



# February

Stratton Newsletter 2026

issue 2



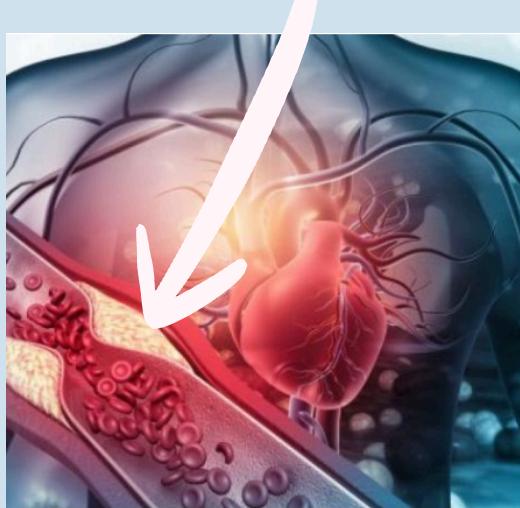
## Heart Month

FEBRUARY

## HEART MONTH

HEART UK  
THE CHOLESTEROL CHARITY

Fatty deposits can narrow  
the artery.



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.

**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.



Find out about cholesterol

Use the QR code to find out  
more information

### Your Doctors

Dr. Charlie Morwood  
Dr. Vic D'Ambrogio  
Dr. Viv Gillanders  
Dr. John Lamb  
Dr. Judy Parsons  
Dr. Emma Godson  
Dr. Leo Giamvriasis  
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.

Your Health Matters

# 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



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



Calculate your BMI using  
the QR Code



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.



#### 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:



<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.



## 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'.

**What's your Healthy Choices score?**

The hamster's name is Doug, and its score is 6/10.

Scan me 

Or search [NHS Healthy Choices Quiz](#) today and get the right plan for you.

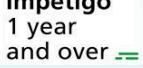
After capturing some basic demographic information, the quiz asks you to reflect on your health motivations before guiding you through a series of lifestyle questions spanning **six key themes**: movement, eating, alcohol consumption, smoking and vaping, mental health and sleep.

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

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.

[ukhsa.blog.gov.uk](#)

**A parent's guide to croup: what are the symptoms and when to seek medical advice**



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 3<sup>rd</sup> Wednesday of the month.

January 21<sup>st</sup>  
February 18<sup>th</sup>  
March 18<sup>th</sup>  
April 15<sup>th</sup>  
May 20<sup>th</sup>  
June 17<sup>th</sup>

July 15<sup>th</sup>  
August 19<sup>th</sup>  
September 16<sup>th</sup>  
October 21<sup>st</sup>  
November 18<sup>th</sup>  
December 16<sup>th</sup>

**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 3<sup>rd</sup> Thurs each month  
10am - 12pm  
BERRIES COMMUNITY CAFE

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](mailto:healthy.cornwall@cornwall.gov.uk)

For more information on our services: 



**Kernow Health**  
Improving Lives. Protecting the Health 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 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.