



January

Stratton Newsletter 2026 Issue 1

Your Doctors

Dr. Charlie Morwood
Dr. Vic D'Ambrogio
Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
Dr. Emma Godson
Dr. Leo Giamvrias
Dr. Mike Trowbridge
Dr. Wisdom Aziegbe
Dr. Rebekah Gibbons
Dr. Jonathan Barron
Dr. Joy Perham

Practice Manager

Angela Sundberg

Stratton

Tel: 01288 352133

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.

WELCOME 2026!

A New Year, a New You!

What better time to start your **Quit Smoking journey** than the start of a New Year. You deserve a healthier, smoke-free life.

Create your free Personal Quit Plan

Don't know where to start? Answer some simple questions to get a free 8-step quit smoking plan made just for you! It will help you prepare for your quit date, show how much money you can save, and give tips for managing smoking triggers.

With **clear steps and support**, your plan will give you the tools to quit smoking and **stay smoke-free for good**.



Free Personal Quit Plan



Whether you need support for managing triggers and cravings, or advice on products that could help you quit, your personal plan will guide you every step of the way.
Personal Quit Plan

Quitting smoking can be tough, especially if you're relying on willpower alone, or what some people call going cold turkey.



MAKE A RESOLUTION YOU CAN KEEP



Quit smoking for good

Get your free
Personal Quit Plan

Your Health Matters

Every 2 minutes

someone finds out that they have Type 2 diabetes.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Over 40?

Then you are more at risk of developing Type 2 diabetes.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Start 2026 the right way!

Our Diabetes Care Coordinator starts her new 1:1 patient sessions looking at

- Managing Diabetes
- Preventing Diabetes
- Improving Cholesterol levels
- Nutrition and Lifestyle



Appointments are available from 2nd January 2026

To book your appointment with Rowena Hoseason, our Coast & Country Primary care Network Diabetes Care Coordinator please contact your surgery.

Fridays in Holsworthy, Wednesdays in Bude.



People with pre-diabetes are at greater risk of developing type 2 diabetes, but the risk can be reduced through lifestyle changes.

Ask for an urgent GP appointment or get help from NHS 111 if:

- you or your child has any symptoms of diabetes

You can call 111 or [get help from 111 online](#). Call 111 if you're asking about a child under 5 years old.

If you have **pre-diabetes**, you may be eligible for the **NHS Diabetes Prevention Programme**. This helps people make lifestyle changes and has been shown to help prevent type 2 diabetes.



Find out more



Symptoms of diabetes

The most common symptoms of diabetes are:

- **feeling thirsty all the time**
- **peeing more than usual**
- **feeling very tired**
- **losing weight without trying**

See a GP if you or your child:

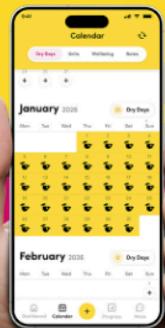
- have a higher risk of developing diabetes

Not everyone with diabetes has symptoms, so it's important to get checked out.

January National Health Campaign



BOSS YOUR... SAVINGS FITNESS SLEEP HEALTH MOOD



The Try Dry® app helps you boss your alcohol-free month and feel good all over!

The **Dry January challenge**, created by **Alcohol Change UK**, sees hundreds of thousands of people across the UK go **alcohol – free** for the month of January.

According to Alcohol Change UK, more than **15 million people in the UK are planning** an alcohol-free month in January 2026, motivated by the opportunity to improve their health, wellbeing and finances.

New Year remains a time when many look to kick-start positive changes in their lives.

Start the New Year with a 'healthy' quiz!

How healthy is your lifestyle? Take the quiz to find out! The quiz takes just 5 minutes and is completely free.

How it works

Answer questions

We'll ask about 6 areas of your lifestyle.

Get your result

This includes a score out of 10 and a summary of how you did in each section.

Get recommended apps and advice

They can help you make a change that lasts!

Email your Result (optional)

You'll also get motivational emails, focused on your areas to improve, if you score a 9 or less.

Keep Your New Year's Resolutions

Many people set health goals in January. The NHS App can help with:

- Getting Active: Access the NHS Couch to 5K running plan.
- Stopping Smoking: Find support to quit for good.
- Eating Healthier: Get advice on meals and healthy habits.
- Managing Stress: Explore resources to help you relax and stay well. (See page 5)



**No wrong answers,
just the right start.**

The Healthy Choices Quiz is free, quick, and designed to help you take small steps towards lasting changes.

It can help you eat well, move more, sleep better, and feel more in control of your health.

Search
Healthy
Choices Quiz



Do more with the NHS App!

- 🔗 Order repeat prescriptions
- 📅 Book appointments
- 🕒 View your records

And much more...

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GET VACCINATED. GET WINTER STRONG.

Flu and COVID-19 vaccines reduce the risk of serious illness in colder months



Getting your flu & Covid vaccine every year, if you're eligible, tops up your protection and reduces your risk of getting severe symptoms.

The **last date** you will be able to get your **COVID-19 vaccine is 31 January 2026**.

The **last date** you will be able to get your **flu vaccine is 31 March 2026**, but it's best to get vaccinated sooner to protect yourself during winter.



Winter Health Tips

Here are 6 simple, effective winter health tips to help you stay well during the colder months ❄️:

Boost your immunity

Eat plenty of fruits and vegetables rich in vitamin C (like citrus fruits, berries, and bell peppers), and include zinc-rich foods such as nuts, seeds, and legumes.

Stay hydrated

Cold weather reduces thirst, but your body still needs fluids. Drink water regularly and add warm options like herbal teas or soups.

Protect your skin

Use a good moisturizer and lip balm to prevent dry, cracked skin. Don't skip sunscreen—UV rays can still damage skin in winter.

Dress in layers

Layering helps regulate body temperature and prevents heat loss. Don't forget hats, gloves, and scarves, as a lot of heat escapes from the head and hands.

Keep moving

Stay active with indoor workouts, stretching, or winter walks. Regular exercise boosts circulation, immunity, and mental health.

Get enough sleep

Aim for 7–9 hours of quality sleep to help your body repair itself and fight off seasonal illnesses.

As we welcome the New Year, the **NHS encourages everyone** to look after their **health and wellbeing**. Small changes can make a **big** difference. Stay active, eat well, and check in on loved ones. Here's to a healthy year ahead! ❤️

❤️ A new year is a **fresh start** for us all.

By making healthy choices and using NHS services wisely, we can help keep ourselves and our communities well throughout the year ahead.



NHS Better health

🌟 New year, same care. Whether it's your **physical or mental wellbeing**, the NHS is here to support you. Take **small steps**, ask for **help when you need it**, and look after one another this year.



Use the QR code to discover the support that is available to you.

More ways to kickstart your health

If you want to improve other aspects of your wellbeing, we have more great free tools to support you:



NHS Food Scanner app

Start finding healthier swaps today!

Download on the
App Store

GET IT ON
Google Play



NHS Weight Loss Plan app

A 12-week plan to help you lose weight.

Download on the
App Store

GET IT ON
Google Play



NHS Couch to 5K app

A running app for absolute beginners.

Download on the
App Store

GET IT ON
Google Play



NHS Active 10 app

Track and build up your daily walks – start with 10 minutes every day!

Download on the
App Store

GET IT ON
Google Play



NHS Drink Free Days app

For the days you do not want to drink alcohol.

Download on the
App Store

GET IT ON
Google Play



NHS Quit Smoking app

Daily support to help you quit smoking and start breathing easier.

Download on the
App Store

GET IT ON
Google Play



NHS BMI calculator

Check your body mass index (BMI).

Check your BMI



Healthy Choices Quiz

Get tips on looking after your health.

Take the quiz



Your Practice

Dear patients,

As we begin the New Year, I would like to **thank our patients** for your continued support and understanding.

Our team remains **committed** to providing safe, high-quality care, and we **appreciate** your kindness and patience as we work under ongoing pressures. Looking ahead, we encourage you to **look after your health**, **attend** appointments when booked, and use the most appropriate **NHS services for your needs**. I am incredibly proud of our team.

On behalf of everyone at the practice, I wish you a **healthy** and happy New Year.

Kind regards,

Angela Sundberg
Practice Manager

On behalf of the Partners and Practice Team



Booking Appointments

For all Urgent Appointments

To request a same-day **urgent** appointment (Monday to Friday):

- phone us on 01288 352133 , Monday to Friday before 11:00am. If you're having difficulty reaching us, please select the call back option, and one of our Patient Service Advisors will return your call as soon as possible.

When you get in touch, we'll ask what you need help with.

We will use the information you give us to choose the most suitable doctor, nurse or health professional to help you.

Always call 999 if your condition is life-threatening

Routine Appointment

To request a routine appointment:

- use our **Contact us Online** between 8:00am & 6:30pm to request a routine appointment
- use your **NHS account** (through the NHS website or NHS App)
- If you are unable to do any of the above, please phone us on 01288 352133 , Monday to Friday from 11:00am

When you get in touch, we'll ask what you need help with.

We will use the information you give us to choose the most suitable doctor, nurse or health professional to help you.