Budbrooke Medical Centre





Click on the



AUGUST 2024



icons!

Ranked 2nd in the Patient Survey Results:

A massive thankyou to all our patients that responded to the patient survey and an additional big thankyou to the community and staff that work to maintain standards & excellent service to local patients

Lifestyle Clinic – Dr Tilly Holt

There are now spaces available for September for the Lifestyle Clinic. If you are interested in signing up for these, please attend reception and someone will be in contact with you to enrol or email budbrookemedicalcentre@nhs.net

The sessions are for those who want to make healthy lifestyle changes that can improve and help weight loss, mental health and overall well-being

Who can you see the month? GPs:

Summer NHS Tips:

- Keep out of the heat if you can. If you must go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.
- Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the suns at its hottest.
- It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

GP:

Dr Henry White (Senior GP)

Dr Tilly Holt (Salaried GP)

Dr Vu Ha (Salaried GP)

Dr Lisa Dishman (Returning GP)

Dr Henk Mulder (Locum)

Dr Muhharib (Locum)

Dr Gadsdon (Locum)

Dr Buckley (Locum)

Dr Martin (Locum)

Dr Shreya Shah (Registrar)

Dr Ahsan Rehman (Registrar)



Who can you see the month? Nursing & Supporting Staff:

PCN Staff

Joanne Smith - FCP

Furhan Ansari - Clinical Pharmacist

Esme Blackshaw - MIND Practitioner

Tracey Bugg - Social Prescriber

Nurse/HCA:

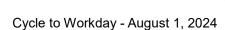
Sally Bell Ruth Mullineux Claire Robbins Lisa Northall



Updates on Budbrooke Medical Centre for August:

- Please ensure you wait for confirmation via text message that your prescription is ready to come collect. If you do not have access to a telephone, please await 48 hours before coming to collect.
- Thank you for bearing with us whilst there was a global IT outage! Thankfully we were up and running as usual the Monday after (3)
- We are closed for Bank Holiday Monday (26th August 2024)
- Extended access appointments available Friday and Saturday before the bank holiday weekend

Health dates this month:



- World breastfeeding Awareness week -1-7 August 2024
- Psoriasis Awareness/ Psoriasis Action Month 2024
- National Immunization Awareness Month 2024

