



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.



Think pharmacy first

See your pharmacist
Help us help you

If you are traveling or visiting family across the UK this summer, **remember that many pharmacies can provide prescription medications for certain conditions** without the need for a GP appointment should you need help.

This service, known as Pharmacy First, covers a range of ailments, including:

- impetigo and infected insect bites for individuals aged one and older.
- earache for those between one and seventeen.
- sore throat for ages five and up.
- sinusitis for those twelve and older.
- urinary tract infections in women aged sixteen to sixty-four.
- shingles for adults eighteen and over.
- Advice from a pharmacist after contacting NHS 111 or a GP



Use the NHS Find a pharmacy - NHS you can use the postcode you are staying at to search for your local pharmacy.

NHS

Did you know
NHS 111 is now available online?
30,000 people use it each week.

3 WAYS TO GET URGENT MEDICAL HELP

- Go to 111.NHS.uk**
- Download the NHS app**
- Call 111**

999 is for life-threatening emergencies like serious road traffic accidents, strokes and heart attacks.

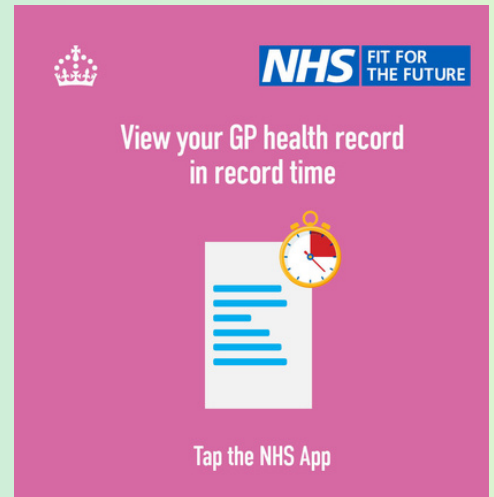
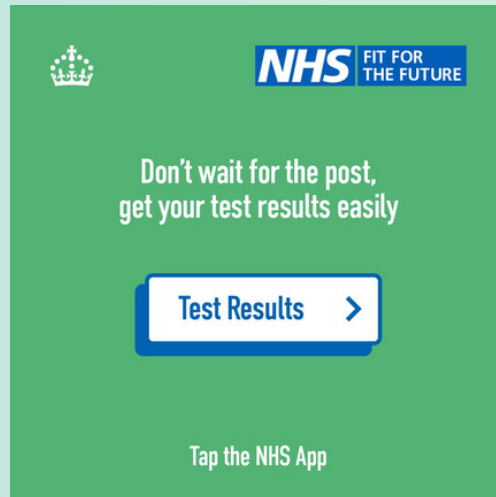
Forgot your prescription?

Contact your GP practice who can send it to a local pharmacy where you are staying

GET ON BOARD WITH THE NHS APP

The NHS App is becoming **more and more important for everyone** to access healthcare services in a quick, safe and expedient manner, enabling practices to work more efficiently and accurately, and to **minimise wait times at reception and on very busy phone lines**.

With **24/7 access and 33.6million people saying it's the way forward**, we want to encourage everyone to get on board. Community pharmacies continue to move over to NHS App too, for ordering repeat medications so we don't want you to miss out.



Here's what NHS App enables you to do:

- order prescriptions & nominate a pharmacy
- book, manage and cancel appointments
- access your medical record (extended access may need to be requested from your practice to see records before November 2023)
- get online health advice instantly, including when to call 999
- view your test results
- choose how the NHS uses your data
- register your organ donation preferences

Keeping your data secure:

To access the NHS App, you will need to set up an NHS login and prove who you are. Your NHS App then securely connects to information from your GP surgery.

If your device supports fingerprint detection or facial recognition, you can use it to log in to your NHS App each time, instead of using a password and security code. You can choose your preferred method of access when you register.

The NHS App



Do more with the NHS App!

- 🔗 Order repeat prescriptions
- 📅 Book appointments
- 👁️ View your records
- And much more...



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Living with dementia in hot weather.

Hot weather
and your health



DEMENTIA AND COGNITIVE IMPAIRMENT



People living with dementia may be less likely to recognise when they are becoming too hot or dehydrated.

Families, carers and support workers should:



Offer regular drinks throughout the day.



Ensure living spaces remain as cool as possible.



Encourage the use of lightweight clothing.



Check regularly for signs of dehydration or heat exhaustion.



Look after your health
in hot weather

For many people, a heatwave is a chance to enjoy the hot weather in gardens, parks and outdoor spaces. But the heat can also **cause discomfort and a risk of dehydration**.

If you have a loved one living with **dementia**, take note of these ways to support them when the temperatures soar.

Dehydration is a common challenge for older people, and especially those with dementia.

Memory problems mean someone with dementia can easily forget to drink enough water. Visit [↓](#)

Drinking, hydration and dementia | Alzheimer's Society



5 tips for preventing dehydration

Here are some simple but effective ways of helping to prevent dehydration during hot weather:

1. **Leave beakers or jugs of water within easy reach.** This is especially important for people with limited mobility, who aren't able to get up and make themselves a drink.
2. **Make drinking easier.** Have a clear beaker so the person can see what's inside (this may not work so well with water) or a brightly coloured cup to draw attention. Make sure the beaker is within the line of sight. Having a beaker that is suitable (not too heavy or an odd shape) can help. Straws might also be a good idea.
3. **Share a drink together.** Have a cup of tea or a soft drink with the person and make sure they're drinking during mealtimes.
4. **Leave prompts and reminders.** Make sure the person with dementia remembers to drink regularly by leaving notes out for them or putting up notices around the house. You could also set up a phone reminder or set an alarm clock.
5. **Provide high water content foods.** Supplement water and other drinks with foods that are high in fluids. Some good options include ice lollies, jelly, ice cream, soup and fruit such as melon. 'Water sweets', such as Jelly Drops, can also help the person stay hydrated.

Additionally, make sure the person with dementia is **dressed properly**: loose, light coloured cool clothing and a hat or cap if outside.

Keep their **home as cool as possible**: draw curtains or pull blinds down in south facing windows and in the cooler evening open the windows to let the warm out and the cooler air in.

Avoid the midday sun. If someone with dementia is hot and agitated, **help them take a cool bath or shower**. You could also place a **wash cloth and some iced water nearby**, so they can dab themselves when they need to. Try putting **a frozen bottle of water or ice pack next to a fan, for some DIY air-conditioning**.

If you don't live near the person or are worried about someone

- ask a friend or neighbour to pop in and make sure they're ok.

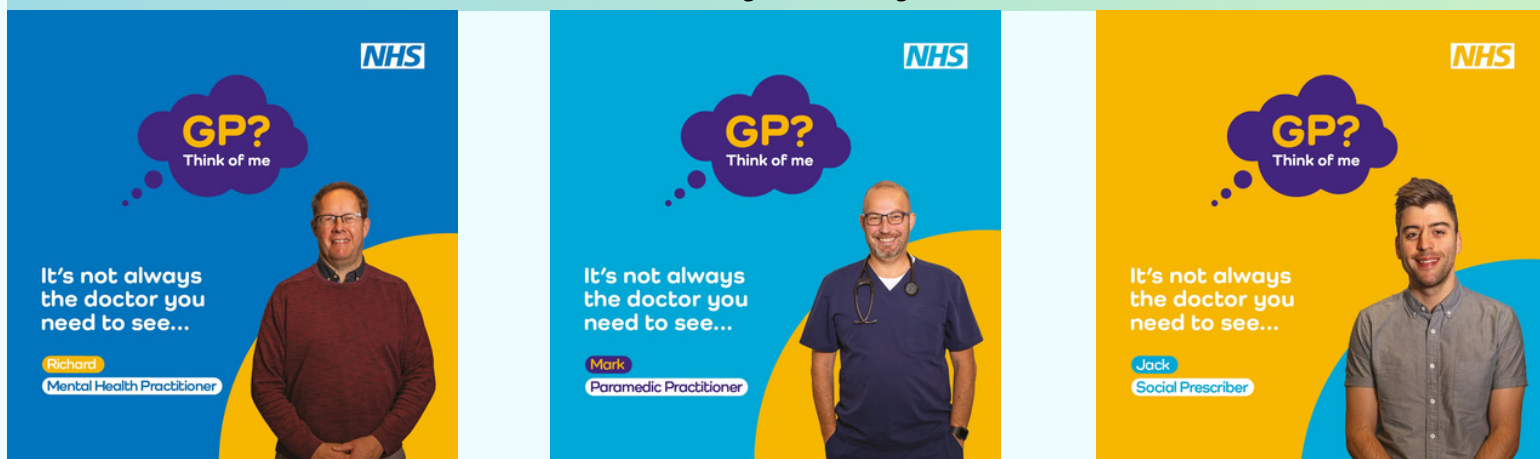


Information provided by



Alzheimer's
Society

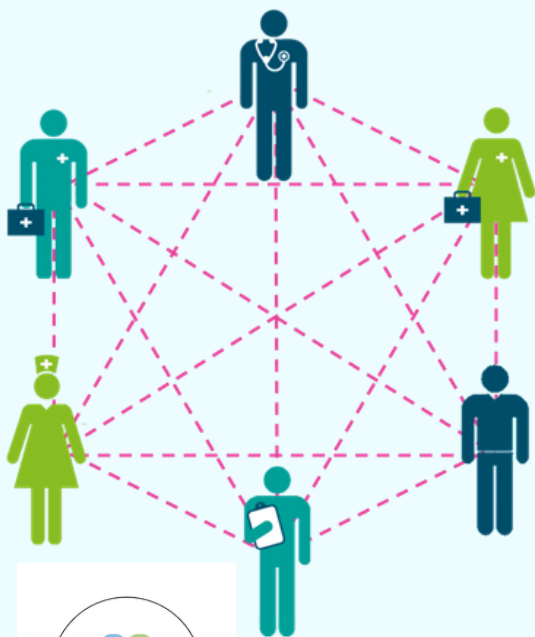
Your Coast & Country Primary Care Network



Primary Care Networks (PCNs) help GP practices work together to provide better, more joined-up care for their local communities. By sharing skills, staff and resources, practices can offer services that would be difficult to deliver alone.

Why are Primary Care Networks good for our patients?

- More services closer to home – Patients can access a **wider range of healthcare professionals** without always needing to see a GP.
- Quicker access to the right person – Depending on your needs, you may be offered an appointment with a **clinical pharmacist, physiotherapist, mental health practitioner, social prescriber, care coordinator or other specialist**.
- Better joined-up care – GP practices work closely with **community teams, pharmacies, hospitals and social care to provide coordinated support**.
- Improved care for people with long-term conditions – PCNs help identify patients who would benefit from **extra support and proactive care**.
- Focus on prevention – PCNs deliver **health promotion**, vaccination programmes, screening initiatives and wellbeing support to help people stay healthy.
- More personalised care – Patients receive care from the healthcare professional **best suited to their needs**.



Primary Care Networks are designed to:

- Improve patient access to healthcare.
- Make the best use of NHS resources.
- Provide more coordinated and personalised care.
- Support patients to stay healthier for longer.
- Help GP practices remain sustainable as demand for healthcare continues to grow.

For patients, this means receiving care from the right healthcare professional, at the right time, in the right place.



Visit our website [↓](https://coastandcountrypcn.gpweb.org.uk) to find out more

<https://coastandcountrypcn.gpweb.org.uk>

August Campaigns

World Lung Cancer Day is observed throughout August each year.

“Help us, to help you” NHS campaign

A cough that lasts for three weeks or more could be a sign of cancer. It's probably nothing serious, but if it is cancer, finding it early makes it more treatable and can save lives. Contact your GP practice. Your NHS wants to see you. For more information on cancer signs and symptoms go to [↓](#)



If a friend or family member has been coughing for three weeks or more, **encourage them to contact their GP practice**

- In addition to the symptom of a cough for three weeks or more, other symptoms of lung cancer include:
- Chest infections that keep coming back
- Coughing up blood
- A long-standing cough that gets worse
- An ache or pain when breathing or coughing
- Persistent breathlessness
- Persistent tiredness or lack of energy, loss of appetite or unexplained weight loss

Early diagnosis and treatment of cancer can save lives

UK Health Security Agency

How to keep antibiotics working



Don't take antibiotics for colds and flu. They won't work

Don't save leftover antibiotics for later, they don't work

Take them as directed by your GP, nurse or pharmacist



Scan the QR code to find out more



Antibiotics are no longer routinely used to treat infections.

This is because:

- many infections are caused by viruses, so antibiotics are not effective
- antibiotics are often unlikely to speed up the healing process and can cause side effects
- the more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective for treating more serious conditions

Both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for health problems that are not serious.

Antibiotic resistance and 'superbugs' The overuse of antibiotics in recent years means they're becoming less effective and has led to the emergence of "superbugs". Antimicrobial resistance (AMR) arises when the organisms that cause infection evolve ways to survive treatments.

Find out more - Antibiotic resistance - NHS

Stratton



We welcomed **Katherine Willis** who started in July, joining our PSA Team (Patients Services Assistant) We wish her well in her new role with us.

August Bank Holiday Closure



Advanced Notice

Our practice will be closed on
Monday 31st August 2026

If you need medical advice when we are closed please call 111 or go to our website for options.

Always call 999 in a life-threatening emergency.

Our next staff training afternoon closure is
Wednesday 16th September 2026
Our practice will close from 1pm.

On **Wednesday 9th September** the Farming Health Hub is holding a huge '**Heart Failure**' **Screening event**. The day will be run by Pumping Marvellous, a 💖 failure charity, and will be supported by heart failure nurses from NDDH as well as cardiologists..
The Farming Health Hub is aimed at Farmers, their families and **anyone**, visiting the Livestock Market.

POP UP EVENT



Your Local Farming Health Hub at Holsworthy Livestock Market
Find us on Facebook @ Holsworthy Market Health Hub

WEDNESDAY
9TH SEPTEMBER 2026

JOIN US AT A FREE HEART HEALTH EVENT

Anyone aged 40+ can get checked, but if you have symptoms of heart failure such as **Breathlessness**, **Exhaustion** or **Ankle swelling** it's Time to attend. Let's **BEAT** heart failure together!

Where?
Holsworthy Livestock Market
Devon

When?
9th September
10am - 4pm



FIND US IN THE MARKET CAFÉ



Scan to download

WorkWell mental health app.
Support at your fingertips

Would you like easy access to tips and advice to help manage your mental health?

A **FREE** app is available for people living in Cornwall and the Isles of Scilly.

How the app can help you...

- Access a series of 6 cognitive behaviour therapy (CBT) sessions
- Understand anxious thoughts and feelings
- Monitor your progress with regular check-ins
- Learn how to replace negative thoughts with more positive ones
- Request to connect with a WorkWell coach

www.pentreath.co.uk/services/adults/workwell/

