

Budbrooke Medical Centre



JULY 2024

BEACH

Click on the icons!

COVID Vaccine, RSV Vaccine & Flu Jabs:



Budbrooke Medical Centre will be offering the COVID vaccinations in practice when the autumn campaign for flu jabs is rolled out. This will be available for those patients who are eligible.

We will also soon be offering the RSV vaccination. Respiratory syncytial virus (RSV) is an enveloped RNA virus who the same family as the human parainfluenza viruses and mumps and measles viruses. From 1 September 2024, 2 new RSV vaccination programmes will be introduced:

- Programme for older adults aged 75 to 79 years old
- Programme for pregnant women to protect infants.

The practice will be planning in appointments depending on guidance from September, however some cohorts cannot be called out until after the 3rd of October.

Lifestyle Clinic with Dr Tilly Holt:



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.

Who can you see the month? GPs:



GP:

Dr Henry White (Senior GP)
Dr Tilly Holt (Salaried GP)
Dr Lisa Dishman (Returning GP)
Dr Gursimran Sidhu (Registrar)
Dr Henk Mulder (Locum)
Dr Muhharib (Locum)
Dr Colvin (Locum)
Dr Gadsdon (Locum)
Dr Ansari (Locum)
Dr Martin (Locum)



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 July:

- We **only have one email address** for enquiries: budbrookemedicalcentre@nhs.net please only use this email for admin/reception enquiries.
- If you are **over the age of 16**, you may receive a letter from us asking to update your contact details to your own mobile number. There is however a consent form attached that you can sign if you wish to keep your parent/carer as your sole contact

Health dates this month:



- Alcohol Awareness Week – [Alcohol Change UK](#)
- Sarcoma Awareness Month
- Talk to Us Month
- 28 July: World Hepatitis Day
- 30 July: World Friendship Day