

Budbrooke Medical Centre



May 2025

Research - Swabbing Acute Respiratory Virus'

When attending the surgery, you may be asked to complete a swabbing kit if you are seeing a medical professional for an acute respiratory virus that has been present for 10 days and under. This is part of a research project that Budbrooke have enrolled onto. Results come back to the practice within 10-12 days and can test for all acute respiratory viruses. This can include influenza, RSV A & B, Covid, hMPV and so much more. It can help the clinician also then provide the best aftercare when needed.

The Nursing/HCA Team of Budbrooke:

In light of International Nurses Day, we have dedicated a column in the newsletter for our Nurses and HCA team:

Our Team:

- Ruth Mullineux (Nurse)
- Sally Bell (Nurse)
- Sam Hawtin (Healthcare Assistant)

What can I see a nurse for?

- Annual reviews e.g. COPD, Asthma
- Wound care
- Uncomplicated UTIs
- Sore throats
- Coughs and colds (not ongoing)
- Stitch removals
- Coil removals
- Smears
- Vaccinations – Including MMR & Childhood immunisations
- Contraception reviews
- Sick note extensions
- Travel Vaccinations
- Menopause/Peri menopause support

What can I see an HCA for?

- Blood test
- BP Check
- B12
- Foot checks
- Dressings
- Suture removal
- Adult vaccinations
- Wound care



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 - Esme Blackshaw - 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 Jonathan Curtis (Registrar)
Dr Mostafa Mohamed (Registrar)
Dr Jenny Martin
Dr David Buckley

Did you know you can now book online or via the NHS App? For all non-urgent enquires, please submit an [Accurx Triage](#)

Health Dates April-25:

International Day of the Midwife - May 5, 2025
World Hand Hygiene Day - May 5, 2025
International Nurses Day - May 12, 2024
Deaf Awareness Week - 5-11 May 2025
Global Accessibility Awareness Day - May 15, 2025
World Pre-Eclampsia Day - May 22, 2026

Closures @ Budbrooke:

- Monday May 5th (Bank Holiday)
- Monday May 26th (Bank Holiday)
- Wednesday 21st of May from 12:30pm onwards (Protected Learning Time)

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.

Every Mind Matters – NHS Self Help Tool for Mental Health:

www.nhs.uk/every-mind-matters/

We all have times when we feel low, anxious or overwhelmed. But little things, like talking to a friend or taking a moment to breathe, can help us feel much better.

Every Mind Matters show you simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better, through proven approaches like cognitive behavioural therapy (CBT).

Find what works for you and keep doing it, because even the smallest actions can make a big difference to how you feel.

Every Mind Matters has a section on their website where you can make your own mind plan for free. It is an action plan with tips from mental health experts, to help you deal with anxiety and stress, sleep better and feel more in control. You will be asked 5 questions about how you have been feeling over the past 2 weeks; a plan is then created for you with suggestions and advice tailored to you to help you feel better.

You also have the option to select 'Email this plan' for helpful reminders and more mental wellbeing advice that you can make part of your daily routine. 2 in 3 people who completed the Mind Plan programme report better mental wellbeing.

Dr. Max Pemberton, NHS psychiatrist - "If you're struggling with your mental health, this advice will help you feel more in control. I highly recommend the Mind Plan and email programme — see if you can make these tips part of your daily routine." The advice in the Mind Plan comes from mental health experts, who have picked the best self-help tips to help you deal with anxiety and stress, boost your mood, and sleep better.

The website also provides other helpful guides such as urgent help such as free 24-hour listening and text support, crisis support lines and so forth. Wellbeing tips such as self-help CBT techniques, meditation for beginners, sleep help etc.

If you are wanting to reach out for help, we offer mental health support at the practice with a Mind Practitioner which you are able to self-refer into. Esme is here every Tuesday, on-site at the practice. If you are interested in booking an appointment either give us a call on 01926 403 800 or submit an Accurx Triage online or via the NHS App.

Contact Details for Budbrooke MC:

Telephone: 01926 403 800 / Emergency Line 01926 403 855 (Between 8:00 – 08:30 & 1pm – 2pm only)

Email (All Enquires): budbrookemedicalcentre@nhs.net

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

IN THE EVENT OF AN EMERGENCY RING 999

New Starters @ Budbrooke MC:

A warm welcome to the month's new starters:

- Dee Williams – Patient Coordinator