



Lifestyle Clinic – Hosted by Dr Tilly Holt:

Looking at making a new start in the New Year?

Want to make lifestyle changes but need some support?

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 which session you would like to attend and someone will be in contact with you with a date.

Wellbeing for Warwickshire:

Wellbeing for Warwickshire is a mental health service, supporting people across the region with connection, advice, signposting and information. The service is available 24/7/365 to people aged 16+.

More and more people are struggling with their mental health; 1 in 4 people struggle with their mental health, and almost 13% of the population takes antidepressants. As winter approaches and the days get darker and colder, the amount of people struggling will only increase. That's why we're here to support your patients and clients with their mental health 24/7, 365 days a year. **Scan the barcode for more information or call 0800616171 for wellbeing support or in a crisis please call 08081966798**



Who can you see January 2024?

GPs:

Dr Henry White (Salaried GP)
Dr Tilly Holt (Salaried GP)
Dr Rupinder Sumra (Salaried GP)
Dr Nicola Gadsdon (Registrar)
Dr Gursimran Singh Sidhu (Registrar)
Dr Muhammad Ali (Locum)
Dr Henk Mulder (Locum)
Dr David Buckley (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 Research @ Budbrooke:

We now have a new in-house system for all acute respiratory illnesses for patients over 50 years old. We receive the results within 40 minutes testing for respiratory illnesses influenza A or B, RSV and COVID! We are also still sending a swab to the lab for further testing

We are still going ahead with our usual swabbing of patients whilst also asking patients for a urine sample to check for pneumococcal. This is for all age groups. Urine samples for those over 10 years. If you feel you meet the criteria and haven't been asked to participate and wish too, do not hesitate to contact reception to ask if you can get involved!

Pharmacy Opening Hours:

Tuesdays: 8:00am - 7:30pm
Monday - Friday: 08:00am - 6:30pm
Closed for lunch from 1-2pm every weekday

Closures in Jan-24:

We are closed from 12:30 on Thursday 18th of January for Protected Learning Time

Dates to remember – January 2024:

- Dry January – Go alcohol free for 31 days!
- Cervical Health Awareness Month
- Glaucoma Awareness Month
- National Birth Defects Awareness/Prevention Month
- National Blood Donor Month
- National Winter Sports Traumatic Brain Injury Awareness Month
- Thyroid Awareness Month
- January 4: World Braille Day
- January 28: World Leprosy Day

