



Stratton Newsletter 2026

issue 4

Get boosted this spring!



Texts have now gone out and letters sent, inviting people in the eligible groups to take up the invitation to book into one of our vaccination clinics.

Clinics will start from 13th April.

Please feel free to call if you are eligible and not yet received an invite

After so many years of vaccinations, it is understandable that people may feel they have had enough but Covid is very much still with us and continues to cause health problems affecting families and health services across the country.

The vaccination programmes have **helped people most at risk from severe illness from the complications that the Covid 19 virus can bring.**

We would not be doing our job properly if we didn't encourage those who are eligible to book into one of the April clinics.

Vaccination will be offered in England in spring 2026 to:

- adults aged 75 and over
- residents in care homes for older people
- individuals aged 6 months and over who are immunosuppressed

Our clinics will be held on the following dates for those eligible patients - please call the surgery to book your appointment on 01288 270342 10am – midday, 2pm – 4pm

Tuesday 14th April midday – 2pm

Wednesday 15th April

8am – 8.30am, 1pm – 2pm, 5pm – 6pm

Thursday 16th April

8am – 8.30am, Midday – 2pm, 5pm – 6pm

Friday 17th April 8am – 9am, Midday – 2pm

Saturday 25th April

8.30am – 12.45pm, 2pm – 5pm

We kindly ask patients to turn up at your given appointment time and not before as this will result in the car park congested.

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.

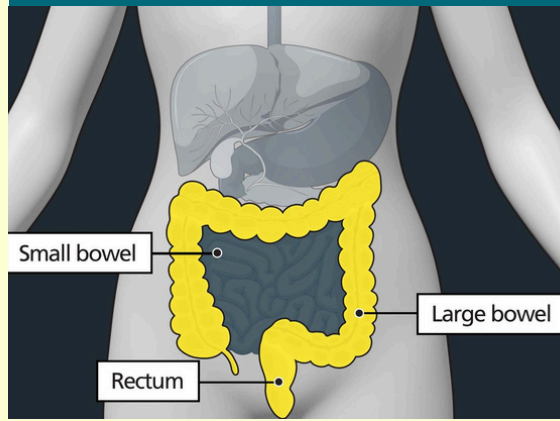
EXTENDED ACCESS

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.

Your Health Matters

April National Health Campaign - Bowel Cancer



Bowel cancer is cancer that's found anywhere in the large bowel, which includes the colon and rectum. The large bowel is part of your digestive system. It helps absorb water from your food and removes food waste from your body. How serious bowel cancer is depends on **how big the cancer is**, if the cancer has spread, and your general health.

Bowel cancer is the fourth **most common types of cancer in the UK**.

Bowel cancer screening can pick up bowel cancer early, which may mean it's easier to treat.

Main symptoms of bowel cancer

Symptoms of bowel cancer may include:

- changes in your poo, such as having softer poo, diarrhoea or constipation that is not usual for you
- needing to poo more or less often than usual for you
- blood in your poo, which may look red or black
- bleeding from your bottom
- often feeling like you need to poo, even if you've just been to the toilet
- tummy pain
- a lump in your tummy
- bloating
- losing weight without trying
- feeling very tired or short of breath – these are signs of anaemia, which can be caused by bowel cancer



See a GP if:

- you have any symptoms of bowel cancer for 3 weeks or more

Try not to be embarrassed. The doctor or nurse will be used to talking about these symptoms.



Bowel screening kits are automatically posted to people aged 50 - 74



One third of people sent a screening kit do not use it.

Bowel screening is offered every 2 years

National Health Campaign

TESTICULAR CANCER AWARENESS MONTH



Testicular cancer is the most common cancer in men aged 15 to 45. Yet, for many young and middle-aged guys, it's not even on their radar.

Over **2,500 men are diagnosed** with testicular cancer in the UK, but it is over **96% curable** and, when detected early, requires less treatment. Nevertheless, many men don't like to talk about their balls and find it a struggle to go to the GP. We would like to **encourage men** to check themselves regularly and feel confident to see a GP if they have any concerns.



The most common symptom of testicular cancer is a lump in a testicle. But there may also be other signs and symptoms: swelling in a testicle – this is usually painless, but it may sometimes suddenly get bigger and become painful a dull ache, pain or a feeling of heaviness in the scrotum.

<https://itsinthebag.org.uk/about/about-us/>

Supporting men with Testicular Cancer in the South West

With a UK treatment cure rate of above 96%, it's great to have a South West organisation working alongside the clinicians to support our menfolk, offering upbeat information on how to check testicles, diagnosis, support during treatment, and how to manage wellbeing after a cancer diagnosis.

Testicular cancer is one of the most treatable cancers, especially when detected early.

Spreading knowledge promotes earlier diagnosis, which often means simpler, more effective treatment and better chances of a cure. It's far too important to be embarrassed about.

If you are at all concerned about testicular lumps and bumps, or changes that are not usual for you, please contact the surgery.



Possible symptoms for testicular cancer



A lump or swelling in part of one testicle



A testicle that gets bigger



Heavy feeling in scrotum



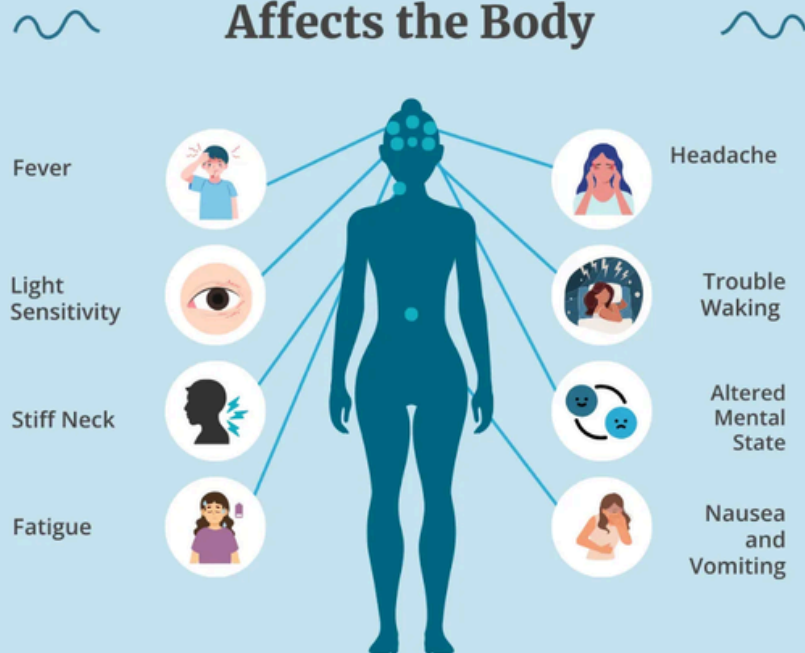
Discomfort or pain in your testicle or scrotum

Take charge of your health, know the signs, and get checked if something doesn't feel right.

NHS information can be found at:

<https://www.nhs.uk/conditions/testicular-cancer/>

How Meningitis Affects the Body



What is Meningitis?

Meningitis is an infection of the protective membranes that surround the brain and spinal cord (meninges).

It can **affect anyone**, but is most common in **babies, young children, teenagers and young adults**.

Meningitis can be **very serious** if not treated quickly.

It can cause life-threatening sepsis and result in permanent damage to the brain or nerves.

Trust your instincts and do not wait for all the symptoms to appear or until a rash develops. Someone with meningitis or sepsis can get a lot worse very quickly.

<https://www.nhs.uk/conditions/meningitis/>

Meningitis is usually caused by a bacterial or viral infection.

Bacterial meningitis is rarer but more serious than viral meningitis.

Infections that cause meningitis can be spread through:

Sneezing, coughing & kissing

Meningitis is usually caught from people who carry these viruses or bacteria in their nose or throat but are not ill themselves.

It can also be caught from someone with meningitis, but this is less common.

DON'T DELAY - Call 999 for an ambulance if you think you or someone you look after could have meningitis or sepsis.



: Paracetamol Safety

Paracetamol is safe and effective—when used correctly

With Paracetamol:

Stick to the recommended dose

Don't take with other meds that also contain paracetamol

Leave enough time between doses

Taking too much can seriously harm your liver.

Question:

Did you know paracetamol is in many cold & flu remedies?



: Ibuprofen – Yes or No?



Ibuprofen can be great for pain and inflammation—but it's **not for everyone**

Ibuprofen may **NOT** be suitable if you:

Have stomach issues

Have kidney problems

Are pregnant

Always take it with food to protect your stomach.

Not sure what's right for you? **Ask** your pharmacist or GP.

Question:

Did you know ibuprofen isn't suitable for everyone?

Are you a Young Carer?



If some of these statements sound like you, you may be a young carer.

Practical Support

Cooking, housework, shopping and gardening.

Physical Care

Helping the cared for in/out of bed, around the house, outside the home

Managing the family budget

Paying bills, seeking benefits, working to contribute financially

Dealing with Medication

Collect prescriptions, give medication, attending appointments

Emotional Support

Listening, talking and showing empathy

Personal Care

Undressing/dressing, bathing, using the toilet

Support with communication

Making calls, relaying needs to professionals, helping sibling communicate

Looking after my siblings

Feeding, bathing, dressing, homework, emotional support

A young carer is someone aged 18 or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after a family member or friend of the family.

If you're not sure if you are a young carer you can give Cornwall Carers Service a call **01736 756655**

or email

kernowyourcarers@barnardos.org.uk

Visit their website at

<https://www.cornwallcarers.org.uk/kernow-young-carers>



We're here to help Young Carers manage their caring responsibilities while still enjoying life, learning, and time for themselves.

Our support includes:

Information, advice, and guidance – by phone or through your school

1-to-1 support – tailored help for Young Carers and Young Adult Carers

Activities and events – held regularly, including during school holidays



Check out information about Young Carers from the Carers Trust website

<https://carers.org/help-for-carers/introduction>



If you're a young carer, or know someone who is, we recommend that you tell your GP that you are a carer. This will enable the surgery team to better support you with your caring role and with your own health.

PATIENT POD

Our patient pod area at Stratton Surgery is available in our waiting room, to any patients registered at the practice to enable independent monitoring of the following:

- **Blood pressure monitoring**
- **Weight measurement**
- **Height**

Your results will be automatically uploaded to your records. Arrive 5 minutes before your appointment and use this service.



Using the pod can:

- Save time during your appointment leaving more time to talk about your problem.
- It helps monitor long-term conditions (use the patient pod when you like)
- Encourages you to be aware of your own health.
- Blood pressure readings can be more accurate - some people experience “white coat syndrome” blood pressure rises when measured by clinicians.

If you would like to use our patient pod area and need a little help in doing so, please ask one of the reception team to show you.

If you have been asked to monitor your blood pressure at home, here are some handy tips to help you get accurate readings.



1. Before you Measure

- Sit quietly for 5 minutes
- Avoid caffeine, alcohol, smoking or exercise
- Empty your bladder - yes, it actually matters!



2. Position Matters

- Sit upright with back supported.
- Keep your feet flat on the floor.
- Rest your arm on the table so the machine cuff is at heart level.



3. Build Good Habits

- Measure at the same time every day (ie. morning and evening)
- Keep a log of your readings
- Bring your readings to your GP surgery as per instructions.



3. Using the Cuff Correctly

- Place the cuff on bare skin.
- make sure it's snug but not too tight (you should fit one finger underneath)
- Use the correct cuff size - too small/large can affect the results.



4. During the Reading

- Stay still and quiet
- No phone or conversation
- Take 2-3 readings about 1 minute apart and average them.

IMPORTANT!

If you consistently get high readings (around or above 130/80 mmHg), contact your GP Surgery.



**STAFF
UPDATES**

We wish **Tao Toms** all the best on her new venture as she leaves our Stratton Team.

We welcome **Vicky Whitehouse** to our clinical team and wish her well in her new role.