



July

Stratton Newsletter 2026

issue 7

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.

Living near the coast we wanted to start this month's newsletter by highlighting July's **'Stay Water Safe' campaign**.

Unfortunately, the May half-term saw a tragic loss of 15 lives across the UK due to open water swimming during the intense heatwave. As temperatures warm up it's a good reminder each year to check out the RNLI **'Float to Live'** 2026 campaign <https://rnli.org/safety/float> It's a practical survival skill. The RNLI are encouraging people to **remember it and share it** - whether in the sea, lakes or rivers.

Facts:

- Float to live has helped save over 50 lives
- Males over the age of 15 (including over 60) are more at risk.
- Around half those who accidentally drown every year had no intention to enter the water
- A recent RNLI survey revealed that nearly 1 in 3 people do not know what to do if they unexpectedly get into difficulty in the water

If you find yourself in difficulty in the water, float to increase your chances of survival.

If you see someone else in trouble in the water, call 999 or 112 and ask for the Coastguard.

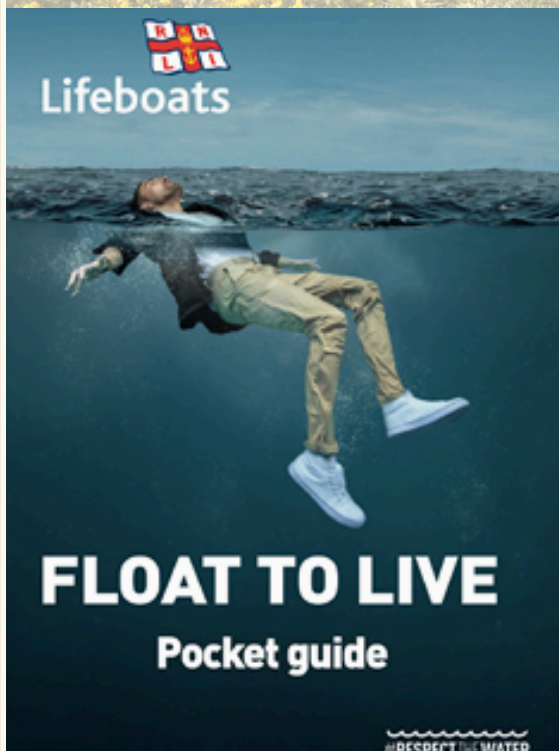
Watch the film and share it – it could be a lifesaver.

Scan this QR code or visit RNLI.org/FloatGuide



Remember it. Share it.

FLOAT TO LIVE



Learn to float in 5 simple steps

1. Tilt your head back, submerging your ears.
2. Relax and try to control your breathing.
3. Move your hands and legs to help you stay afloat.
4. Your legs may sink but that's OK – everyone floats differently.
5. Find your float by practising at a supervised location.

It's a lifesaving skill and having the confidence to float in a life or death situation could make all the difference.

Photo: RNLI

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209600), Scotland (SC037735), the Republic of Ireland (CHIY 2678 and 2000326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 0953291), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1BZ

<https://www.facebook.com/budelifeguards>

July Health Campaign - Alcohol Awareness

This year's **Alcohol Awareness Week** takes place from 6-12 July 2026 with this year's theme of **'Alcohol and me'**. If you are drinking more than you would like, you are not alone. Lots of people find it hard to cut back.

Check how healthy your drinking is with this quick quiz on the

Alcohol Change UK website: ↓

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/check-your-drinking>



Alcohol
Awareness
Week



200,000

children in England live with an alcohol dependent parent



£3.5 BILLION

is the cost of alcohol to the NHS each year in England alone



167,000

working years were lost to alcohol in 2015



Whole-body effects

Some effects of alcohol are more widespread, influencing your mood, metabolism and the way your whole body functions:

- Weight gain
- Mental Health
- Heart/Liver/Stomach
- Sleep

(Drinkaware) Read more at ↓

<https://www.drinkaware.co.uk/facts/health-effects-of-alcohol/general-health-effects/how-alcohol-affects-your-body>

Healthy Cornwall provides tools and resources to help you understand your drinking habits, cut down on alcohol and find support if things have become hard to manage.



Cutting down on alcohol -
Healthy Cornwall

If you're worried about your own or someone else's drinking, there is support available.

Stopping or drinking less alcohol can make a big difference to your health. It can boost your energy, help you lose weight, and save you money. Even small steps can make a difference.

Visit <https://www.nhs.uk/better-health/drink-less/#healthy-choices>



Visiting this link not only gives you access to alcohol unit guidelines, Alcohol Change UK's unit calculator, medical warnings but also tips on cutting down on alcohol:

- Have a game plan
- Switch away from stronger stuff
- Stick with it!
- Re-jig your social plans
- Set a booze budget
- Only wine and dine
- Beat boredom

Kick start your cut down with the help of the NHS Healthy Choices Quiz

Sleep zzz



For many of us sleep is something we never need to consider a problem. Some of us can nap any time, any place, anywhere. But some of us really struggle to find good, regular, restorative sleep. **Our Wellbeing Lead, Stuart Lord and Helen Jackson (Health & Wellbeing Coach)** have provided some great resources to try, if sleep is a struggle for you. ↓



A national, award-winning charity empowering the nation to sleep better. One of the leading, independent expert voices on sleep issues in the UK able to help everyone get a better night's sleep. Whether it's advice, education or support for children, teenagers, adults, workplaces or professionals, they are on hand with expert knowledge, resources and accredited training.

<https://thesleepcharity.org.uk/>

Some of the different sleep strategies that The Sleep Charity work to support include ADHD, sleep and cancer, shift working and mental health <https://thesleepcharity.org.uk/information-support/adults/>



PRACTICAL SLEEP TIPS FOR CHILDREN

Everybody can benefit from having a good sleep routine – even grown-ups! A good sleep routine needs to be planned well in advance. Consistency and firmness are also key.

Firstly you need to consider what time bedtime will be and then work backwards, planning the hour leading up to it in some detail. If your child isn't settling until late you may need to gradually move their bedtime as previously described, the routine will need to be gradually moved too.

- Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm.
- Create a calm, sleep-friendly bedroom. It needs to promote relaxation so decorate in calming colours, remove gadgets from the room (including the TV) and put toys away. Keep the room dark to block out external light and never have it too warm, 16-18 degrees is ideal.
- Don't send children to their bedroom/bed if they've been challenging. Their bedrooms should be a safe haven and not one where they feel anxious, stressed or worried.
- Dim the lights in the hour before bedtime, close the curtains if needed and create some darkness to help to promote melatonin (sleep hormone) production.
- Turn all screens off in the hour before bedtime to help calm your child and to support the production of melatonin (the sleep hormone).
- Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine.
- Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.
- Get ready for bed in the same order – for example, pyjamas on, tooth brushing, toilet etc.
- Once in bed spend some time reading a bedtime story with your child.
- Give hugs and kisses and tell your child 'it's night time, go to sleep'.
- Wake them up at the same time each morning to help to strengthen their body clock.

Helen recommends

Silvercloud - you can self refer to their sleep programme ↓

<https://cornwall.silvercloudhealth.com/onboard/cornwallhsft/programs/>

Visit the QR code below for sleep tips from falling asleep to a better sleep



NHS Better Health

the national sleep
helpline

CALL US

03303 530 541



SPEAK TO TRAINED SLEEP ADVISORS

Available Sunday - Tuesday & Thursday 7pm-9pm
Wednesday 9am-11am
*excluding Bank holidays

National Sleep Helpline

Who do I talk to if I can't sleep? The National Sleep Helpline can help with your sleep problems, 7pm-9pm, Sunday to Thursday, 03303 530 541.

The Sleep Charity

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk



July Health Campaign - Melanoma

Melanoma: A serious but largely **preventable** cancer

Melanoma may be less common than other skin cancers, but it is significantly more dangerous if not **detected early**.

Incidence

Melanoma is the **fifth most common cancer in the UK**.

In 2024, there were a record **20,800 new melanoma cases**, up from an annual average of 19,300 between 2020 and 2022.

Over the past decade, melanoma incidence rates have **increased by nearly a third (31%)** in the UK. Projections suggest that melanoma cases will continue to rise, reaching approximately 26,500 annually by 2038–2040.

Mortality:

Melanoma causes around **2,300 deaths each year in the UK**, averaging more than six deaths per day.

It is the **20th** most common cause of cancer death in the UK.

Projections indicate that annual deaths from melanoma will rise to approximately 2,800 by 2038–2040, despite a projected 12% decrease in mortality rates.

Prevention:

Approximately **86% of melanoma cases in the UK are preventable**.

Despite increased awareness of the link between sun exposure and skin cancer, incidence rates are expected to **continue rising**, underscoring the need for ongoing public education on sun safety.

The seven point checklist for suspected melanoma

Major signs

Growth

If an existing mole gets larger or a new one is growing.

Shape

If the mole has an irregular outline.

Colour

If the colours are mixed shades of brown or black.

Minor signs

Size

If the mole is bigger than the blunt end of a pencil.

Edges

If it is inflamed or has a reddish edge.

Condition

If it is bleeding, oozing or crusting.

Sensitivity

If it starts to feel different: for example, itching or painful.

Cornwall's stunning coastline and sunny climate make it a prime spot for outdoor activities. However, this also means higher rates of skin cancer

Sunburn and Melanoma

Although you don't have to burn to contract melanoma, there is increasing evidence that **excessive sun exposure, and particularly sunburn, when aged under 15 is a major risk factor for skin cancer in later life.**

Protection of the skin of children and adolescents is therefore particularly important. Because of this, sunburn should be avoided by individuals of **ALL** ages.



New analysis from Cancer Research UK shows that melanoma cases in our region are among the highest on record

Sun-Smart and Safe: Cornwall's NHS Reveals Top Summer Health Tips - CornishStuff

Skin cancer prevention needs more than awareness. It needs behaviour change.

A new campaign has been launched to reduce the increasing rates of skin cancer amongst **outdoor workers in Devon and Cornwall.**

NHS figures for 2024/25 show there were **5,728 diagnoses of the condition across Devon, Cornwall and the Isles of Scilly.**

July Campaigns



NHS

MenB Vaccine

Available for a limited time from late July 2026

Who is eligible?



All current year 13 students (or of equivalent age)



Anyone aged under 25 starting university or moving into further education halls of residence for the first time this autumn

Two doses are essential for protection ✓✓

More info



Where and when can people get vaccinated?

In England, vaccines will be available at community pharmacies (subject to ongoing consultation with Community Pharmacy England). The programme starts in July 2026, giving eligible people time to complete both doses before cases typically rise in the autumn.

Students in the age group for Year 13 will be **contacted by the NHS and sent a link through which they can book a pharmacy appointment to get the vaccine.** University and residential further education students who are eligible will be able to arrange a vaccination via walk-in at participating pharmacy.

For the first time ever, **no women in their early 20s have died from cervical cancer in a five year period in England**

The HPV vaccine is saving lives.

New research by Queen Mary University of London and Cancer Research UK shows deaths have **fallen sharply** since school-age girls began being offered it in 2008, and around 200 lives have been saved in England so far thanks to the vaccine.

The vaccine **protects against high-risk HPV**, a virus that can lead to cervical cancer and some other cancers. Both girls and boys can get protection from high-risk HPV by having the HPV vaccination in their teenage years. It not only protects against cervical cancer, **but other types of cancer too.**

You can help protect your child by giving consent for them to have their vaccination when invited.

And remember: **cervical screening** is still important, even if you've had the HPV vaccine.

UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index	UV index
1	2	3	4	5	6	7	8	9	10	11+	
Low		Moderate			High		Very high			Extreme	
You can safely stay outside!		Seek shade during midday hours! Slip on a shirt, slop on sunscreen and slap on a hat!				Avoid being outside during midday hours! Make sure you seek shade! Shirt, sunscreen and hat are a must!					

- **Check local UV forecasts:** You can look up your UV Index by postcode or city through the EPA or weather services <https://www.uvindex.app/>
- **Use the Shadow Rule:** If your shadow is shorter than your height, UV levels are high, and sun protection is essential.

- **Consider skin type:** Lighter skin burns faster, but all skin types can be damaged by UV radiation over time [WebMD](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2728221/).
- **Understanding UV levels** helps you plan outdoor activities safely, minimize sunburn risk, and reduce long-term skin damage, including skin cancer.

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/the-uv-index-and-sunburn-risk>

Your Practice and community

Get involved at your local GP practice



in alliance with

Become a voluntary member of our Patient Participation Group and you can...



- Meet with other patients and practice staff
- Influence decision making about NHS services
- Work in partnership with the practice to explore new ideas
- Provide constructive feedback on practice services



Ask your GP practice team for more information or to join our Patient Participation Group

WELLBEING SESSION FOR CARERS

- Emma and Hayley would like to invite you for coffee and tea
- safe space to talk
- connect with friends and new people

FOR ALL CARERS PAID OR UNPAID EVERYONE IS WELCOME!

date: 17th of July
time: 10am-12pm



BERRIES COMMUNITY CAFE, 40 BERRIES AVE, BUDE EX23 8QE
ANY QUESTIONS, PLEASE CONTACT EWOOLF@VISITINGANGELS.CO.UK



Recovery College Cornwall Courses Bude

Neetside Community Centre, Leven Road, Bude. EX23 8LB



Recovery College Cornwall provides courses to support recovery from mental ill health through learning. It encourages us to be the agents of our own recovery, empowering us to live the lives we choose. The courses are open to anyone in Cornwall 18+ with mental ill health who would like to take charge of their own journey through tools and strategies learnt on the courses.

Silver Linings	Thursday 30 th July	09:30 – 12:30
Assertiveness 1 & 2	Thursday 6 th August	10:00 – 16:00
Anxiety & Stress Less	Thursday 13 th August	10:00 – 16:00
It's Okay to Be Me	Thursday 20 th August	09:30 – 12:30
Finding My Mojo	Thursday 10 th September	09:30 – 12:30
Project Me & Resilient Me	Thursday 17 th September	10:00 – 16:00

For more information and to book courses: www.pentreath.co.uk/recovery-college-cornwall

01726 862727



<https://www.strattonmedicalcentre.co.uk/patient-participation-group>

Feeling overwhelmed?

Talk to our friendly team who can help find the right community support for you.

Community Gateway

01872 266383

www.community.org/communitygateway

8am - 8pm
7 days a week
365 days a year

WOULD BECOMING MORE ACTIVE BENEFIT YOU?

Increasing your physical activity could really help you in managing a health condition. Healthwise, our Exercise Referral Scheme, can provide you with a safe and effective activity program supported by one of our specialist staff.

For more information, contact your local Better Leisure Centre or email healthwise.cornwall@gll.org

HEALTHWISE CORNWALL



Healthwise is a registered trademark and trading name of GLL (Groupware Leisure Limited), a charitable not-for-profit organisation and registered charity under the Companies & Community Benefit & Societies Act 2006 registered no. 1070768. Registered office: Hildreth House, The Royal Free, London, W1B 5AL. Email: Healthwise@GLL.org No. 1070768.



CASTLE & COAST Therapies



STRONGER TOGETHER - Women's Group
Free to attend

In Bodmin, Bude & Launceston

See website, call, email or scan QR code for latest dates & times



step into wellness

A FREE wellbeing coaching programme for adults, that's designed around you!

Neetside Community Centre
EX23 8LB

10:30am - 12

Week one:
Tuesday August 4th
Wednesday August 5th

Week two:
Tuesday August 11th
Wednesday August 12th

To book your place and start your journey.

01872 266383

Or email: stepintowellness@ageukcornwall.org.uk and a member of our team will call you back.

Live better at every age!

TO ENQUIRE OR BOOK - CALL OR EMAIL:

01566 701829 enquiries@castleandcoasttherapies.org.uk

<http://www.castleandcoasttherapies.org.uk>

01872 266383 | stepintowellness@ageukcornwall.org.uk

www.strattonmedicalcentre.co.uk