

Budbrooke Medical Centre



June 2024



Click on the icons!

Mental Health & Menopause Sessions:

Budbrooke are now offering Mental Health & Mental Health referrals to 6-week CBT sessions. This is designed for women of any age who are experiencing anxiety and/or low mood where menopause or perimenopause is a factor.

This will run every Thursday evening from 17:30 – 19:30, starting on June 6th, continuing on 13th, 20th & 27th June and 4th & 11th of July.

This will be held at The Open Door Café. If you are interested, please email budbrookemedicalcentre@nhs.net where we can refer you to be assessed by the therapist leading sessions.

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? June 2024:

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 Colvin (Locum)
Dr Gadsdon (Locum)
Dr Ansari (Locum)



Nurse/HCA:

Sally Bell
Ruth Mullineux
Claire Robbins
Lisa Northall



PCN Staff

Joanne Smith - FCP
Furhan Ansari - Clinical Pharmacist
Esme Blackshaw - MIND Practitioner
Tracey Bugg - Social Prescriber



Updates on Budbrooke Medical Centre for June:



- Budbrooke will be closed for Practice Learning Time on Wednesday June 19th from 12:30pm onwards.
- We have a new Patient Coordinator! Welcome Jaqueline Hill who has started with us in April.
- Lisa Northall will now be taking on the role of a Healthcare Assistant
- We have the AAA clinic attending Tuesday 9th of July from 2pm – 5pm

Health dates this month:

- Pride Month
- National Carers Week
- BNF Healthy Eating Week
- Men's Health Week
- World Blood Donor Day
- Cervical Screening Awareness Week
- Learning Disability Week