

Budbrooke Medical Centre



OCTOBER 2024 – WHO CAN YOU SEE HERE?

Click on the icons!

Budbrooke provide several different in-house services to enhance patient care and ensure all needs are met. Please read more to see what we can offer to you:

Clinical Pharmacist:

Clinical pharmacists work as part of the general practice team to improve value and outcomes from medicines and consult with and treat patients directly. Furhan is our Clinical Pharmacist at the surgery. He is able to provide medication reviews, prescription queries and overall medicine advice. Having clinical pharmacists in GP practices means that GPs can focus their skills where they are most needed, for example on diagnosing and treating patients with more complex conditions. This helps GPs to manage the demands on their time.

MIND Practitioner:

MIND UK is a mental health charity who aim to support and assess people with mental health problems such as anxiety disorders or depression and with the use of therapy techniques, work towards recovery. Esme is our MIND practitioner at the practice, again, the GP can refer you to this service or you are able to self-refer at reception. We find this service is great as it is easy to access than referring outside of the practice. Esme works with patients on a one-to-one basis at the practice, she is based here on a Tuesdays only. If you feel you might benefit from this service you can speak to reception and they will be more than happy to book you an appointment. The service is available from 11 years onwards.

Social Prescriber:

Social prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing. Our social prescriber, Tracey, signposts and supports our patient's well-being, emotional needs and environmental needs. GPs are able to refer patients to speak to Tracey over the telephone, however, if you feel you might benefit from the service, you are able to self-refer. This could be whether you want to find somewhere in the community to meet friends going through something similar to you or you feel you need some help financially and would benefit speaking to someone confidentially.

First Contact Physio:

Low back and neck pain are the greatest cause of years lost to disability in the UK, with chronic joint pain or osteoarthritis affecting more than 8.75 million people. Joanna is our in-house FCP. Patients with back and joint pain, including conditions such as arthritis, will now be able to see Joanna, rather than waiting to see a GP or being referred to hospital, patients will have quicker access to diagnosis and treatment, helping them to manage their conditions more effectively and recover faster. This is a self-referral service again, Joanna attends the surgery every Thursday.

Updates on Budbrooke Medical Centre for October:

- We still have appointments available for COVID & Flu, please call reception on 01926 403 800 to book.
- All COVID & Flu appointments are being held at the surgery only this year.
- Please ensure you come to collect your prescriptions ONLY after you have had a text to say it is ready, if you don't have access to a mobile, please wait 48 hours for it to be processed.
- Please use the touchscreen to book in when you arrive for your flu and/or COVID vaccinations.

Health dates this month:

- ADHD Awareness Month
- Sober October
- Menopause Awareness Month
- Anaphylaxis Awareness Week
- Back care Awareness Week
- Baby Loss Awareness Week
- Bone and Joint Week
- World Dyslexia Awareness Day

COVID & Flu Vaccine Update:

- Clinics are now underway
- All 65s and overs are nearly all booked!
- We will soon be ringing under 65s to get booked in, or please get booked in via telephone or online if you haven't already done so.
- There are still nasal flu clinics available for under 18s
- Our PPG members have kindly helped us with the congestion of the car park, due to the volume of patients.
- If you are looking for just a flu vaccination but NOT a COVID vaccination, we have separate clinics to book into where you can just get your flu jab only this year.
- **IMPORTANT UPDATE:** We are waiting on Pfizer vaccinations for under 18s COVID vaccinations, we will communicate when these are available.

Who can you see this month?

GP:

Dr Henry White (Senior GP)
Dr Tilly Holt (Salaried GP)
Dr Vu Ha (Salaried GP)
Dr Lisa Dishman (Returning GP)
Dr Henk Mulder (Locum)
Dr Muhharib (Locum)
Dr Gadsdon (Locum)
Dr Buckley (Locum)
Dr Martin (Locum)
Dr Shreya Shah (Registrar)
Dr Ahsan Rehman (Registrar)



Nurse/HCA:

Sally Bell
Ruth Mullineux
Claire Robbins
Lisa Northall



PCN Staff

First Contact Physio
Clinical Pharmacist
MIND Practitioner
Social Prescriber