



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 know which session you would like to attend and someone will be in contact with you with a date.

Extended Access Hub at Budbrooke

Fantastic news! Budbrooke Medical Centre will be hosting Extend Access at the practice.

- Every Tuesday evening – 6:30pm – 9pm
- Every third week on Friday evening and Saturday morning
- Local GPs & Nurse appointments
- Call reception to book in as you would a normal appointment.
- Both telephone and face to face appointments

Please ring 01926 403 800 to book in for an extended access appointment.

Who can you see May 2024?

GPs:

Dr Henry White (Lead GP)
Dr Tilly Holt (Salaried GP)
Dr Lisa Dishman (Returning GP)
Dr Gursimran Singh Sidhu (Registrar)
Dr Henk Mulder (Locum)
Dr David Buckley (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

Current Studies:

- Stool Screening – You're are welcome to take part in our most current research project. All patients over the age of 18 can consent to the research study on stomach bugs. This involves a weekly check-in and testing of your poo in a lab, if you or a member of your household catches a stomach bug.
- Over 50s swabbing – We are continuing with our Over 50s in-house swabbing. If you are over the age of 50 and present with acute respiratory symptoms, you are eligible to take part in this research study. It requires two swabs in the practice, and we will contact you after 40 minutes with the results.
- ELSA – New up and coming study on early surveillance for auto-immune diabetes. More information to come.

Medication Reviews:

Currently our Clinical Pharmacist and GPs are completing Medication Reviews throughout the practice. You may have been text to book in for this telephone consultation. If the GP/Clinical Pharmacist does not feel they need to discuss this over the phone with you, they will send you a text.

Closures in May-24:

Monday 6th of May – Closed for Bank Holiday
Thursday 16th of May – Closed @ 12:30pm for staff training.
Monday 27th of May – Closed for Bank Holiday

Dates to remember – May 2024:

Bowel Cancer Awareness Month
Stress Awareness Month
Second week of May: Mental Health Awareness
May 16th – May 22nd: Dementia Action Week
Third week of May: National Epilepsy Week
Last week of May: Deaf Awareness Week
May 31st: World No Tobacco Day
International Day of the Midwife
National Walking Month
World Hand Hygiene Day
International Nurses Day
International Day against Homophobia, Transphobia and Biphobia

