



March

Stratton Newsletter 2026

issue 3

Getting the Most Out of Your GP Appointment

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.

Before Your Appointment

- Decide your main concern (prioritise 1–2 issues).
- **Write down** your symptoms: when they started, how often they occur, what makes them better or worse, and how they affect daily life.
- **Bring a list** of all medications (including over-the-counter and supplements).
- **Bring relevant readings** (e.g., blood pressure, blood sugar) and recent letters or results. **Arrive 5 mins early** and use the self check pod in the waiting room to record your readings.
- **Think about** what you are hoping for (advice, tests, treatment, referral, medication review).

During Your Appointment

- **Start with** your main concern: "The main thing I'm worried about is..."
- **Be open and honest**, including sensitive concerns.
- **Ask questions** if unsure: What is the likely cause? Do I need tests? What are the treatment options?
- **Check you understand the plan** before leaving (next steps, results, follow-up).



After Your Appointment

- **Take** medication as advised.
- **Arrange** any tests or referrals promptly.
- **Seek help** if symptoms worsen or change

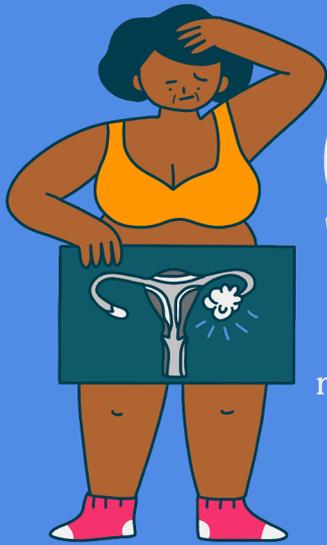


A standard
Doctor's
appointment
is
10 minutes.



Extra Tips

- Arrive a few minutes early.
- Bring glasses or hearing aids if needed.
- Consider bringing a trusted person for support (if appropriate).
- Use online consultation tools for simpler issues when available.



90%

of women do not know the four main symptoms of ovarian cancer.

ovarian.org.uk

OVARIAN CANCER SYMPTOMS

- Tummy pain
- Bloating
- Feeling full
- Needing to pee more

Ovarian cancer symptoms can also include indigestion, back pain, changes in bowel habits, post-menopausal vaginal bleeding, and extreme tiredness.

ovarian.org.uk



WHEN TO SEE A DOCTOR

If you're experiencing persistent or frequent tummy pain alongside other symptoms such as bloating, feeling full quickly, changes in bowel habits or unexplained weight loss, then it's worth speaking to your GP.

Early action can make a big difference.



Two thirds of those with ovarian cancer are diagnosed too late when the cancer has already spread. We're now in an awareness crisis.

<https://ovarian.org.uk/ovarian-cancer/>

The Facts:

- Ovarian cancer is a type of cancer that affects the ovaries, which are part of the female reproductive system.
- Every 2 hours another woman dies from ovarian cancer. It kills more women in the UK than womb, cervical, vulval, and vaginal cancers combined.
- Ovarian cancer most commonly affects women over the age of 50, but ovarian cancer can affect women of all ages.
- One in four women mistakenly think their smear test will detect the disease.
- Symptoms are often mistaken for less serious conditions like IBS.

7000+
women are
diagnosed with
ovarian cancer
each year

1 in 5
women know
that bloating is a
symptom of
Ovarian Cancer

40%
of women believe
that cervical
screening detects
ovarian cancer

National Health Campaign - Prostate Cancer Awareness

In the UK, **Prostate Cancer Awareness Month** takes place every **March**, shining a spotlight on the most common cancer in men across the country. Led by charities such as Prostate Cancer UK, the campaign **encourages men** to understand their risk, speak openly about symptoms, and consider getting tested.

“In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime” - Prostate Cancer UK

We don't know exactly what causes prostate cancer but there are some things that may mean you are more likely to get it – these are called risk factors.

There are three main prostate cancer risk factors, which are things you can't change. These are:

- getting older – it mainly affects men aged 50 or over
- having a family history of prostate cancer
- being Black.

"Men are particularly bad at asking for support when faced with an operation on their prostate and the after effects" - Errol (Macmillan Cancer website)

<https://www.macmillan.org.uk/cancer-awareness/prostate-cancer-awareness-month>

One of the key messages during March is the importance of **knowing your risk and discussing testing with a GP**. The PSA (prostate-specific antigen) blood test is available **free on the NHS for men over 50 who request it**, even if they do not have symptoms. Early detection can make a significant difference, as prostate cancer is often treatable when caught in its early stages.

Many men may feel uncomfortable talking about urinary symptoms or seeking medical advice, which can delay diagnosis. The March Campaign focuses on promoting honest conversations among families, friends, and workplaces, reminding men that checking their risk is a responsible and potentially life-saving step.

You can find out more at <https://prostatecanceruk.org>





Measles spreads fast.

It can make children seriously unwell.

Vaccination is the best protection.

Important

Stay off nursery, school or work for at least 4 days from when the rash first appears.

Also try to avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

We are seeing a **rise in measles cases in parts of England.**

Vaccination is the most effective way to protect children from serious illness.

We're **encouraging parents** to check their children are up to date with their vaccinations. Check your **child's red book** or **speak to their GP practice.**

More information:

<https://www.nhs.uk/vaccinations/mmr-vaccine/>

Measles usually starts with cold-like symptoms, temperature, followed by a rash a few days later. Some people may also get small spots in their mouth. Spots can be measles raised and join together to form blotchy patches. They're not usually itchy.



THE POWER TO QUIT IS IN YOUR HANDS

Get the free NHS Quit Smoking App



Breathe easier and celebrate a smoke-free life.

National No Smoking Day, March 11th 2026 is an annual health awareness day in the UK, aiming to inspire and support smokers to quit for good.

"The power to quit smoking is in your hands"



If you **live in Cornwall** and currently smoke, you could be eligible for **FREE** support.

It's easy to get started and we will be there throughout your journey to help you stop smoking for good.

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

NHS

Search **Every Mind Matters**

for more free ways to boost your mood

Better Health every mind matters



NHS

Be more active



Better Health every mind matters

Do little things every day like going for a walk and getting fresh air to help lift your mood.

NHS

Play some music



Better Health every mind matters

Music is a brilliant way to boost your mood. Try moving your body in time with the beat.

We **all** have times when we feel low, anxious or overwhelmed and it's not always easy to know what to do to feel better. The website below is full of tips, self-care ideas, a Free Mind Plan tailored to you and more.

<https://www.nhs.uk/every-mind-matters/>

NHS

Switch up your activity



Better Health every mind matters

List enjoyable activities and do some each day. Start easy and progress - watch your mood improve as you go.

SYMPTOMS OF DIABETES



COAST & COUNTRY
PRIMARY CARE NETWORK

-  Weeing more often
-  Being really thirsty
-  Wounds slow to heal
-  Losing weight
-  Feeling tired
-  Blurred eyesight
-  Genital itching and thrush

If you are experiencing symptoms like these, contact your surgery for a GP appointment, or talk to Rowena, our PCN Diabetes Care Coordinator

diabetes.org.uk/symptom

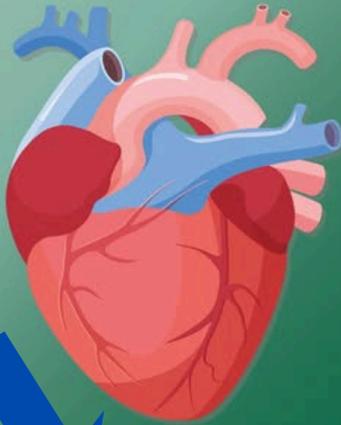


DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). ©Diabetes UK 2021

NHS

Find out if your heart age is higher or lower than your actual age



<https://www.nhs.uk/health-assessment-tools/calculate-your-heart-age>

Your Community

Stop smoking. Start living.

Cornwall
Air Ambulance

HeliHike

To sign up, visit
<https://cornwallairambulancetrust.org/event-challenge/heli-hike/>

Saturday 25 April 2026 Bude Food to finish & live DJ



Bring your furry four legged friends along 🐾



Family friendly event, for all ages 🌈



Fundraise to help save lives 🙏

Healthy Cornwall

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.

Our sessions are completely FREE

Bude

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



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

For more information on our services:



www.healthycornwall.org.uk

WOMEN'S HEALTH GROUP

EMPOWERING WOMEN THROUGH THE MENOPAUSE

- ✨ All women welcome (ages 35-70)
- ✨ FREE to attend

A supportive 10-week programme designed to help you navigate the perimenopause and menopause with confidence, knowledge and community.

Our weekly sessions combine expert-led talks and gentle therapeutic practices, giving you practical tools to support your health, wellbeing and day-to-day life during this transformational stage.

Dates & Times:

Tuesdays, 6-8pm
Starting **Tuesday 24 February 2026**

Location:

Berries Community Café
40 Berries Avenue, Bude, EX23 8QE



BERRIES
COMMUNITY CAFE

How to join:

Spaces are limited
To sign up, please email womenshealth@mail.co.uk

COMMUNITY HEALTH

ACTIVITY DROP-IN SESSIONS

Monthly drop-in sessions introducing those with long-term illnesses to the benefits of physical activity. There's a range of activities to try including*:

- Pickleball
- Gym taster
- Chair based exercise
- Soft tennis

You'll also have the opportunity to chat with specialist community groups like Arthritis Trust, MS Society and Parkinson's UK.

Location: Bude Leisure Centre

Date: 26th March - 23rd April

Time: 10am - 12pm

No booking required so we look forward to seeing you there.



CORNWALL COUNCIL

BETTER

*Not all activities will be available at every centre. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 277920. Registered office: Millington House, The Royal Arsenal, London, SE18 6SN. Inland Revenue Charity no. 10841398