



October

Stratton Newsletter 2026

issue 10

Your Doctors

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Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
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Practice Manager

Angela Sundberg

Stratton

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OPENING TIMES

Monday to Friday.

Please check individual practices for times as they vary for each site.

EXTENDED ACCESS

Evening and weekend clinics available for pre-booking. Please call your practice to be advised of availability.

Please call 111 for medical advice & direction or 999 for life-threatening emergencies when we are closed.

Flu/Covid Vaccination Programme 2026

Flu & COVID Vaccination Clinics – Book Now!

Protect yourself this autumn! 🍂

We're now taking bookings for our Flu & COVID clinics at Stratton Medical Centre:

📅 Saturday 17th October 2026

📅 Saturday 31st October 2026

☎ Call: 01288 270342 (10am - 12 noon, 2pm - 4pm) Monday- Friday.

(This line will also be open all day on the Saturday clinic dates should you need to cancel your appointment on the day)



Look out for your invite from us if you are eligible

Our Autumn/Winter vaccination programme has started and our clinic dates for Flu/Covid jabs are

Visit our website ↓ for more information

Vaccinations - Stratton Medical Centre



A reminder of the possible side-effects ↓

Flu vaccine side-effects

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- slightly raised temperature
- muscle aches
- Sore arm where the needle went in - this is more likely to happen with the vaccine for people aged 65 and over.

Try these tips to help reduce the discomfort;

- continue to move your arm regularly
- take a painkiller such as paracetamol or ibuprofen - (some people are not able to take ibuprofen unless recommended by a doctor.)

Covid vaccine side-effects

Like all medicines, the Covid-19 vaccines can cause side effects, but not everyone will have them.

Most side effects are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may also get a high temperature or feel hot or shivery one or two days after your vaccination.

You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you are worried, call 111 (info from <https://www.nhs.uk/>)

Stoptober 2026 Campaign

STOP TOBER
**STOP SMOKING
AND GOOD
THINGS HAPPEN**

Stoptober is an annual public health campaign in the UK that encourages smokers to quit smoking for 28 days during the month of October. When you stop smoking, good things start to happen – you can begin to see almost immediate improvements to your health, as well as your finances.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're 5 times more likely to give up for good.

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

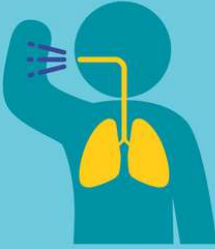
What happens when you stop smoking?

Better Health Smoke free NHS



After 48 hours
All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

Better Health Smoke free NHS



After 3 to 9 months
Your lungs are working 10% better so less coughing and wheezing.

Better Health Smoke free NHS



After 1 year
Your risk of a heart attack has halved compared to a smoker.

Better Health Smoke free NHS



After 10 years
Your risk of death from lung cancer has halved.

Every time you smoke a cigarette, your body is flooded with thousands of chemicals, many of which are poisonous. The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within days or weeks:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy

Other benefits will follow, including:

- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, leading to reductions in any cough, wheezing or other breathing problems

- Better physical health
- Better mental health
- Better for your family and friends

Quit smoking - Better Health - NHS



Quit smoking Download the free NHS Quit Smoking app this Stoptober

STOP TOBER
**STOP SMOKING
AND GOOD
THINGS HAPPEN**

The FACTS ↓ Quit Smoking Support

Did you know?

You'll look better as more oxygen will be getting to your skin, making it brighter, and your teeth will no longer be getting stained with tar.

Did you know?

It can take as little as 6 weeks to start feeling the mental health benefits of stopping smoking.

Did you know?

Teens whose parents or caregivers smoke are 4 times as likely to take up smoking.

Did you know?

The average smoker can save around £49 a week by quitting smoking. That's over £2,500 a year!

Explore your support options

Sometimes, it can feel overwhelming to work out how to quit smoking and how to stick with it.

I need support. What are my options?

Bude



Location: Berries Community Café, 40 Berries Ave, Bude, EX23 8QE

Day: Tuesdays 29 September, 24 November (2026), 26 January, 30 March (2027)

Time: 10am - 12pm

Next dates for Healthy Cornwall sessions

For local support ↓

Healthy Cornwall - Complete their enquiry form ↓

<https://www.healthycornwall.org.uk/make-a-change/enquiry-form/>

Tel: 01872 324200

Email: healthy.cornwall@cornwall.gov.uk

Website: <https://www.healthycornwall.org.uk/smokefree>

Pharmacies ↓

Many pharmacies offer stop-smoking schemes with tailored advice and nicotine replacement therapies (NRTs) to help you quit.

GP Surgery ↓

You may be able to access nicotine-free medicines from your GP. When you combine this medicine with NRTs, you are over 5 times more likely to quit smoking for good!

National Smokefree Helpline:

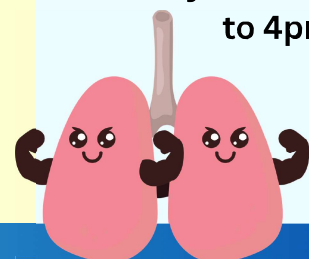
You can also reach out to the National Smokefree Helpline to talk to a trained adviser for advice and support.

Call 0300 123 1044 (England only).

Lines are open:

Monday to Friday, 9am to 8pm

Saturday and Sunday, 11am to 4pm



Breast cancer Awareness Month

Each year, about 55,000 people are diagnosed with breast cancer in the UK. It is more common in people over 50, but it can also affect younger people. Whether you've been affected by breast cancer or just want to find out more, Macmillan can help.

If you are worried about breast cancer or you have questions about treatments, you are not alone. Visit ➡ [https://www.macmillan.org.uk/cancer-awareness/](https://www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month)

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Breast screening (mammogram)

NHS breast screening uses X-rays, **called mammograms**, to look for cancers that are **too small to see or feel**.

NHS breast screening is offered to women aged **50 up to your 71st birthday**. Everyone **registered with a GP as female** will be invited. You'll automatically get your first invitation for breast screening between the ages of 50 and 53. You'll then be invited **every 3 years** until your 71st birthday.



Regularly checking your breasts helps you become familiar with what's normal, so you can notice changes early and seek medical advice promptly.

Symptoms to look and feel for when checking your breasts or chest include:

- a lump or swelling in your breast, chest or armpit
- a change in the skin of your breast, such as dimpling (it may look like orange peel) or redness, which may be harder to see on black or brown skin
- a change in size or shape of 1 or both breasts, or either side of your chest – it's common for breasts to be different sizes, but check for any changes that are not normal for you
- nipple discharge (if you're not pregnant or breastfeeding), which may have blood in it
- a change in the shape or look of your nipple, such as it turning inwards (inverted nipple) or a rash on it (it may look like eczema)
- sores or ulcers on your chest

Please click ➡ [How to check your breasts or chest](#) - NHS for more information



LOOK

changes in skin texture
e.g. puckering/dimpling



LOOK

swelling in your armpit
or around collar bone



FEEL

lumps and thickening



FEEL

constant, unusual pain in
your breast or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area

<https://www.nhs.uk/conditions/breast-cancer-in-women/>

October Health Awareness

This Autumn there is no better time to check out the **NHS Better Health: Helping you make healthy changes**

Whether you want to lose weight, get active, quit smoking or drink less alcohol, Better Health is here to help.

Find practical tools and support, free apps and trusted advice to help you make changes that work for you. <https://www.nhs.uk/better-health/>

Not sure where to start?

Try the **Healthy Choices Quiz**

Take our free 5 minute quiz to find out how healthy your lifestyle is. You'll get NHS advice, tools and apps to help you make changes where they matter most.

<https://www.nhs.uk/better-health/healthy-choices-quiz/>



If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. You'll get money added onto your Healthy Start card every 4 weeks.

<https://www.healthystart.nhs.uk/>

Symptoms of sepsis in adults

- blue, pale, grey or blotchy skin, lips or tongue - on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- difficulty breathing
- acting confused, slurred speech or not making sense
- uncontrollable shivering
- muscle pain
- a high or low temperature - high temp is less common in older adults
- not peeing all day or very little in the past 18 hours

Symptoms of sepsis in children

- blue, pale, grey or blotchy skin, lips or tongue - on black or brown skin this may be easier to see on the palms of the hands or soles of the feet
- difficulty breathing or breathing very fast
- having a fit (seizure)
- a rash that does not fade when pressed
- being sleepier than normal or difficult to wake
- not peeing for 12 hours (babies - under 5's) or all day - children over 5



Sepsis is a life-threatening reaction to an infection which needs urgent treatment in hospital. It can be hard to spot. Make sure you know the symptoms, which can VARY between adults and children.

The NHS website has more information on sepsis symptoms, including easy-read documents: <https://www.nhs.uk/conditions/sepsis/>

<https://www.nhs.uk/conditions/sepsis/>

Your Practice and community

Stratton

TEAM

News

Dr. Wisdom Aziegbe will be leaving us mid-October as he and his family relocate to Canada. We are grateful for his contributions during his time with us and wish him all the best in this exciting new chapter of his life. We are currently recruiting for a **new GP** to join our team and will keep you updated.

We have a **ring** that was left at our Medical Centre over **four years ago**. If you recall losing a ring during a visit to Stratton Medical Centre, please contact us at the surgery - **01288 352133**.

Patient Notice

Could we please kindly remind patients attending an appointment at Stratton Medical Centre, not to park in the staff parking areas and designated staff spaces.

Thank you



Received your invite?

Book your appointment.

When Should You Get Vaccinated?

As soon as you're eligible.

Getting vaccinated in September or October helps build protection before flu season typically peaks in December and January.

The NHS recommends receiving your vaccine by late November where possible.

Welcome to the Autumn 2026

Bude Walk and Talk Programme

All walks start at 10.30am

For more information, call Michael Heryet on 01288 356628 or 07766 915083

Date	Walk	Meeting / Starting Point	Level (See below)
09/09/26	Stowe Wood / Bridle Path to Stowe Barton	Duckpool CP EX23 9JN	L 2/3 (2.5+m)
16/09/26	Poughill/ Woods Route	Poughill Church CP EX23 9ET	L 3 (3.5m)
23/09/26	Poundstock Walk	Poundstock Ch CP EX23 0AX	L 3/4*(3.75m)
31/09/26	Stratton Walk (Battlefield)	Stratton Car Park EX23 9DS	L1 and L3 (1.5m - 3m)
07/10/26	Whalesborough Wood	Hele Bridge CP EX23 0HY	L 2/3 (3+m)
14/10/26	Bude Marshes	Bude TIC Car Park EX23 8LE	L1 (1m) ext to L2 (1.5m) & L3
21/10/26	Old Poughill Walk	Poughill Church CP EX23 9ET	L3 3.5m
28/10/26	Efford Down in Reverse	Bude TIC Car Park EX23 8LE	L 3 (2.75m)
04/11/26	Hele Community Wood	Hele Bridge CP EX23 0HY	L1 / 2 / 3 (0.75, 2 & 2.75)
11/11/26	Bridle Path to Stowe Barton	Northcott Mouth CP EX23 9ED	L 3 / 4*(3.5m)
18/11/26	Stratton - Bude Circular Walk	Stratton Car Park EX23 9DS	L1 (1m) or 2 / 3 (3m)
25/11/26	Efford Down (extended)	Bude TIC Car Park EX23 8LE	L 2 (2.5m)
02/12/26	Maer Lake Route	Crooklets Car Park EX23 8NF	L 2 (2m)

LEVEL 1

Approx 45 - 60 mins and an up to 30 min walk on offer on L1 walks Up to 1.5 miles

Suitable for:

- Those that do little or no physical activity at present
- People restricted by mobility problems and walk slowly, finding hills a struggle

Walk detail:

Flat, Level, Hard-surfaced paths and pavements. No steep hills or steps. Most suitable for wheelchairs & buggies.

LEVEL 2

Approx 1 - 1.5 hour 1 - 2 miles Suitable for:

- People that do a small amount of physical activity but need to increase their activity level.
- Those with minor mobility problems that walk at a moderate speed and are able to cope with moderate gradients.

Walk detail:

Footpaths & pavements with some gradients, sometimes steps or uneven terrain. Suitable for

LEVEL 3

Approx 1 - 1.5 hour 2 - 3+ miles Suitable for:

- People that already do a certain amount of physical activity.
- Those who walk with a stronger pace who are able to cope with small hills.

Walk detail:

Footpaths & pavements, possibly uneven terrain and a few moderate gradients. May include the use of stile or steps. Canopiously be wet/muddy underfoot depending on weather

FOOTWEAR: Whilst walking boots are recommended for all the above routes, it is perfectly permissible to wear Wellington Boots - especially during the winter months. Trainers or ordinary shoes may not give the protection needed

NHS

75 or over? Protect yourself from serious lung infection.

Every year, thousands of older people need hospital care for respiratory syncytial virus (RSV) infection. RSV vaccination is the best way to get protection.

Contact your GP practice to book in for your free RSV vaccine. Only one vaccine is needed for protection for a few years.

Find out more: nhs.uk/rsv-vaccine

Ara

Gambling has started to affect me.

You're not alone. Knowledge and support can help.



JOIN OUR FREE 30 MINUTE ONLINE WORKSHOPS



Learn. Share. Take steps. You can change things.

0330 1540 286 aragambingservices@recovery4all.co.uk recovery4all.co.uk

Help us to keep you up-to-date



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