

# Budbrooke Medical Centre



July 2025

## Enhanced Access Appointments – July 2025:

### Evening Enhanced Access GP Appointments:

- 01/07/2025 18:30 – 21:00
- 02/07/2025 18:30 – 21:00
- 08/07/2025 18:30 – 21:00
- 09/07/2025 18:30 – 21:00
- 15/07/2025 18:30 – 21:00
- 16/07/2025 18:30 – 21:00
- 22/07/2025 18:30 – 21:00
- 23/07/2025 18:30 – 21:00
- 29/07/2025 18:30 – 21:00
- 30/07/2025 18:30 – 21:00

### Nurse / HCA Enhanced Access Appointments:

- 01/07/2025 – 07:30 – 08:00 – Blood Clinic
- 02/07/2025 – 07:30 – 08:00 – Blood Clinic
- 08/07/2025 – 07:30 – 08:00 – Blood Clinic
- 09/07/2025 – 07:30 – 08:00 – Blood Clinic
- 12/07/2025 – 09:00 – 13:00 – Blood Clinic
- 15/07/2025 – 07:30 – 08:00 – Blood Clinic
- 15/07/2025 – 18:30 – 20:00 – Nurse Clinic
- 16/07/2025 – 07:30 – 08:00 – Blood Clinic
- 22/07/2025 – 07:30 – 08:00 – Blood Clinic
- 22/07/2025 – 18:30 – 20:00 – Nurse Clinic
- 23/07/2025 – 07:30 – 08:00 – Blood Clinic
- 26/07/2025 – 09:00 – 13:00 – Blood Clinic
- 29/07/2025 – 18:30 – 20:00 – Nurse Clinic
- 30/07/2025 – 07:30 – 08:00 – Blood Clinic

Well-being activities also available in July, please contact reception for more information.

## Contact us:

**Telephone:** 01926 403 800

**Email Address:** [budbrookemedicalcentre@nhs.net](mailto:budbrookemedicalcentre@nhs.net)

**Dispensary:** [dispensary@budbrookemc.nhs.uk](mailto:dispensary@budbrookemc.nhs.uk)

**Out of Hours / Closed:** 111

**Website:** [www.budbrookemedicalcentre.co.uk](http://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 Muhharib

Dr Gadsdon

Dr Sarah Goulding (EA)

Dr Judith Holmes (EA)

Dr Mostafa Mohamed (Registrar)

Dr Jon Curtis (Registrar)

## Health Dates July-25:

- 1-31 July: Sarcoma Awareness Month
- 24 July: International Self-care Day
- 28 July: World Hepatitis Day
- Alcohol Awareness Week: 9-13 July 2025

## Referrals & Self-Referrals on Website:

Did you know you can self-refer to services via our website?

This includes but not limited to Mental Health, Pregnancy, Smoking Cessation, Physiotherapy and so forth.

Please go to our website on

[www.budbrookemedicalcentre.co.uk/secretarial-and-referrals/](http://www.budbrookemedicalcentre.co.uk/secretarial-and-referrals/)

You also have access to questionnaires for ADHD or Autism to support a referral made the practice, if needed.

## Hay Fever Season – NHS Guidance

**Hay fever** is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

### Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- headache
- feeling tired

Symptoms are usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

### How to treat hay fever yourself

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

### A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. they can give you advice and suggest the best treatments to help with symptoms with either antihistamine drops, tablets or nasal sprays and steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

### See a GP if:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy

### Causes of hay fever

Hay fever is an allergic reaction to the fine powder that plants produce, called pollen, usually when it comes into contact with your mouth, nose, eyes and throat.