

Budbrooke Medical Centre

September 2022



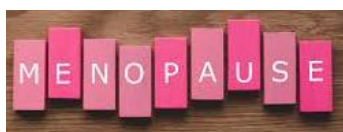
Peri and Menopause CLINIC

We have now confirmed the start of our peri and menopause clinic!

Appointments will be available every Wednesday afternoon with our Practice Nurse Sally Bell to answer all of your peri/menopause questions and needs.

These clinics are a great opportunity to have a one-to-one session to discuss any symptoms, treatment options or management advice, and with longer appointments you really have the time to chat and create an individual plan.

Clinics start 7th September.
Give us a call to get booked in!



Peri and Menopause SUPPORT GROUP



If you rather a group environment which offers a space to share experiences and gain different advice/ information we are starting our support group!

Some of our sessions will host a guest speaker who can provide a variety of management methods both holistic and medical.

This will run the first Wednesday of each month, the first one is 5th October. Please just turn up.

You are more than welcome to benefit from both the clinics and the support group!

Meet our new team members

We have got 2 new lovely members join our reception team at Budbrooke Medical Centre. **Sadie** and **Abbie** are patient coordinators and will help us with answering calls, filing paperwork and helping with your needs and queries. In the next month or so we will be in the process of training so please bear with us!



New texting system

We are using a new system to send out our flu vaccination invites. If you have a smart phone it may ask you to click on a link to expand the text – this is just to show the smart version with photos!

It will also allow you to decline or accept the invite which will send us a notification. If you decline this will update our system automatically and you shouldn't be contacted again. If you accept we will be in touch to booking you in.



Going Greener

At Budbrooke Medical Centre we are on a mission to go greener. We are participating in the Green Impact for Health which shows us ways we can reduce our carbon footprint. It focuses on areas we can change such as swapping to rechargeable batteries, maximising recycling, buying Fairtrade coffee and tea, plus many more! We are using the toolkit as our checklist and will be doing the upmost to improve things at Budbrooke MC and stay green.



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 at 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

Health Calendar – Check out our posts on Social Media

Blood Cancer Awareness Month

Urology Awareness Month

6th - 12th Organ Donation Week

10th World Suicide Prevention Day

13th World Sepsis Day

21st World Alzheimer Day

23rd - 30th National Health Week