

# Budbrooke Medical Centre



JANUARY

2025

Click on the icons!

## Mind Practitioner @ Budbrooke Medical Centre:

Esme is our Mind Practitioner at the GP surgery. She is here every Tuesday, offering new patient appointments and follow-ups for those who need further support. Mind is a mental health charity that works with those who are experiencing mental and well-being problems.

Living with a mental health problem can often have an impact on day-to-day life, making things that others might not think about a bit more difficult. Mind practitioners are here to help provide solutions and techniques to help you cope with these problems, making day-to-day life a lot easier for you.

Over the Christmas period and afterwards, can bring a lot of emotions and many people may struggle to be coping. You are able to self-refer to this service at any time by ringing our reception team on 01926 403 800 or alternatively, visiting our website and submitting an accurate triage.

## COVID Vaccination Season Completed:

We are no longer providing Covid vaccinations for the winter season, this finished on December 22<sup>nd</sup>, 2024.

## Flu Jabs still Available at the Practice:

We are still providing flu vaccinations at the practice. There has been a recent outbreak of Influenza A in the West Midlands over the Christmas period. Influenza A is a pathogen with strains that cause seasonal flu in humans. Therefore, we recommend if you are eligible, and have not yet been vaccinated, that you book in with us at the practice to vaccinate yourself this year.

Flu is very infectious and easily spread to other people. Those who are eligible will find they are more at risk when getting the flu, and should vaccinate sooner rather than later.

## Who can you see this month at Budbrooke Medical Centre?

### GP:

Dr Henry White  
Dr Vu Ha  
Dr Lisa Dishman  
Dr Henk Mulder  
Dr Muhharib  
Dr Gadsdon  
Dr Buckley  
Dr Ansari  
Dr Jonathan Curtis (Registrar)

### Nurse/HCA:

Sally Bell  
Ruth Mullineux  
Lisa Northall

### Additional Staff

First Contact Physio - Joanna Smith  
Clinical Pharmacist - Furhan Ansari  
MIND Practitioner - Esme Blackshaw  
Social Prescriber - Tracey Bugg



HAPPY  
new  
YEAR

## NHS Health Checks:

If you are over 40 and have not had an NHS Health Check in the last 5 years, you would be eligible to book in!

This New Year, prioritise your health and book in today! Your NHS Healthcheck reviews your bloods, BMI, your heart, your physical health and more! With then advice from the nursing team on how to better your health and your hearts age score.

To book, call reception on 01926 403 800

## Health dates this month:

1-30 January: Dry January.

1-30 January: Veganuary.

3 January: Festival of Sleep Day.

20-26 January: Cervical Cancer Prevention Week.

27 January: Parent Mental Health Day.