, your 5 portions should include a variety of fruit and vegetables. This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and more.

Health dates to remember – July 2023:

Deafblind Awareness Week 2023
Talk To Us 2023 (Samaritans)
Plastic Free July 2023
Good Care Month 2023
National Bereaved Parents Day 2023
Alcohol Awareness Week 2023
March for Men 2023 (Prostate Cancer)
National Schizophrenia Awareness Day



Out of Hours (Extended Access appointments):

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