



# Budbrooke Medical Centre

## December 2021

### Budbrooke Portakabin

Budbrooke now has a portakabin installed. The portakabin is located in front of the dispensary.

Other local GP's have adopted this solution to reduce pressures within the building.

The portakabin can be used easily by clinicians to see patients, to reduce some of the winter pressures and to be able to have more staff working safely in peak times.

We will be seeing those who are acutely unwell in the portakabin

If you are seen by a doctor or nurse and you have respiratory symptoms, you will be seen in the Portacabin. This is to reduce risk to the rest of the surgery in case you have a virus such as Covid or flu but can be seen as needed by a clinician.

### General Information

**Dispensary** – last orders for Christmas, please do get your prescription orders into the Dispensary to cover you over the Christmas period as early as possible. The last day for putting in an order is 12noon on 22<sup>nd</sup> December but we ask you put in a request before then so we can prepare them without a last minute rush! Please either use the online form on our website to submit your prescription request or email us on [dispensary@budbrookemc.nhs.uk](mailto:dispensary@budbrookemc.nhs.uk)

**Waiting for your appointment** - Please wait in your car if you can. With the news of the new Covid Variant of Concern (Omicron) we are requesting that those more mobile come into the surgery for an appointment, check in for their appointments and then return outside to their cars to wait to be called in. You will be asked by the reception team when checking in if you are able to wait in your car and then for your car details so they can let the clinician know that you are waiting. This will allow us to allow those more immobile, without cars or more vulnerable (ie. Newborns, those undergoing treatment that may weaken their immune systems or our more elderly patients) to wait in the warm for their appointment now it is so much colder. We need to be there for our patients especially those at risk during these tough winter months so hope those who are usually healthy, fit and mobile will help us to give those who need it a little extra space and reassurance whilst they wait for their appointments. We hope you understand our reasons behind this

**Weight Management** - As a part of the Government's new initiative to tackle obesity we have been tasked to help our patients whose weight has crept up to give them information on how we can help support them if they wish to lose a few pounds. There are many things we can do to support you so if you would like to understand more please do book an appointment with either Ruth or Sally to discuss further. We all know that with multiple lockdowns, closures of gyms etc, many people are experiencing weight gain and we can help you reach a more healthy goal.

Look out for Kristine's story in the practice, who used her GP's weight management referral system to go to slimming world and lost 3 ½ stone which meant she went from a dress size 22 to a 14. WELL DONE KRIS!

### Christmas Jumper Week – 20<sup>th</sup> – 24<sup>th</sup> December 2021

This year we will be holding a Christmas Jumper Week so everyone can get involved here at Budbrooke Medical Centre.

Our chosen charity this year is Marie Curie with 100% of proceeds going to the charity 'Marie Curie'.

By donating to Marie Curie, you are funding care and support for people living with a terminal illness, and their families, across the UK. We believe everyone living with a terminal illness should be able to get the most from the time they have left, however hard that may sometimes feel.

Everything they do depends on the generous donations of their supporters. Around two-thirds of the money they spend each year comes from the people, companies and trusts who decide to support them. The remaining third comes from the NHS.

Christmas Jumper Day/Week is a great photo opportunity for companies and teams to show their community spirit and advertise their company as an approachable and caring organization.

### Covid booster jabs – GP Vaccination Clinic in Studley

If you are eligible for the Covid vaccine booster and you are now due please contact the Covid Vaccination call centre on 01926 698302 if you have not yet been contacted to book an appointment. Our networks vaccination clinic is based in Studley Village Hall, High street, Studley, B80 7HJ. There is parking available, if you require disabled parking please do drive around to the near the front door as disabled parking spaces are closest to the door.

We are not sending the recall letters, if you have had your booster and are still getting letters then please email enquiries or look online and we can confirm that it is on your records, if it is then please ignore.

### Christmas and New Year opening

Please be aware of our opening days over Christmas and make sure that you have enough medication to get you through the days we are closed.

Christmas Eve Friday 24<sup>th</sup> Dec- Doors Open Until 12:30/Dispensary closing at 12:00

Monday 27<sup>th</sup> Dec – Closed

Tuesday 28<sup>th</sup> Dec – Closed/EA open 10am – 4pm (We will update our website on how to use this system)

Wednesday 29<sup>th</sup> Dec – Open

Thursday 30<sup>th</sup> Dec – Open

Friday 31<sup>st</sup> Dec – Doors Open until 12:30/Dispensary closing at 12:00

Monday 3<sup>rd</sup> Jan – Closed

Tuesday 4<sup>th</sup> Jan – Business as usual

Please email [Dispensary@budbrookemc.nhs.uk](mailto:Dispensary@budbrookemc.nhs.uk) or use the online ordering facility to put in your requests



### New Staff

Bally – Dispenser

Bally joined us back in October and previously worked at the NHS Hub and Boots, she has been dispensing for 6 years.

Ali – Dispensary assistant/HCA

Ali has been a HCA for many years and has already met some of our patients. Ali will also be assisting in dispensary.

We are happy to have two new members of staff that have joined our Budbrooke Team.

### Patient Access and ordering repeat prescriptions

Patient Access is unfortunately playing up at the moment and some people are not able to request repeat prescriptions through it. We have reported the issue but unfortunately we have no control over it. If you are not able to make a request as normal please do either place a request either through our website or you can email [dispensary@budbrookemc.nhs.uk](mailto:dispensary@budbrookemc.nhs.uk).

### Research throat/nose swabs

We ask for all those testing Covid positive to please take a research swab on top of the one you have already done confirming that you are positive. We will send a text asking you to take part. If you agree you will be sent a code to request a kit be sent to your home. This WILL NOT affect your isolation period. These research swabs are sent to Public Health Labs in Collindale. The research swabs look for further information, for example, what variant do you have, a flu strain, etc. It is essential information for Oxford University to analyse variants and to develop vaccines.

These swabs are not only tested for Covid but all other seasonal viruses such as flu so please do take a swab from the surgery (there is a box in reception) in the event you feel ill with flu/cold/Covid like symptoms but you test negative as it could be another virus at play. Only 1 swab needs to be completed and all this information is taken from that one swab. Flu has been found to be circulating in the community following the taking of these test kits so it is important to see what is going on. We have also had several positive cases for RSV which can be dangerous to younger children and the elderly.

