

Budbrooke Medical Centre



June 2025

MMR Catch-up Programme

Budbrooke are currently sending out invites to those who are eligible for an MMR vaccine. The vaccine protects against Measles, Mumps and Rubella. These infections are spread easily and can lead to serious problems. We are currently catching up on those born between 1970 and 1990. If you feel you haven't had an MMR vaccine and would like to enquire about getting it, please call reception on 01926 403 800 to book in.

Extend Access coming to Budbrooke MC

Budbrooke will be taking on Extended Access from July 1st, 2025. We will be open Tuesday evenings, Wednesday evenings and every other Saturday, alongside some well-being activities on Fridays and Saturdays. We are also offering some earlier blood test appointments on Tuesdays and Wednesdays starting from 7:30am. Our evening clinics will run till 9pm to offer later appointments for those at work. This was previously ran by the South Warwickshire GP Federation, but will now be taken over by the surgery, having full control over what we offer. Our well-being activities include Chair Fitness Classes and Lego Clubs for children with additional needs such as ASD, asperges and so forth.

New and Improved Website

Budbrooke have a new website layout, check it out!

www.budbrookemedicalcentre.co.uk

Contact us

Telephone: 01926 403 800

Email Address: budbrookemedicalcentre@nhs.net

Dispensary: dispensary@budbrookemc.nhs.uk

Out of Hours / Closed: 111

IN THE EVENT OF AN EMERGENCY PLEASE RING 999

Who can you see this month?

Nurse/HCA:

Sally Bell - Nurse

Ruth Mullineux - Nurse

Sam Hawtin - HCA

Additional Staff

First Contact Physio - Joanna Smith - Every Thursday

Clinical Pharmacist - Furhan Ansari

MIND Practitioner - Rachel Thomas - Every Tuesday

Social Prescriber - Tracey Bugg

Afshan Ghaffar - ACP

GP:

Dr Henry White

Dr Vu Ha

Dr Lisa Dishman

Dr Henk Mulder

Dr Muhharib

Dr Gadsdon

Dr Mostafa Mohamed (Registrar)

Dr David Buckley

Health Dates June-25:

- Men's Mental Health Week 9-15 June 2025
- World Blood Donor Day 14th June 2025
- Learning Disability Week 16-22 June 2025
- 1st June: National Cancer Survivor's Day
- 10th - 14th June: Healthy Eating Week
- 18th June: Autistic Pride Day
- 22nd - 28th June: Deafblind Awareness Week
- 27th June: National P.T.S.D. Awareness Day

Closures @ Budbrooke:

The practice will be closed on Thursday 12th of June from 12:30pm onwards and will reopen the following day Friday 13th of June at 08:00am

REMINDER! If you can walk to the practice, please park in the village and walk to the surgery to reserve spaces in the car park for those who need them. Thank you for your cooperation.

Hot Weather – How to keep safe in a heatwave:

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Who is most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside

How to stay safe:

- 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. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Stay hydrated, use sunscreen for skin protection and stay in shaded areas if possible this summer!

New Starters @ Budbrooke MC:

- We have a new Mind Practitioner that has started at the practice called Rachel Thomas. Appointments will resume as normal but with a change in staffing.
- We now have a new dispenser joining the dispensary team named Jace McHugh