

Budbrooke Medical Centre



March 2025

New Research Programme: Duration Study

We are taking part in the Duration study through the University of Oxford, which is looking at finding the shortest course of antibiotics to effectively treat UTIs. The study randomises the use of two commonly used antibiotics, and the length of the course of antibiotics (1-5 days) and is aimed at people over 18 with female urology presenting with symptoms of a UTI/ kidney infection.

Participants will be asked to fill in an online consent form prior to their appointment and will need to keep a symptoms diary to check for UTI recurrence within 42 days of initial symptoms.

For more information on the study please visit reception or give us a call on 01926 403 800.

Our swabbing research is still ongoing, therefore if you present with a cough or cold and have had it longer than 10 days, you may be asked to participate in our research project. This will be sent off and you will be notified if it comes back positive for a respiratory virus.

We Need YOU, Join Our PPG Today:

Do you want to voice your opinion on patient satisfaction and how to best improve this? The Patient Participation Group are looking to recruit new members. Anyone can join but we particularly would like to seek 45 and under as we currently don't have this cohort represented in the PPG. This would provide a different perspective on how to explore new avenues the practice can take for patients, how to best improve patient care, and what they would like to see the practice improve in or participate in.

If you are interested, please send an email to budbrookemedicalcentre@nhs.net

Contact Details for Budbrooke MC:

Telephone: 01926 403 800

Email (All Enquires): budbrookemedicalcentre@nhs.net

Email (Medication): dispensary@budbrookemc.nhs.uk

IN THE EVENT OF AN EMERGENCY RING 999

FOR OUT OF HOURS PLEASE RING 111

Who can you see this month?

Nurse/HCA:

Sally Bell
Ruth Mullineux
Lisa Northall



Additional Staff

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

GP:

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

Health Dates Mar-25:

Brain Tumour Awareness Month

Ovarian Cancer Awareness Month

Young Carer's action Day - March 16, 2025

National No Smoking Day - March 12, 2025

World Kidney Day - March 13, 2025

World Down Syndrome Day - 21 March

Nutrition and Hydration Week - 17-23 March 2025

Healthcare Science Week - 10 - 16 March 2025

World Sleep Day - March 14, 2025

International Transgender Day of Visibility - 31 March



A Guide on Eating a Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day)
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. After the age of 2 years, children should move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide. You can find the guide on <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced. There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers.

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods. Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, wholewheat pasta, and brown, wholemeal or higher fibre white bread. They contain more fibre, and usually more vitamins and minerals, than white varieties.

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy. Go for lower fat and lower sugar products where possible.

Beans, pulses, fish, eggs, meat and other proteins, these foods are all good sources of protein, which is essential for the body to grow and repair itself. They're also good sources of a range of vitamins and minerals. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12.

Some fat in the diet is essential, but on average people in the UK eat too much saturated fat. It's important to get most of your fat from unsaturated oils and spreads. Swapping to unsaturated fats can help lower cholesterol.