

# Budbrooke Medical Centre

April 2024



Click on the icons!



## Lifestyle Clinic – Hosted by Dr Tilly Holt:

**Our next sessions are now available to book!**

Attend our lifestyle clinic which consist of **1 hour group sessions over a 4 week period**

Sessions will cover how to create long lasting healthy habits, nutritional advice, debunking diet myths and how to become more physically active.

Sessions are open to all adults and will be on **Wednesdays** at both **10.00 – 11.00** and **17.30 – 18.30**. These will be held at **The Open Door Café**.

Please show your interest at reception, let the reception team know which session you would like to attend and someone will be in contact with you with a date.



## The Carents Room – Caring for Elderly Parents

Are you caring for your parents and need support? The Carents Room is the go-to place for people supporting elderly parents. They give you the information and connections you need to ensure your parents get the best possible care.

All of their advice and guidance is derived from best practice, evidence and experts combined with experience of carenting so you can rest assured that the advice is professional, objective and practical.

The Carents Room supports and empowers people throughout their carenting journey

For more information please visit [www.carents.co.uk](http://www.carents.co.uk) or join their Facebook private community 'Carents Lounge' [www.facebook.com/groups/carentslounge](https://www.facebook.com/groups/carentslounge)

## Who can you see April 2024?

### GPs:

Dr Henry White (Lead GP)  
Dr Tilly Holt (Salaried GP)  
Dr Rupinder Sumra (Salaried GP)  
Dr Nicola Gadsdon (Registrar)  
Dr Gursimran Singh Sidhu (Registrar)  
Dr Henk Mulder (Locum)

### PCN:

Clinical Pharmacist – Furhan Ansari  
Mind Practitioner – Esme Blackshaw  
FCP Advanced Physiotherapist – Joanna Smith

### Nurse/HCA:

Nurse – Sally Bell  
Nurse – Ruth Mullineux  
HCA – Claire Robbins / Lisa Northall

**New GP Starting April 16<sup>th</sup>:** Dr Lisa Dishman

## IID3 – New Research Study



We are taking on a new study at Budbrooke Medical Centre:

**The Third Infectious Intestinal Disease Study (IID3 Study)** is a national study of gut health to estimate the burden of infectious intestinal disease in general practice and the community. The study is a UK wide collaboration with organisations including the UK Health Security Agency, University of Oxford, University of Liverpool, Liverpool Clinical Laboratories, Public Health Scotland and Public Health Wales.

GPs will ask every patient with gastroenteritis, which presents to the practice to provide a stool sample. This is so that the research project, can calibrate national surveillance systems. The sample will be processed for a wide range of pathogens at Liverpool Clinical Laboratories and the results reported back to us at the practice, which we will then report back to the patient. Remember all patients are consented to participating in research and can opt out at any time!

## Menopause Support Group – Budbrooke MC:



Budbrooke Medical Centre run a Menopause & Peri-Menopause support group at The Open Door Café. If you are interested in joining us we run once a month, every first Wednesday! Please let reception staff at Budbrooke know you are interested and we can send you an email with more details.

## Closures in April-24:

PLT – Wednesday April 24<sup>th</sup> 2024 - 12:30-6:30pm  
Bank Holidays – Monday April 1<sup>st</sup> – All day

## Dates to remember – April 2024:

World Autism Acceptance Week – April 1<sup>st</sup> - 7<sup>th</sup>  
Family Safety Week – April 1<sup>st</sup> – 7<sup>th</sup>  
Bowl Cancer Awareness Month  
IBS Awareness Month  
International Caesarean Awareness Month  
Parkinson's Awareness Month  
Active for April 2024  
Move More Month  
Walk to Work Day 5<sup>th</sup> of April  
World Haemophilia Day 2024  
World Immunisation Week April 22<sup>nd</sup> – 28<sup>th</sup>  
MS Awareness Week April 22<sup>nd</sup> – 28<sup>th</sup>  
World Malaria Day 25<sup>th</sup> of April

