

Budbrooke Medical Centre



April 2025

Covid Vaccinations – Spring 2025

Appointments are now available for the Covid Spring booster. Those who are eligible will be contacted, that includes all people aged 75 and over, including those due to turn 75 of years on or before 17th of June, and those aged 5 to 74 years who are immunosuppressed.

If you feel you fall into this cohort and have not yet been contacted and would like to book an appointment, please give us a call on 01926 403 800 or email us on budbrookemedicalcentre@nhs.net

Patient Diabetes Prevention Programme - Xyla

This Patient Information Session is an opportunity for you to attend a 30-minute remote session to hear more about the NHS Diabetes Prevention Programme. This will help support you in making an informed decision as to whether you'd like to be referred onto the programme following the session. You will also have an opportunity to ask any questions you might have about the programme. The NHS Diabetes Prevention Programme is a free service for people with prediabetes and those with a history of gestational diabetes. Combining specialist nutrition, psychology and physical activity, the NHS Diabetes Prevention Programme promotes long term behaviour change. The programme is also supported by GPs, practice nurses, diabetes practitioners, dietitians, clinical psychologists and exercise specialists.

You can buy tickets using the URL:

<https://www.eventbrite.co.uk/e/patient-information-session-nhs-diabetes-prevention-programme-tickets-676621251377>

Contact Details for Budbrooke MC:

Telephone: 01926 403 800 / Emergency Line 01926 403 855 (Between 8:00 – 08:30 & 1pm – 2pm only)

Email (All Enquires): budbrookemedicalcentre@nhs.net

Email (Medication): dispensary@budbrookemc.nhs.uk

IN THE EVENT OF AN EMERGENCY RING 999

FOR OUT OF HOURS PLEASE RING 111

Who can you see this month?

Nurse/HCA:

Sally Bell - Nurse

Ruth Mullineux - Nurse

Sam Hawtin - HCA

Additional Staff

First Contact Physio - Joanna Smith - Every Thursday

Clinical Pharmacist - Furhan Ansari

MIND Practitioner - Esme Blackshaw - Every Tuesday

Social Prescriber - Tracey Bugg

Afshan Ghaffar - ACP

GP:

Dr Henry White

Dr Vu Ha

Dr Lisa Dishman

Dr Henk Mulder

Dr Muhharib

Dr Gadsdon

Dr Jonathan Curtis (Registrar)

Dr Jenny Martin

Dr David Buckley

Dr Rizwan Hafeez

Health Dates April-25:

- International Caesarian Awareness Month (CAM)
- Testicular Cancer Awareness Month
- Stress Awareness Month
- World Autism Awareness Day (2nd)
- World Health Day (7th)
- World Parkinson's Day (11th)
- Black Maternal Health Week (11th)
- National Infertility Awareness Week (20th-27th)
- Maternal Mental Health Awareness Week (29th April-5th May)

Closures & Extended Access @ Budbrooke:

- 10th April – Closed from 12:30pm onwards, 18th April – Bank Holiday, 21st April – Bank Holiday
- Extended access will only be held at Budbrooke on Tuesday 22nd of April this month due to the bank holiday closures. Full timetable on next page.

Childhood Immunisations – Why should my child have them?

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year. Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or are now very rarely seen. Other diseases like measles and diphtheria have reduced to a very low number of cases each year since vaccines were introduced. These cases are often related to travel. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

For example, if 95% of children receive the MMR vaccine, this would stop measles spreading completely. However, measles, mumps and rubella can quickly spread again if fewer than 90% of people are vaccinated. Everyone should be up to date with their routine vaccinations to give them the best protection.

Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often give you lifelong protection.

All vaccines are thoroughly tested to make sure they will not harm you or your child. It often takes many years for a vaccine to make it through the trials and tests it needs to pass for approval. Once a vaccine is being used in the UK it's also monitored for any rare side effects by the Medicines and Healthcare products Regulatory Agency (MHRA). It is also carefully monitored to make sure it still works.

You can speak to your GP, nurse or health visitor if you are worried about you or your child having a vaccine, or you're not sure if you or your child can have a vaccine.

Extended Access Timetable for April 2025

Alcester Medical Centre	Budbrooke Medical Centre	Henley Medical Centre
Saturday 19 th April 09:30 – 12:30	Tuesday 22 nd April 18:30 – 21:00	Tuesday 22 nd 18:30 – 21:00
Saturday 19 th April 13:30 – 16:30		Friday 25 th 18:30 – 21:00
Wednesday 23 rd 18:30 – 21:00		Saturday 26 th 09:30 – 12:30
		Saturday 26 th 13:30 – 16:30

New Starters @ Budbrooke MC:

A warm welcome to our new starters at Budbrooke Medical Centre:

- Ellie – Patient Coordinator
- Sam – Healthcare Assistant (starting April)