

Budbrooke Medical Centre

March 2023



UPDATE: Our phone-lines now open from 8:30am till 6:30pm

Please note: Pre-bookable appointments available not just same day!

Warm Welcome to: Mia @ MIND

Welcome our newest member of the team, Mia who works for the mental health charity Mind! This is an active monitoring service, accessible to children, young people & adults. This is an early intervention service which uses guided self-help tools to support your mental well-being as soon as you need it. It involves 5 short sessions with Mia to hear what support you need and develop a wellbeing toolkit of self-help tools. For further information or interest in the service, please feel free to contact reception!



NHS Over 40s Health Checks

If you're between 40 and 74 years of age and do not already have a pre-existing condition, you will be eligible for our over 40s Health Checks. An NHS Health Check takes about 20 to 30 minutes. Our clinical staff will ask you some questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test. Speak to reception to book your appointment today!



Type 2 Diabetic Referrals

The practice have now introduced 'The Healthy Living Programme' for those with type 2 diabetes. Healthy living for People with type two diabetes is a web-based structured education programme that provides information about type 2 diabetes and its management, alongside support with adopting and maintaining healthy behaviours and psychological wellbeing. Healthy Living is available for all people with type 2 diabetes in England and can be accessed through self-referral or direct referral from GP practices, this is fully funded by NHS England and free-of-charge to participants. If this is something you are interested in and/or carers / family can self-refer at <https://healthyliving.nhs.uk>



Self-Care Advice: Coughs & Colds

The majority of us have suffered with the common coughs and colds the past couple of weeks, so here is our advice on how to tackle them:

- There's usually **no need to see a GP** if you have a cough.
- Instead, **see the pharmacist!** They will be able to assist you with the best over-the-counter medication.
- Get plenty of rest, drink plenty of fluids, stay at home and avoid contact with the public where possible.

We also have test kits available at the practice and to order to your home. These are nose and throat swabs (similar to a PCR test) that test for illnesses such as flu, covid19, RSV, bronchitis and lots of other infections! Not only can it help diagnose, but it enables research to understand current health needs. For more information – please ask reception.

PPG AGM – Meeting

PPG AGM MEETING
21st March 2023 @ 13:00pm
Budbrooke Medical Centre

Anyone who wants to join and election of roles & PPG Chair Years Statement

Practice Learning Time



22nd March the Surgery will close at 12:30pm for training and reopen at 8am the next day.

Click Below!



NHS Weight Management

The NHS Digital Weight Management Programme could help you if you are living with obesity and also have diabetes, high blood pressure, or both. If this is you, you could benefit from this 12-week programme. You must be over 18 and have a BMI greater than 30, and have diabetes, high blood pressure or both. If you feel as though you could benefit from this programme, reception are willing to get you onto the first steps of enrolling onto this.



Health Dates to Remember – March 2023

Feb 27th – 5th March Eating Disorder Awareness Week
Feb 27th – 5th March You Can Care Week 2023
March 1st - Self-Injury/Harm Awareness Day (SIAD)
National Nutrition Month 2023
Brain Tumour Awareness Month
Marie Curie Great Daffodil Appeal 2023
Ovarian Cancer Awareness Month 2023
Endometriosis Awareness Month 2023
No More Week 2023 (Domestic Abuse)
March 8th - National No Smoking Day
March 25th – FND Awareness Day 2023



