



November

Newsletter Stratton 2025 issue 11

Winter Wellness

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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.



Top 10 tips for winter wellbeing

Nutrition and Hydration -

- Eat immune - boosting foods - citrus fruits, leafy greens, garlic, ginger & nuts.
- **Stay hydrated** - Cold air and indoor heating can dehydrate you - drink plenty of water, not just hot drinks.
- **Vitamin D** - Shorter days = less sunlight, consider food like oily fish, fortified cereals or supplements if recommended.

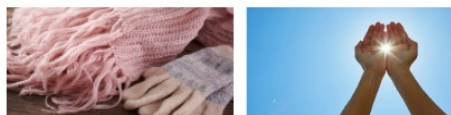
Immunity and Illness Prevention -

- **Wash hands often** to reduce flu and cold spread.
- **Keep winter vaccinations up-to-date.**
- **Rest and sleep** - 7 to 9 hrs supports immune function.

Movement and Energy -

- **Stay active indoors** - yoga, chair exercises, at the gym, home workouts.
- **Outdoor Exercise safely** - dress in layers, protect extremities, be wary of slippery surfaces.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well>



Skin and Respiratory Care -

- **Moisturize to prevent dry**, cracked skin.
- **Use a humidifier indoors** to ease dry air and protect sinuses.
- **Cover nose and Mouth Outdoors** in very cold weather to warm the air you breathe.

Safety in Cold Weather -

- **Dress in layers** - breathable inner layer, insulating middle, waterproof outer.
- **Protect hands, feet, ears** from frostbite with gloves, warm socks and hats.
- **Limit alcohol outdoors** - it makes you feel warm but increases heat loss

Mental Wellbeing -

- **Combat seasonal blues** - get outside in daylight, stay socially connected, and consider light therapy if recommended.
- **Mind Relaxation** - meditation, reading, or hobbies can ease winter stress

Winter Wellness: Why the darker months affect your mood and what you can do to protect your mental health this winter:
www.amh.org.uk/winter-wellness



<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well>

Why can winter affect our mental wellbeing?

Reduced Sunlight Exposure -

Less sunlight in winter months can lead to:

Lower serotonin levels, a brain chemical that affects mood.

Disruption of circadian rhythms, which regulate sleep, mood and energy.

Vitamin D deficiency, which is linked to depression.



Seasonal Affective Disorder (SAD)

SAD is a form of depression that follows a seasonal pattern—usually starting in Autumn or Winter and improving in Spring.

Symptoms include: **Low energy, Social withdrawal, changes in appetite (especially craving carbs) difficulty in concentrating and feeling hopeless or worthless.**

Shorter Days and Longer Nights -

Early darkness can make people feel like the **day is “over” too quickly** leading to: Less time spent outdoors, reduced physical activity, **less** social interaction and a sense of isolation if you live alone.

Cold Weather and Limited Mobility can discourage outdoor activity and exercise both important for mental health. It can **worsen symptoms** for people living with chronic pain, which can contribute to depression.

Social Isolation during bad weather, shorter days can lead to more time spent alone in doors, reducing social interaction.

Holiday Season Stress -

Winter includes important holiday

dates—**Christmas and New Year** which can be **emotionally triggering** for those who are **grieving, lonely, or estranged** from family. This time can also be stressful due to **financial pressure, social obligations or unrealistic expectations.**

**If you are eligible for your winter vaccines please contact Stratton Surgery to book your appointment—01288 270342
KEEP SAFE THIS WINTER**



Remember that older neighbours, friends and family members, may need **extra help** over the winter. **Keep in touch with them, especially if they live alone.** Make sure they're stocked up with enough food supplies for a few days, in case cold, ice or snowy weather stop them from going out.

If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

Make sure they get any **prescription medicines before the Christmas holidays start and if bad weather is forecast.** If they need help over the holiday period when the GP practice or pharmacy is closed or they're not sure what to do, **NHS 111 can help.** The service is available online at 111.nhs.uk and also by phone.

By answering questions about their health problem they will be told what to do and where to go. For further advice on how you can help, visit www.ageuk.org.uk or



Your Health



Cancer Care Map

What is Cancer Care Map?

Cancer Care Map is a simple resource that aims to help find **cancer support services** in **your local area** wherever they are in the UK.

Visit **www.cancercare.org** and insert your **postcode** to find your services near you, from medical Services, to emotional support, health and wellbeing and practical concerns—NHS England

Out and about during the winter months, please take steps to help prevent the spread of winter illnesses such as flu and COVID-19. If you are feeling unwell, **it is crucial to stay home** and refrain from visiting hospitals or care homes.

Ensure you rest, keep warm, and stay hydrated. **Regular handwashing** is essential, particularly after being in public spaces. If you experience severe symptoms and are uncertain about what to do, consider using NHS 111 online for guidance. Together, **we can protect one another** and reduce the transmission of these viruses.

UKHSA recommends simple steps to avoid winter bugs this festive season - [GOV.UK](https://www.gov.uk)

If you have **respiratory symptoms** such as a cough or a sore throat, along with a fever,

consider giving social gatherings a miss as it's best to avoid close contact with other people, especially those who are **vulnerable**, such as the **elderly** or those with **weakened immune systems**.

Practice self-care and use antibiotics responsibly.

Rest, drinking lots of water and taking over the counter medications are often effective ways to deal with colds, sore throats or coughs.

Antibiotics **DO NOT** work against viruses, which are the usual cause of these conditions.

Feeling under the weather?

NHS
Cornwall and
Isles of Scilly



Catch it

Germs spread easily. Catch coughs and sneezes in a tissue.



Bin it

Throw used tissues away as soon as possible.



Kill it

Remember to wash your hands regularly.

Respiratory illnesses, including COVID-19, are on the rise. If you feel unwell, try to stay at home and avoid contact with other people.

November Health Campaign



Contact your
GP practice



Lung
Cancer
Screening

<https://peninsulacanceralliance.nhs.uk/lung-cancer-screening/>

Key Message

If you've had a cough for three weeks or more, it could be a warning sign. A cough for three weeks or more could be a sign of cancer. **Contact your GP practice**

- It's probably nothing serious, but finding cancer early makes it more treatable • **Your NHS wants to see you.**
- **If a friend or family member** has been coughing for three weeks or more, encourage them to contact their GP practice
- In addition to the symptom of a cough for three weeks or more, **other symptoms of lung cancer include:**
- Chest infections that keep coming back
- Coughing up blood
- A long-standing cough that gets worse
- An ache or pain when breathing or coughing
- Persistent breathlessness
- Persistent tiredness or lack of energy o Loss of appetite or unexplained weight loss
- Early diagnosis and treatment of cancer can save lives
- For more information on cancer signs and symptoms go to nhs.uk/cancersymptom

The Facts:

Lung Cancer is the third most common cancer in England with around 40,000 cases diagnosed each year.

Around 89% of diagnosed cases are in those aged 60 and over.

Five year survival for persons diagnosed with stage 1 lung cancer is 63% compared with just 4% for those diagnosed with late stage (stage 4) lung cancer.

More than four in ten cases of cancer could be prevented, largely through lifestyle changes such as not smoking, keeping a healthy bodyweight, eating a healthy balanced diet and cutting down on alcohol.

Why is early cancer diagnosis important? | Cancer Research UK

<https://www.nhs.co.uk/conditions/lung-cancer/symptoms/>

Keeping you updated



Did you know....

Heart health improves in 2 to 12 weeks

Within just **12 weeks**, your **circulation improves**, and your heart gets **stronger**. Every smoke-free day helps your body **repair itself**.

Find free NHS Support:

<https://www.nhs.uk/better-health/quit-smoking/>

Smokefree Cornwall: This program provides free support to individuals looking to quit smoking. You can contact them via:

Phone: 01872 324200

Email: healthy.cornwall@cornwall.gov.uk

Online Enquiry: Complete their online form for assistance.

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

To read more information please visit

<https://www.nhs.uk/medicines/antibiotics/antibiotic-antimicrobial-resistance/>

BUDE PAIN CAFÉ

Are you living with chronic pain?
Or do you know someone who is?
You are warmly welcomed to join us at the Pain Café.

An informal, friendly, café which encourages people to connect with others, share experiences, and develop new ways to take control of their chronic pain.

We meet at 10am on the second Thursday of every month, in Neetside Community Centre, Bude, EX23 8LB



Socialprescribing.penhsbvnhs.net
Cornwall & Devon Pain Cafes
<https://pain.cafe>



UK Health Security Agency

How to keep antibiotics working



Don't take antibiotics for colds and flu. They won't work

Don't save leftover antibiotics for later, they don't work

Take them as directed by your GP, nurse or pharmacist



Scan the QR code to find out more



Antibiotics are used to treat or prevent some types of **bacterial** infection.

Antibiotic resistance and 'superbugs'

The overuse of antibiotics in recent years means they are becoming **less effective** and has led to the emergence of 'superbugs'

There are some strains of bacteria that have developed resistance to many types of antibiotics.

When it comes to antibiotics, take your doctor's advice on whether you need them or not.



It is **really important** that when you are invited for your **LTC (Long Term Condition) Review** you attend your appointment. You will be **invited via text, email or letter** to your appointment during your **birth month** and the review is vital to ensure **continuity of prescriptions**.

Stratton Medical Centre is an **Armed Forces Veteran Friendly** accredited GP practice, awarded by the RCGP - Royal College of General Practitioners. To read what this means please click 'About the Surgery - 'forces-veteran' on our website.

Remembrance Sunday 9th November 2025



www.strattonmedicalcentre.co.uk/about-the-surgery

Practice News



Practice information for our patients

Stratton Medical Centre new contact email addresses:

To order prescriptions please email
stratton.prescriptions@nhs.net

Opening times for the prescription line (QUERIES ONLY) option 2 between 11:00 - 12:00 & 14:00 - 15:30

Use the NHS APP to order your prescriptions

You can order your repeat prescription 24/7 at your convenience.

You can choose/change where you collect your prescription from.

Can anyone help us? We are looking for the local organization that kindly gifted Stratton medical Centre a children's playhouse in the waiting room. Post Covid this is now no longer used and we would like to return it to the owner for re-distribution.



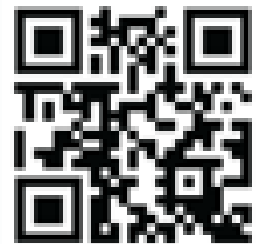
If anyone has any info on this please could you contact us 01288 352133

Need help?
Visit the NHS APP



Order repeat prescriptions in the NHS App

choose where your prescriptions are sent
request prescriptions at a time that suits you
need help? Visit nhs.uk/nhs-app



For all information on booking appointments, routine/urgent, cancelling or changing an appointment, if you need help with your appointment, home visits appointments and how we may offer you a consultation ie. By phone/email, face-to-face, please visit our website and click on **Appointments** on our homepage.

To request a routine appointment:

Use our **CONTACT ONLINE** medical request form **between 8am—6.30pm** on our website or use your **NHS Account** (via the NHS website or NHS App)

If you are unable to do any of the above, please phone us on 01288 352133 from 11.00am Monday—Friday.

www.strattonmedicalcentre.co.uk