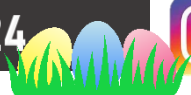


# Budbrooke Medical Centre

March 2024



Click on the icons!



## Lifestyle Clinic – Hosted by Dr Tilly Holt:

### Our next sessions are now available to book!

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.

## Moved over to Accurx Triage!

We have recently moved over to Accurx Triage at Budbrooke Medical Centre. This a new and improved way to submit non-urgent medical and administration enquiries without having to call the practice.

Accurx Triage can be accessed through our website on [www.budbrookemedicalcentre.co.uk](http://www.budbrookemedicalcentre.co.uk) or through your NHS app.

We would like to highlight to patient that this form of communication is for **non-urgent medical needs only** and if you feel you need to speak to a GP urgently you must call reception on 01926 403 800. If you are experiencing any red flag symptoms that show before submitting a form, Accurx will guide you on what steps to take next.

## Who can you see March 2024?

### GPs:

Dr Henry White (Lead GP)  
Dr Tilly Holt (Salaried GP)  
Dr Rupinder Sumra (Salaried GP)  
Dr Nicola Gadsdon (Registrar)  
Dr Gursimran Singh Sidhu (Registrar)  
Dr Henk Mulder (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

## NHS Health Check's for Over 40s – Have you booked?

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease or stroke. During the check-up you'll discuss how to reduce your risk of these conditions.

The check is for people who are aged 40 to 74 who do not have any pre-existing conditions. You may receive an invite via text or reception may tell let you know that you're eligible and if you want to book in. However, you are able to contact reception if you are interested in one and believe you fit into the correct cohort.

If you would like to book in please call reception on 01926 403 800 or submit an Accurx Triage though our website [www.budbrookemedicalcentre.co.uk](http://www.budbrookemedicalcentre.co.uk)

## MMR Vaccines – Measles Outbreak:

As you may be aware, there is currently a Measles outbreak. Babies under 1 years old have immunity from their mothers, whilst from 1 years old they will need to be vaccinated for this, and then again at 3 years old. There is also the MMR catch-up programme, people who have never received an MMR vaccination no matter of age are eligible to get there's today. Please call reception on 01926 403 800 to book your vaccination in!

## Closures in March-24:

We are closed on Wednesday 21<sup>st</sup> of March from 12:30 onwards for Practice Learning Time.

## Dates to remember – March 2024:

Brain Tumour Awareness Month  
Ovarian Cancer Awareness Month  
International Woman's Day – 8<sup>th</sup> of March  
National No Smoking Day – 13<sup>th</sup> of March  
World Kidney Day – 14<sup>th</sup> of March  
World Down Syndrome Day – 21<sup>st</sup> of March  
World Autism Acceptance Week  
International Transgender Day of Visibility – 31<sup>st</sup> of March

