



June

Stratton Newsletter 2026

issue 6

Care for Carers

Carers Week 8th - 14th June is an annual campaign to raise awareness of the challenges unpaid carers face and to recognise the contribution they make to families and our local community.

This years theme is 'Building Carer Friendly Communities'

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.

Building Carer Friendly Communities



Save the date
8-14 June 2026



A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It isn't someone who volunteers or is employed to provide support.

Cornwall Carers Service - Provide support for unpaid and informal carers in Cornwall.

- Adults Carers (26+)
- Young Adult Carers (18-25)
- Young Carers (Under 18)

<https://www.cornwallcarers.org.uk/>



Please click on the info links, or share the info in our newsletter, if you are or know anyone who is an unpaid carer

OUR COMMITMENT TO CARERS ↓

- To identify those people registered at our practices who are carers and offer them support
- To offer annual health checks to carers
- To provide free annual flu vaccinations to registered carers
- To give information, via our social prescribers, about financial, emotional, social and respite support services in the local community
- To help access to domiciliary services (services at home) as appropriate
- To increase awareness of the support available to carers through information available at our practices, on our website and on social media platforms
- To highlight the work of our local carer support agencies:

CORNWALL CARERS SERVICE to enable those in an unpaid caring role to access peer and local support groups

CORNWALL CARERS SERVICE
A WHOLE AGE SERVICE

ARE YOU A CARER?
A Carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a condition that affects their mental or physical wellbeing or an addiction cannot manage without their support. Our services include, emotional support, information, advice and guidance, statutory assessment, access to grants, community support, carer specific training and dedicated support for all carers.

SUPPORT FOR THOSE WHO CARE

SCAN ME

Advice Line:
01736 756655

www.cornwallcarers.org.uk
www.kernowyoungcarers.co.uk



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



Parents - study tips for your child's exams



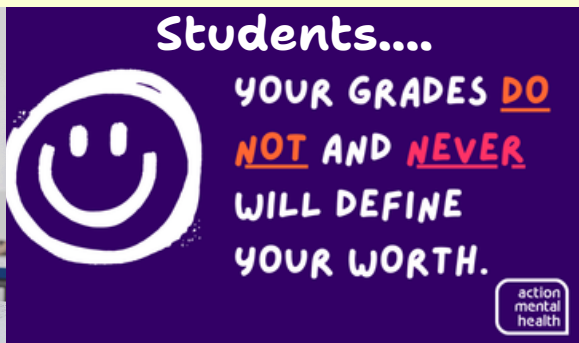
Top tips for studying 😊

↓ for more info



<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

- **Take time to plan:** Prepare a study plan for the day, keeping in mind your weekly goal/s - make sure it is balanced with other important things such as work, fun, entertainment and social activities.
- **Prioritise:** Be realistic about what days/times you can study and how long for. Too much can make you feel overwhelmed.
- **Study with peers/friends:** Two heads (or more) are sometimes better than one for certain tasks. Studying with peers can be good to challenge, discuss and also keep you motivated.
- **Look after yourself and take breaks when you need to:** Self-care doesn't need to be complicated! Try an activity in between studying to refresh your mind. Eat things to fuel your body. Stay active after studying. Take regular breaks.
- **Stay focused:** Think about what time of day you have the most energy and plan to study then. Some people focus better at night when the house is quiet, while others may have mental energy in the morning.
- **Be prepared:** Knowing what works for you can make your studying more enjoyable. Find your groove - write things down to absorb the information. Use practice exam results to see where to focus on. Look over previous exam papers.
- **The day before the exam:** Revise your notes but avoid 'cramming'. Familiarise yourself with where your exam is, what time it is, and what you'll need to bring. Do something fun or relaxing to recharge your mind, and definitely try to get a good night's sleep (don't stay up until the early hours of the morning studying – as tempting as it may be!).
- **Day of the exam:** Keep your usual routine. Stay positive and believe in yourself and the preparation you've done. Plan something fun to do afterwards so that you have something to look forward to.



For further information ↓

<https://www.amh.org.uk/dealing-with-exam-results-stress/>



8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes.

This is diabetes stigma. And it causes real harm to millions.

That's why we're on a mission to 'Strike Out Stigma'.

To show people that nobody chooses diabetes. That it isn't anyone's fault. And that by changing the way we talk about diabetes, together we can create a world where diabetes does no harm. -

Diabetes UK <https://www.diabetes.org.uk/support-us/diabetes-week>



We are so lucky to have our **PCN dedicated Diabetes Care Coordinator, Rowena Hoseason:**

Rowena works alongside our nursing and GP teams to help support patients who already have or who might develop Type 2 diabetes in future.

Many of the **serious long-term complications associated with diabetes** can be prevented or reduced, and she works 1:1 with patients to identify the easiest and most effective tactics for their personal situation.

Rowena's background in clinical nutrition and more than **20 years** of personal experience managing diabetes means that we can look for practical, real-world strategies - taking into account other conditions like high BP or cholesterol, gallstones or liver issues.

Over the last three years it's been **especially rewarding** to see many people who've successfully lowered glucose levels, often reducing the amount of medication needed, sometimes returning glucose to the normal range - **either preventing or putting diabetes into remission.**

There are also several **brilliant programmes** to help support people with or at-risk from diabetes, like the **NHS diabetes prevention programme**, or the **'soups and shakes' Path to Remission scheme.** If patients are interested in these, we can talk through the details and arrange a referral.

And of course there's also our **PCN's in-house Diabetes & You programme** which **health coach Helen** and I present. This is for anyone with Type 2 diabetes, and offers three F2F group sessions. More than **75%** of the people who attend this programme lower their glucose levels in the next 12 months - and improve many other aspects of health and wellbeing at the same time.

Rowena is also one of the people working behind the scenes - it might be Rowena who invited you for a blood test or left a reminder on your voicemail! Or you might see her at a health fair or wellbeing event, providing info about diabetes prevention and management.

If you ever have any questions about diabetes, she is always happy to have a chat either on the phone or F2F at Holsworthy, Stratton and Hatherleigh. Just contact her via reception at your own surgery.

Rowena Hoseason 😊



FREQUENT URINATION



FEELING THIRSTY



FEELING HUNGRY



EXTREME FATIGUE



BLURRY VISION



CUTS ARE SLOW TO HEAL



WEIGHT LOSS



NUMBNESS IN THE HANDS/FEET



Men's Health Week

Join us in ensuring mental health and physical health are equally valued



15 - 21 JUNE



- Boys and men often experience **undiagnosed mental health issues**, with behavioural problems in boys leading to poor lifetime outcomes. "Evidence suggests that boys and men are less likely to seek mental health care, yet suicide rates among young men and men generally remain high" (Department of Health & Social Care).
- Around **three quarters of suicides** registered in England and Wales in 2023 were male (75.3%)
- Four in five suicides are by men, with **suicide the biggest cause of death for men under 35**

Men's Health Week 15-21 June 2026

<https://www.matesinmind.org>



Samaritans

Call Samaritans for free 24/7 on 116 123



Be A Mate

Text "BEAMATE" for free 24/7 support at 85258



Scan for more information

support@matesinmind.org www.matesinmind.org [@matesinmind](https://www.instagram.com/matesinmind)



Men's Sheds are kitted out community spaces where men can enjoy practical hobbies.

They're about making friends, learning and sharing skills. Many guys come just for the tea and banter – everyone's welcome.

Search for a local Shed to join below.

<https://menssheds.org.uk/find-a-shed/>



For local support groups please see below



<https://www.facebook.com/ManDownCornwall/> - offering regular and informal peer support talking group meetings for men with mental health concerns.



Group sessions for men designed to support physical health, mental resilience, and social connection. Cold water therapy and breathwork continue to be the core practices within the community, forming the foundation for many members' weekly routines and personal wellbeing journeys. The regular walks, social events, and occasional ceremonial gatherings such as sweat lodges and camping trips have helped build a strong sense of brotherhood and connection within the group.

<https://www.facebook.com/profile.php?id=61569922856088>



Looking for a warm welcome and a chance to enjoy outdoor swimming with great company and positive vibes? The Bude Seals Open Water Swimming group is perfect for you! This all-year-round, supportive, and fun group welcomes both **men and women**, including swimmers and dippers of all levels. Join the community to experience refreshing open water swims while making new friends in a friendly and encouraging environment.

Bude Seals Open Water Swimmers | Facebook



<https://cornwallmind.org/what-we-do/wellbeing-service/wellbeing-groups/>

June Campaigns



Volunteers' Week

Back from
Monday 1 June – Sunday 7 June
2026

We are incredibly lucky to have so many people in our community who generously give their time and skills to help and support others.

Why volunteer?

Volunteering can change your life in ways you might not expect. When you volunteer, you become part of something bigger.

By giving your time you can ↓

- learn new skills and valuable work experience
- Make new friends
- Enjoy better physical and mental health and wellbeing
- Give something back to your community
- Improve your confidence
- Enjoy a sense of connection to others in your community
- Improve how things work for the better



Keep an eye on adverts and social media posts to find volunteering opportunities in your community.

Cancer Survivors Day 7th June

After treatment:

It is normal to feel lots of different emotions when you finish cancer treatment. We are here to help you cope with life after cancer. Find out about follow-up care, managing treatment effects and making healthy lifestyle changes. You can find help and information on all the following topics at [https://www.macmillan.org.uk/cancer-information-and-](https://www.macmillan.org.uk/cancer-information-and-support/after-treatment)

support/after-treatment

- Finishing cancer treatment
- Follow-up care after treatment
- Beginning to recover
- Lifestyle and well-being after treatment
- Late effects of treatment
- Making decisions about work after treatment
- Coping with worries about cancer coming back
- Holistic Needs Assessment (HNA)
- End of life



Bude
Cancer
Support

We are very lucky in Bude to have our own Cancer Support Group.

What do they do?

They hold support cafes and different forms of art therapies, restorative wellness workshops and events. All of our classes, workshops and cafes are free of charge to attend, including refreshments. A chance to talk to people who are experiencing the effects of cancer, wherever they are on their journey.

Why?

Geographically, Bude is one of the furthest places from a hospital, in any direction across the UK with support groups over an hour's drive away.

This simple, online resource that helps you find cancer support services in your local area wherever you are in the UK.

Cancer Support



Cancer Care Map

<https://www.cancercaremap.org>



ENDOMETRIOSIS UK

ARE YOU OR SOMEONE YOU CARE FOR LIVING WITH OR SUSPECTED TO HAVE ENDOMETRIOSIS?

Join our free, relaxed, peer support group in Bude to meet with like minded people. You can share as little or as much as you like, exchanging your journey and experience so far if you wish or just listen to others.

We meet on Thursdays, bi monthly, on the following dates from 7 to 9pm:

- 26th March
- 28th May
- 30th July
- 24th September
- 26th November

Location is Berries Community Cafe, 40 Berries Ave, Bude EX23 8QE. We have sole use of the venue so therefore total privacy. If you have any questions or would like to know more please email me for an informal chat on sageeylesvolunteer@endometriosis-uk.org

Please note this group is run by a trained Endometriosis UK volunteer but that they cannot offer clinical or medical advice.

BSCP BIG BIRTHDAY BASH! 30 YEARS

SAVE THE DATE

Join us as we celebrate 30 years of Bude Stratton Community Project (BSCP), better known as Neetside Community Centre & Berries Community Café!

WHERE? Neetside Community Centre & Community Orchard

WHEN? Saturday 6th June 10am – 3pm

WHAT TO EXPECT:

- COMMUNITY STALLS
- LIVE MUSIC IN THE ORCHARD
- BERRIES COMMUNITY CAFE POP-UP
- BBQ FROM 12PM
- TRADITIONAL FAYRE GAMES & ACTIVITIES AND MORE!

LIVE MUSIC IN THE ORCHARD FEATURING: STONY ROAD BAND | DAVID LINNEY | GARY MCCAUSLAND | MOCEAN

Come along and celebrate the amazing local groups, organisations, volunteers and community connections that have helped shape the last 30 years of BSCP.

FREE ENTRY – EVERYONE WELCOME!

NEETSIDE COMMUNITY CENTRE REGISTERED CHARITY 102292

BERRIES COMMUNITY CAFE

Money Helper

91% of people who are struggling with their mental health avoid talking about money

<https://www.moneyhelper.org.uk/en>

Mental Health & Financial Support

For some people, money can impact on their mental health, or their mental health can have an impact on their money.

We know that 74% of people who experience a mental health problem struggle to keep up with bills and payments. We also know that 25% of people who experience a mental health problem are likely to be in problem debt.

These are important statistics, and it is important we start to understand the links between mental health and money, and to provide people across the South West with access to guidance, support and resources to help them with their financial wellbeing. -

Money Helper 😊

COMMUNITY HEALTH

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: 18th June- 23rd July

Time: 10am - 12pm

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

ACTIVITY DROP-IN SESSIONS



*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 charity under the Co-operative & Community Benefit & Social Act 2014 registration no. 277939. Registered office: Millbank House, The Broad Arcade, London, W1A 0JQ. United Kingdom. Charity no. 10461208



We welcomed our new PSA (Patient Services Assistant), **Hazel Cooke** to our team, who started on 6th May. We wish her well in her new role with us. **Charlotte Moore** left our team on the 25th May. Good luck for your new future plans!