



Self-care advice – Heat Rash

Heat rash is uncomfortable, but usually harmless. Symptoms include small, raised spots, mild swelling and an itchy, prickly.

Prevention:

- wear loose cotton clothing
- use lightweight bedding
- take cool baths or showers
- drink plenty of fluid to avoid dehydration

To calm the itching or prickly feeling:

- apply something cold, such as a damp cloth or ice pack (wrapped in a tea towel) for up to 20 minutes
- tap or pat the rash instead of scratching it
- do not use perfumed shower gels or creams

Speak to a pharmacist about heat rash. They can give advice and suggest the best treatment to use.

A pharmacist might recommend:

- Calamine lotion
- Antihistamine tablets
- Hydrocortisone cream (not for children under 10 or pregnant women as they need to get advice from a doctor before using this treatment)



2022 Flu Vac Clinics

Secure your flu jab now!

We have secured the following dates at St

Michael Church:

Saturday 17th September

Thursday 22nd September

Saturday 24th September

The following dates held a Budbrooke

Medical Centre:

Tuesday 20th September

Tuesday 27th September

Thursday 6th October

We are also looking for volunteers to help run our flu clinics this year.

To join the fun and for more information please contact Caroline Edwards on community@stmbb.church

Eligible cohorts for the Flu Vac 2022

The following are prioritised in the flu vaccination programme:

- All children aged 2 or 3 on 31st August 2022
- Those aged 65 and over
- Pregnant women
- Those aged 6 months to under 65 in clinical risk groups
- Carers
- Close contacts of immunocompromised individuals
- Long –stay residential care homes
- Frontline staff employed by the following:

-A registered residential care or nursing home,
-Registered domiciliary care provider
-A voluntary managed hospice provider
-Direct Payment (personal budgets) or Personal Health Budgets, such as Personal Assistants

Those aged 50 – 64 are eligible for the flu vaccination later on in the programme. This cohort will be contacted once we are able book.

Diabetic Annual Reviews

It's time for the annual reviews!

Please contact reception to get booked in. You will need a longer appointment for our HCA to take a blood test, a blood pressure reading and diabetic foot check.



Website

For all practice news and updates make sure to visit our website. You can also order repeat medication and book appointments

Audiology clinics

Taking place on the 4th, 11th, 18th and 25th August, at Budbrooke Medical Centre.

PPG Meeting

This is taking place on the 6th September at Budbrooke Medical Centre.