

Budbrooke Medical Centre



August 2025

Enhanced Access Wellbeing Activities:

Fun Fit Fridays:

Budbrooke has began holding a Chair Fitness Class, every Friday morning as part of our extend access. This is held at The Open Door Café 10:30 – 11:15am.

Chair Exercise can improve your overall balance and getting up and down in a chair correctly, improve cardiovascular strength, reduce stress, help with memory function and so much more!

The Penfold Club:

A Lego club for children who have additional needs hosted by Budbrooke Medical Centre in collaboration with Arden PCN and St Michael's Church. This will begin in September 2025. All children must be accompanied by a parent or carer. This is quiet activities aimed at children ages 4 -15 with additional needs, held again at The Open Door Café.

If you interested in any of these clubs, please contact Georgia by ringing reception on 01926 403 800 or emailing her directly on

Georgia.faries@budbrookemc.nhs.uk

Booking Appointments Online:

Did you know you can book a routine appointment via our website? Please go to:

www.budbrookemedicalcentre.co.uk/appointments

for more information!

Contact us:

Telephone: 01926 403 800

Email Address: budbrookemedicalcentre@nhs.net

Dispensary: dispensary@budbrookemc.nhs.uk

Out of Hours / Closed: 111

Website: www.budbrookemedicalcentre.co.uk

We are also contactable via the NHS App

In the event of an emergency please call 999

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 - Rachel Thomas - Every Tuesday

Social Prescriber - Tracey Bugg

Afshan Ghaffar - ACP / Clinical Pharmacist

GP:

Dr Henry White

Dr Vu Ha

Dr Lisa Dishman

Dr Henk Mulder

Dr Merna Muhharib

Dr Nicola Gadsdon

Dr David Buckley

Dr Sarah Goulding (EA)

Dr Mostafa Mohamed (Registrar)

Dr Sam Chan (Registrar)

Health Dates August-25:

- World Breastfeeding Awareness Week 1-7 August 2025
- Cycle to Work Day – 7th August 2025
- 18th August: Never Give Up Day
- 19th August: World Humanitarian Day
- 31st August: International Overdose Awareness Day

Budbrooke Wellbeing Campaign – Mental Health

As part of Budbrooke's well-being Campaign, we are letting patients know about some of our in-house services. We would like to introduce our MIND practitioner, Rachel, who is available every Tuesday, if you feel you are struggling with any aspect of your mental health, for example stresses, loneliness, social anxiety etc. Please either call the practice on 01926 403 800 or you can submit an online appointment request via our website under appointments

Budbrooke Wellbeing Campaign - NHS 5 Steps to Mental Wellbeing

1. Connect with other people

Good relationships are important for your mental wellbeing, they can:

- Help you build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

Ways in which you can do this is things such as having lunch with a colleague, visiting a friend or family member who may need support or company, arranging a day out with your friends, or making the most out of technology to stay connected with friends.

2. Being physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learning a new skill

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

4. Give to others

Research suggests that acts of giving, and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.