

Budbrooke Medical Centre

November 2023



Have you had your Flu Vaccine yet?

We still have appointments available at Budbrooke Medical Centre for Flu Vaccinations

The flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

We are vaccinating those who are particularly in need of more protection from getting the flu, therefore if you receive text or calls to book in with us, it is important to book due to your health or age.

If you would not like your vaccination this year or have had it elsewhere, it is also important to tell us this!

Please ring the surgery on 01926 403 800

COVID-19 Autumn Booster – Where can I get it?

Currently within our PCN we are only vaccinating those aged 75 and over. If you fall into this cohort, please call the National Booking Service on 119.

If you are 74 and under, unfortunately we would not be offering you a COVID-19 vaccine this year. This does not mean to say you are not eligible and we ask that you also call 119 so they can discuss eligibility, and book you in for one if you are eligible.

For more information about COVID-19 vaccinations please use this link: [Book, cancel or change a COVID-19 vaccination appointment - NHS \(www.nhs.uk\)](https://www.nhs.uk/booking/cancel-or-change-a-covid-19-vaccination-appointment)

Keeping well this winter – General Coughs:

There is usually no need to see a GP if you have a cough. This should usually clear up within 3-4 weeks.

You should:

- Rest
- Drink plenty of fluids
- Try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities

A pharmacist can help if you have a cough

If you have a cough, you can ask a pharmacist about:

- cough syrup
- cough medicine (some cough medicines should not be given to children under 12)
- cough sweets

These will not stop your cough, but may help you cough less.

When should you see the GP about a cough?

- you've had a cough for more than 3 weeks (persistent cough)
- your cough is very bad or quickly gets worse – for example, you have a hacking cough or cannot stop coughing
- you feel very unwell
- you have chest pain
- you're losing weight for no reason
- the side of your neck feels swollen and painful (swollen glands)
- you find it hard to breathe
- you have a weakened immune system – for example, because of chemotherapy or diabetes

See a GP urgently if you are coughing up blood.

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 – November 2023:

- Men's Health Awareness Month – November
- Trans Awareness Week
- Disability History Month
- Carers Rights Day – 23rd of November
- Self-Care Week – Starts 14th of November

PPG Tip: Did you know...

...Budbrooke Medical Centre is amongst the top 10 practices in the Midlands Region in the 2023 GP patient survey.

Research – We need your participation!

Health Research seeks to develop knowledge and find answers to questions in order to understand health challenges. Its evidence and discoveries are used to make healthcare improvements. At Budbrooke we participate in research to better our practice, contribute our findings and in turn, enable our patients to get the best experiences and care. We would like you to consider, if asked to participate, these factors and what difference your participation can make!