



September

Stratton Newsletter 2026

issue 9

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
Dr. Kean Amin

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.

Autumn/Winter Vaccination Programme

NHS England can confirm that the autumn/winter 2026 Covid-19 vaccination programme will run from 1 October 2026 to 31 January 2027.

The programme will run alongside the seasonal flu programme

From the beginning of October 2026, Stratton Medical Centre will be offering free seasonal flu and Covid vaccinations to the following eligible groups:

- adults aged 75 years and over;
- residents in a care home for older adults; and
- individuals aged six months and over who are immunosuppressed (as defined in the 'immunosuppression' sections of tables three or four in the Covid-19 chapter of the green book)

How it works:

Both vaccines are given at the same time - one in each arm.

If you only want one, you can choose just flu or just Covid when booking.

How to book:

Invitations will be sent via text from September onwards (in batches)

No mobile phone? We'll call your landline or send a letter.



Why Bother with Autumn/Winter Vaccinations?

We get it—vaccination fatigue is real. But skipping your flu and COVID-19 jabs this season could leave you **vulnerable** when it matters most. Here's why it's still worth it:

- **Double Trouble:** Catching flu and COVID-19 at the same time? Research shows it significantly increases your **risk of serious illness**.
- **Protect Yourself & Others:** Vaccines help shield you—and those around you—from the worst of both viruses.
- **Avoid the Misery:** Flu and COVID-19 aren't just inconvenient. They're exhausting, painful, and can knock you out for weeks. Vaccination is your best defence against those nasty symptoms.

Why October?

Although this is slightly later than in previous years, it follows the latest scientific evidence. Research shows that protection from the flu vaccine can wear off over time in adults. By offering the vaccine closer to when flu usually starts circulating, people will have stronger protection at the time they need it most.

September Health awareness - Childhood Cancer



Read more via our website



Childhood Cancer Awareness Month 2026 is observed from September 1 to September 30th

Local charity **Talan's Trust** was created by Talan's mum, Sarah Penny, after Talan died in May 2017 from Rhabdomyosarcoma (RMS), a type of soft tissue sarcoma that grows in active muscles of the body. **Talan was 19.** "We miss him greatly. Through Talan's Trust we wish to raise awareness of RMS and other childhood cancers and raise money for research into the disease Talan had."

To read more information please visit <https://talanstrust.org/>



News - Stratton Medical Centre
You can also keep up-to-date with events on the Talan's Trust facebook page <https://www.facebook.com/talanstrust/>
Just a few of the events/spreading awareness ↓



Talan's Trust, turning the streets of Bude gold, decorating the town with golden bicycles during September



TAL19 annual event for anyone to join in. Get running!



Teenagers and young adults affected by cancer

Whether you're a young person with cancer, or you're looking after someone else with cancer, find the help and support you need.

(This page has information for Young people with cancer & Young carers) ↓ - Macmillan Cancer <https://www.macmillan.org.uk/cancer-information-and-support/get-help/teenagers-and-young-adults>

Fact: Every day in the UK, **10 children and young people** will receive the devastating news that they have cancer. Of those 10, two will not survive. Of those that survive, many will have long-term side-effects that may significantly impact their lives forever. -

Getting a childhood cancer diagnosis affects everyone in the family. One day everything is fine, the next day life changes. A family enters a new normal, full of unknowns and uncertainties of what a cancer journey and hospital stay might look like. Read more ↓



<https://www.childrenwithcancer.org.uk/childhood-cancer-info/>

September Health Campaign - Healthy Heart



Cardiovascular disease (CVD) is a class of diseases that affect the heart or blood vessels (veins and arteries).

It can be caused by a combination of

- socio-economic,
- behavioural,
- environmental risk factors:

including high blood pressure, unhealthy diet, high cholesterol, diabetes, air pollution, obesity, tobacco use, kidney disease, physical inactivity, harmful use of alcohol and stress.

Family history, ethnic background, sex, and age can also affect a person's risk of cardiovascular disease. - World Heart Federation

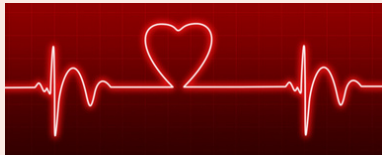


Anyone attending NHS Health Checks has **their risk assessed** by looking at their personal details, family history of illness, smoking, alcohol consumption, physical activity, body mass index, blood pressure and cholesterol levels.

If any issues are identified then this will be followed up with an individual plan that will motivate and support any necessary lifestyle changes to help lower your risk.

You can calculate your Heart age by using the NHS link 

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



How can you help your heart to stay healthy?



♥ Self-care for a healthy heart

Keep active – aim for regular physical activity, such as walking, cycling or swimming.

Eat well – enjoy plenty of fruit and vegetables, wholegrains and healthy proteins. Limit salt, saturated fat and processed foods.

Don't smoke – stopping smoking is one of the best things you can do for your heart.

Keep alcohol within recommended limits – avoid drinking heavily or regularly.

Maintain a healthy weight – even small changes can benefit your heart.

Know your numbers – check your blood pressure, cholesterol and blood sugar when appropriate.

Manage stress – make time for sleep, relaxation and activities you enjoy.

Take prescribed medicines as directed and attend health checks when invited.

Small, healthy choices made every day can make a big difference to your heart health.



Check out the NHS advice link below about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

<https://www.nhs.uk/live-well/>



♥ KNOW YOUR NUMBERS

Check your blood pressure

High blood pressure often has no symptoms, but knowing your numbers can help you look after your heart and reduce your risk of heart disease and stroke.

Where can you check your blood pressure?



At home

Use your own validated blood pressure monitor.



At your local pharmacy

Many pharmacies offer free blood pressure checks. Some may also be able to provide a monitor for home use.



At your GP practice

Ask your practice team whether you can have your blood pressure checked. Use the patient health check hub in the waiting room - your results will be automatically added to your GP records.



Via your local library **

You can now borrow a blood pressure machine from any Library in Cornwall with a free library card (anyone can get one). Ask a member of staff for details



NHS Health Check

If you're aged 40–74, you may be eligible for a free NHS Health Check.

Don't have a monitor?

Ask your GP practice or local pharmacy if you can borrow one.

Availability varies, so check before you visit.



KNOW IT. CHECK IT. MANAGE IT.

Regularly checking your blood pressure is a simple step towards keeping your heart and blood vessels healthy.

Speak to your GP practice or pharmacist if you're concerned about your blood pressure.



**** 1 in 10 adults do not know they have high blood pressure. You can now borrow a blood pressure monitor to track your health. Our easy-to-use monitors are available to pick up from your local library. You can use them to monitor your hypertension or check your well-being. You can fill out a blood pressure diary and drop it into your local surgery for your GP to check.**



Part of CC Health and Well-Being Resources



Click ➡ <https://prism.librarymanagementcloud.co.uk/cornwall/items/888036> to reserve a blood pressure machine.



Better Health: Helping you make healthy changes

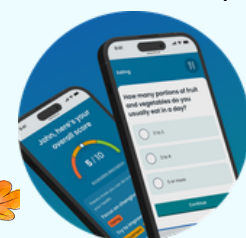
Whether you want to lose weight, get active, quit smoking or drink less alcohol, Better Health is here to help.

Find practical tools and support, free apps and trusted advice to help you make changes that work for you.

Not sure where to start? Try our Healthy Choices Quiz

Take our free 5 minute quiz to find out how healthy your lifestyle is.

You'll get NHS advice, tools and apps to help you make changes where they matter most. Take the <https://www.nhs.uk/better-health/healthy-choices-quiz/>



Look at your health this Autumn



September is Gynaecological Cancer Awareness Month. During the month, charities raise awareness of gynaecological cancers, which includes: ovarian cancer, cervical cancer, uterine cancer, vaginal cancer and vulvar cancer.

Ovarian cancer is the **UK's deadliest gynaecological disease**, taking the lives of more women per year than all the other gynaecological cancers combined.

The current ovarian cancer survival rate is lower than breast cancer in the 1970s. It's a disease that's often overlooked, misunderstood or misdiagnosed. Find out more information [↓](#)

<https://ovarian.org.uk> and <https://www.nhs.uk/womens-health/>

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



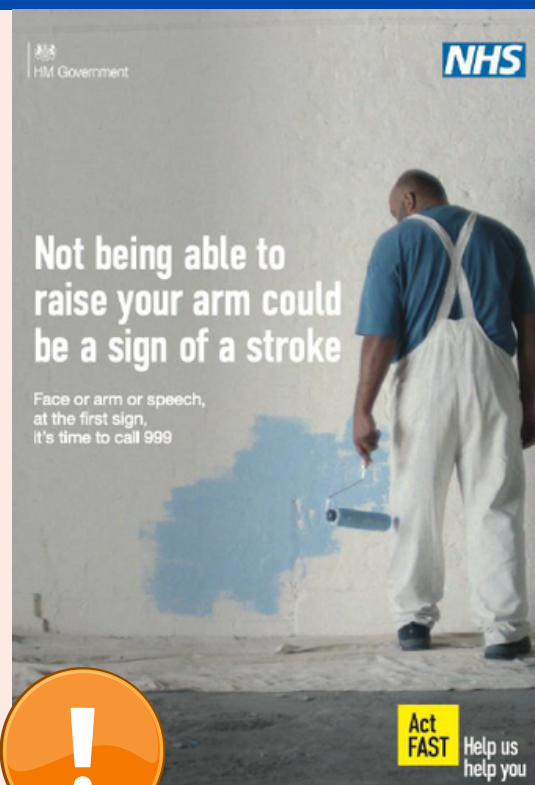
Act Fast Stroke signs and symptoms

Even if it doesn't seem like it, **any sign of stroke is always an emergency, so call 999 immediately** if you or someone else experiences a single symptom. The first signs of a stroke include:

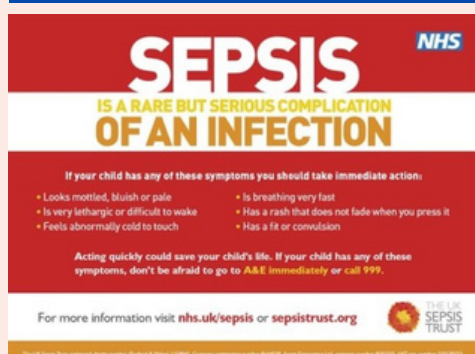
- Face weakness – it might be hard to smile, and one side of your face may droop (fall)
- Arm weakness – you may not be able to fully lift both arms and keep them there because of weakness or numbness in one arm
- Speech problems – you may slur your words or sound confused
- Other symptoms that could be the first sign you or someone else is having a stroke include:
- Sudden weakness or numbness on one side of your body (including in your leg)
- Sudden loss of vision or blurred vision in one or both eyes
- Sudden difficulty speaking or thinking of words
- Sudden memory loss or confusion
- Sudden severe headache
- Sudden dizziness, unsteadiness or a sudden fall, especially with
- any of the other signs

Any sign of a stroke is always an emergency – at the first sign, call 999.

Visit <https://www.nhs.uk/conditions/stroke>



Act FAST. Face or arm or speech, at the first sign, it's time to call 999.



September is Sepsis awareness month - a serious reaction to an infection that can be life-threatening. It develops very quickly and needs urgent treatment in hospital.

Sepsis usually develops quickly over a few hours. If it's not treated it can turn into septic shock, which you can die from.

Take a moment to read more information on Sepsis via the link below [↓](#)

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

Your Practice and community

Stratton TEAM News

We welcomed Dr Kean Amin to our team on the 5TH August. He will be with us for a year, specialising in General Practice and we wish him well in his role with us.

Our practice will be closed
**on Wednesday
16th September**
for staff training: 1pm
onwards

For life-threatening emergencies call 999
For urgent medical advice call 01288 352133 so
you can be directed.

Care Drop-in Session

Neetside Community
Centre →



Tel: 01288 377004

Thinking about a little extra support for an older loved one at home?

Rated Outstanding by the CQC and named one of the Top 20 Home Care Providers in the South West for 2026, **the Home Instead team** helps older people continue to live safely and independently in their own homes.

Whether you'd like to know more about personal care, dementia support, companionship, respite, live-in care or end-of-life care, pop in for a cuppa and an informal chat with Cherie about how Home Instead could help. No appointment needed!

Neetside Community Centre, Bude

9:30am – 1:00pm

Every 1st & 3rd Friday of the month

01288 377004

enquiries@ttv.homeinstead.co.uk

Many people who enjoy nature and the countryside want to continue their enjoyment of walking but feel they and their loved ones would benefit from doing so in the company of others who understand the issues they are facing after a dementia diagnosis.



24 Sep 2026

Wave watching at Crooklets

11:00 am – 1:00 pm

September's get together with the
<https://www.sensorytrust.org.uk/>

Meet at Crooklets car park by the pay and display machine, EX23 8NE

what 3 words: ///tone.expiring.hopeless

Get in touch for more details or to book transport via:

Laura/ Katie on [+441726222900](tel:01726222900) > [01726 222900](tel:01726222900) or creativespaces@sensorytrust.org.uk

Both people with dementia and their carers are welcome at our **Creative Spaces activity groups**.

If you are interested in coming along to one for the first time, please get in touch beforehand by **phone or email**:

01726 222900

or email

creativespaces@sensorytrust.org.uk



www.strattonmedicalcentre.co.uk