



February

Stratton Newsletter 2026

issue 2



Heart Month

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

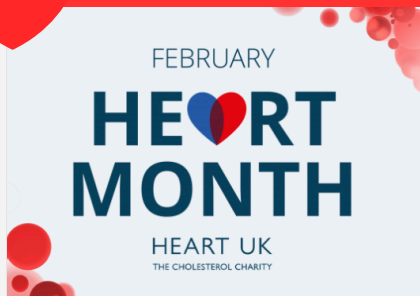
Monday to Friday.

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

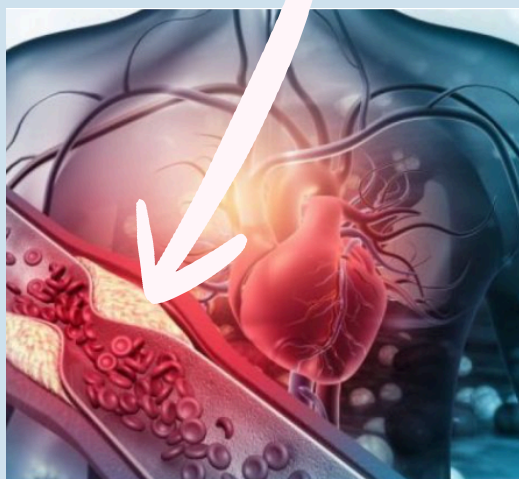
EXTENDED ACCESS

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.



Fatty deposits can narrow the artery.



Cholesterol can clog up the arteries that carry blood around the body, making them narrower and causing blood clots.

High cholesterol is very common, but most people don't know they have it because it doesn't usually have any symptoms. That's why everyone should have a cholesterol check.

During February learn about cholesterol and adjust your lifestyle for a healthy heart.

Did you know that almost 1 in 2 adults in the UK have high cholesterol?

Take action during Heart Month to reduce your risk of developing heart and circulatory diseases.

What is high cholesterol?

We all need some cholesterol in our blood to stay healthy, but too much can lead to serious health problems such as heart attacks and strokes.

Cholesterol levels can be affected by several factors including lifestyle, diet, genetics and health conditions such as diabetes.



Find out about cholesterol

Use the QR code to find out more information

Health Campaign - Healthy continued

Every 3 minutes, someone in the UK dies from cardiovascular disease.

Whether it's losing a loved one to cardiac arrest or coping with the devastating impact of heart failure, far too many of us have felt the pain that cardiovascular diseases cause.

What makes up a heart-healthy diet?

Vegetables, pulses (such as peas, beans and lentils), fruits, nuts, seeds and wholegrains are full of nutrients and good for your cholesterol and your heart.

- Eat some low-fat dairy products or fortified dairy alternatives (avoid added sugar/sweeteners)
- Swap saturated fats for heart-healthy fats
- Include starchy foods which are high in fibre
- Cut down on sugary foods and drinks
- Eat three small meals a day with one or two healthy snacks in between
- Make healthy choices when you eat out



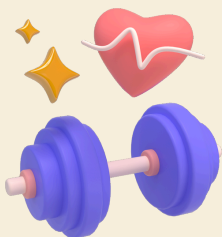
Heart UK 7 day Meal Plan

Use the QR code to try
the Heart UK 7 DAY Meal
Plan

Calculate your BMI using
the QR Code



Calculate your BMI



Keeping your weight down and looking after your waistline has never been easy, but will help you to look after your cholesterol and protect your heart. It can also lower your blood pressure and your risk of Type 2 diabetes.

It's not just your weight that's important, it's your shape too. If you carry extra weight around your middle (known as 'apple shape') you're more likely to develop heart and liver disease than if you carry your weight all over your body or around your hips and thighs (known as 'pear shape').

Your BMI (body mass index) is a measure of your weight in relation to your height and it can give you an idea of whether you're a healthy weight.

A healthy BMI is between 18.5 and 25. A BMI higher than this means you're at a higher risk of health problems. Use the QR code above to find out your BMI score.

Oesophageal Cancer Awareness Month

February 2026



Oesophageal cancer is a cancer that's found anywhere in the oesophagus. How serious oesophageal cancer is depends on **where it is** in the oesophagus, how big it is, if it has spread and your general health.



Main symptoms of oesophageal cancer

There are many possible symptoms of oesophageal cancer, but they might be hard to spot.

They can affect your digestion, such as:

- having problems swallowing (dysphagia)
- feeling or being sick
- heartburn or acid reflux
- symptoms of indigestion, such as burping a lot

Other symptoms include:

- a cough that is not getting better
- a hoarse voice
- loss of appetite or losing weight without trying to
- feeling tired or having no energy
- pain in your throat or the middle of your chest, especially when swallowing
- black poo or coughing up blood (although these are uncommon)
- If you have another condition, such as gastro-oesophageal reflux disease, you may get symptoms like these regularly.



OPA Cancer Charity



When to get medical advice

See a GP if you have:

- you have problems swallowing
- you've lost a noticeable amount of weight
- you have heartburn most days that lasts for 3 weeks or more
- you have symptoms of oesophageal cancer that get worse
- you have a condition that causes digestion symptoms and they're not getting better with your usual treatments

Or visit <https://www.nhs.uk/conditions/oesophageal-cancer/>

Health Updates

Bowel cancer screening in England is improving. Find out how ↓
FIT kits, sent to everyone **aged between 50 and 74**, will now be checked at a lower threshold. This means smaller amounts of blood in poo samples can be spotted — **helping to find signs of cancer earlier**, treatment can be more successful.

It's the same simple test, just better at picking things up even earlier. Most people who use their kit won't need further tests.

When your kit arrives, **put it by the loo. Don't put it off.**

Read more about bowel cancer screening:

The advertisement features two panels. The left panel shows a white box for the 'FIT' kit with the NHS logo and instructions: 'Bowel cancer screening is improving', 'LIFT FLAP TO OPEN', and 'OPEN HERE'. Below the box is a green box with the text 'Screening saves lives'. The right panel shows a toilet with a shelf above it holding the kit and other toiletries. Text on the right panel includes: 'When your kit arrives, put it by the loo. Don't put it off.', 'It could save your life.', and 'Help us help you'.

<https://www.nhs.uk/tests-and-treatments/bowel-cancer-screening/>

Brave the big talk

Time to Talk Day this February. (5th)

<https://www.mind.org.uk/get-involved/time-to-talk-day/>

encouraging you to brave the **big talk** – and have conversations about mental health experiences that might still feel a bit unspoken. We've made great progress in destigmatising mental health problems and improving attitudes. But we need to keep going. There are still times when what we are living through can feel really big and difficult to talk about.

The advertisement features a portrait of a man with a mustache. Text on the image includes: 'I didn't think I'd feel happy again', 'NHS Talking Therapies can help', 'Mental health matters', and 'Help us help you'.

The infographic features a central circular image of a man and a woman talking. Surrounding the image are six text boxes with advice: 'It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.', 'Ask 'open' questions and listen - give the person space to share how they are feeling.', 'Don't try and 'fix' things - just talking can be really powerful. Don't give advice unless you asked, just be there to listen.', 'There may not be a 'good time' and you might want to chat while you are doing something else, like walking or cooking.', 'Be patient - No matter how hard you try, some people might not be ready to talk about what they're going through.', and 'Mental health problems are more common than people think.'

5 Steps to help your mental wellbeing

- **Connect with other people**
- **Be physically active**
- **Learn a new skill/hobby**
- **Give to others - research shows acts of kindness can improve mental wellbeing**
- **Focus on the present moment (mindfulness)**



Have you tried the NHS new Healthy Choices Quiz? -
‘take your first little step to healthy’.

After capturing some basic demographic information, the quiz asks you to reflect on your health motivations before guiding you through a series of lifestyle questions spanning **six key themes**: movement, eating, alcohol consumption, smoking and vaping, mental health and sleep.

You will then receive a score out of 10 with insights for each of these areas and, most importantly, are given personalised recommendations such as NHS apps, expert advice, and resources.

You can also opt into an email programme for ongoing tips and support.

Pharmacy First **NHS**

Treatment for common conditions without a GP appointment

Sore throat 5 years and over	Earache 1-17 years
Sinusitis 12 years and over	
Infected insect bites 1 year and over	
Impetigo 1 year and over	Shingles 18 years and over
Uncomplicated urinary tract infections Women 16-64 years	

With the **Pharmacy First service**, you can visit your local pharmacy for expert advice and treatment for many common conditions - **no need to wait for a GP appointment**. It's fast, convenient, and safe, with trained pharmacists who can provide prescription-only medicines like antibiotics. The **service is free**, following normal NHS prescription rules.



Find a pharmacy if you are away from home in the UK

Croup is a common childhood condition that affects the windpipe, the airways to the lungs, and the voice box.



It mainly affects babies and young children, typically those aged between 6 months and 3 years, though most cases occur in 1-year-olds.

Your Practice



We welcome our new Nurse - **Laura Welch** who will be working 4 days a week, 2 days working with chronic disease management and treatment room duties, and 2 days as a nurse practitioner, supporting the on the day team with patients requiring same day appointments.

We also welcome our new Patient Service Advisor, **Deborah Smart** to our team.

We wish our new members well in their new roles at Stratton Medical Centre.

Your community

Health Checks

at Holsworthy Livestock Market in 2026
Market Cafe on 3rd Wednesday of the month.

January 21 st	July 15 th
February 18 th	August 19 th
March 18 th	September 16 th
April 15 th	October 21 st
May 20 th	November 18 th
June 17 th	December 16 th

Your Health Matters

Our Coast & Country Primary Care Network staff are offering a number of free checks to monitor your health and wellbeing.

- Blood Pressure Check
- Blood Sugar Test
- Height and weight
- Healthy Living - smoking/drinking

Healthcare where you are



Cuppa Companions

1st and 3rd Thurs each month
10am - 12pm



Stop smoking. Start living.

Free Stop Smoking Support Session

Come along and get support from our friendly stop smoking advisors - with support you're 3 times more likely to succeed.

Bude

Berries Community Cafe
Every fourth Tuesday
10:00 - 12:00

Our sessions are completely FREE



To book your place:
Call us on 01872 324200
Email us at
healthy.cornwall@cornwall.gov.uk

www.healthycornwall.org.uk

For more information on our services:



Kernow Health
Improving the health of the people of Cornwall

DIABETES AND YOU

Have you recently been diagnosed or are you living with **type 2 diabetes** and would benefit from healthy lifestyle support to better manage your diabetes?

Diabetes and You is a free course for adults living with type 2 diabetes, delivered with your local GP practice and led by trained diabetes educators who will make you feel welcome.

The course will help you to learn about diabetes and help you feel more confident about managing your diabetes. We will talk about diabetes and glucose, medication, food and healthy lifestyle choices and where to get help and support.

The sessions are informal, friendly, and non-judgemental. You can share your experiences of diabetes and ask questions if you would like to.

You will meet other people with diabetes with the option to bring a family member or friend for support.

For more info please contact Rowena, Diabetes Care Coordinator, via reception at your surgery

NEW F2F GROUP SESSIONS START SOON
Tuesday evenings
6pm to 7.30pm
April 7th, 14th & 21st
at Stratton, N Cornwall
Contact Rowena via your GP surgery for further info & to reserve your place!

 Cornwall and Isles of Scilly Integrated Care System

DIABETES LIFESTYLE SUPPORT SESSIONS - STARTING SOON!

DIABETES & YOU is a **free NHS course** delivered at a local GP surgery for people with Type 2 diabetes. There are three 90-minute sessions, led by trained diabetes educators.

These informal, friendly sessions help people feel more confident about managing diabetes.

DATES & TIMES: Tuesday evenings, 6pm to 7.30pm, April 7th, 14th and 21st

OPEN TO any patient with Type 2 diabetes registered at Stratton, Neetside, Hatherleigh, Bradworthy or Holsworthy surgery.

RESERVE YOUR PLACE by contacting Rowena, PCN Diabetes Care Coordinator, via reception at your surgery.

www.strattonmedicalcentre.co.uk