

# AUTUMN NEWSLETTER

2024

Our sites

Wheal Northey – Park – Foxhole - Carlyon Road Health Hub – Mevagissey

[www.staustellhealthcare.co.uk](http://www.staustellhealthcare.co.uk)



**ST AUSTELL  
HEALTHCARE**

## **Winter Vaccination Programme at St Austell Healthcare!**

Autumn has officially arrived, a season of transition characterised by the changing colours of leaves, beauty, and a sense of calm as nature prepares for the rest and renewal of winter. We are preparing for our winter vaccination programme, which offers protection against RSV, seasonal flu, and COVID-19. Here's what you need to know:



**Eligibility:** We'll contact you if you're eligible. Keep an eye on your mobile or email for a booking link, or expect a call or letter from us.



**Housebound or in Care Homes?** Our home team will reach out to arrange your vaccinations.



**Think You're Eligible?** Haven't heard from us yet? Call 01726 75555, option 4.



**RSV Vaccination:** Requires a separate appointment from flu/COVID vaccines. Starts early September.



**Flu & COVID Vaccines:** Can be administered together. Flu vaccines for eligible children start mid-September, and for most adults, early October. Aim to get your flu jab by end of November!



**Important Note:** JCVI advises no COVID vaccine this autumn for unpaid carers and household contacts of immunosuppressed individuals.

**For more details on eligibility and vaccines, visit:**

- RSV: [RSV Info](<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>)
- Flu: [Flu Info](<https://www.nhs.uk/conditions/flu/>)
- COVID: [COVID Info](<https://www.nhs.uk/conditions/covid-19/covid-19-vaccination/>)



**Stay protected this winter!**





## Training

We are proud to be a training practice.

There may be students in your appointment with the clinician that you are seeing.

Please advise reception if you are not comfortable with them being in your consultation.

Thank you.



## Running Late

Sorry if we are running late.

Appointments can sometimes run late. This is usually because the clinician has had to see someone urgently or give them extra time if they are very unwell.

Please check with reception if needed.

Thank you for your patience.



## Healthcare Professionals

A range of healthcare professionals work alongside GPs in this practice to ensure you get the right care for your needs as quickly as possible.

Talk to the reception team to find out more.



## Training

We are proud to be a training practice.

There may be students in your appointment with the clinician that you are seeing.

Please advise reception if you are not comfortable with them being in your consultation.

Thank you.



## Running Late

Sorry if we are running late.

Appointments can sometimes run late. This is usually because the clinician has had to see someone urgently or give them extra time if they are very unwell.

Please check with reception if needed.

Thank you for your patience.



## Healthcare Professionals

A range of healthcare professionals work alongside GPs in this practice to ensure you get the right care for your needs as quickly as possible.

Talk to the reception team to find out more.



## Training

We are proud to be a training practice.

There may be students in your appointment with the clinician that you are seeing.

Please advise reception if you are not comfortable with them being in your consultation.

Thank you.



## Running Late

Sorry if we are running late.

Appointments can sometimes run late. This is usually because the clinician has had to see someone urgently or give them extra time if they are very unwell.

Please check with reception if needed.

Thank you for your patience.



## Healthcare Professionals

A range of healthcare professionals work alongside GPs in this practice to ensure you get the right care for your needs as quickly as possible.

Talk to the reception team to find out more.

# Visiting our Mental Health Team

## What to expect:

Signposting to various organisations or services

Reviews of risks to self and /or others

Support in finding the most appropriate services to access

Prescribing of mental health medications

Reviews of mental health medications

Reviews of physical health for patients on the Mental Health Register



## What is not provided:

A Crisis Service.

Please call the 24/7 NHS crisis line for Cornwall:  
0800 038 5300

You may be signposted for counselling, through another organisation, such as NHS Cornwall and the Isles of Scilly Talking Therapies (IAPT).

# Visiting our Mental Health Team



## What to expect:

Signposting to various organisations or services

Reviews of risks to self and /or others

Support in finding the most appropriate services to access

Prescribing of mental health medications

Reviews of mental health medications

Reviews of physical health for patients on the Mental Health Register

## What is not provided:

A Crisis Service.

Please call the 24/7 NHS crisis line for Cornwall:  
0800 038 5300

You may be signposted for counselling, through another organisation, such as NHS Cornwall and the Isles of Scilly Talking Therapies (IAPT).

**During the month of August, we had 564 missed appointments across St Austell Healthcare and Mevagissey.**



**This equates to 12,739 minutes of valuable clinical time wasted.**

**We understand that for whatever reason you are unable to make an appointment, or do not require an appointment anymore, please let us know.**

**To cancel an appointment:**



**Text "CANCEL" if you receive text reminders**



**Email [reception.sahc@nhs.net](mailto:reception.sahc@nhs.net) or**



**Call 01726 871999**

**To reschedule an appointment:**



**Email [reception.sahc@nhs.net](mailto:reception.sahc@nhs.net) or**



**Phone 01726 75555.**

**Please try to give as much notice as possible.**



**Cornwall and  
Isles of Scilly**

**Your appointment:  
Don't need it?  
Can't make it?**



**Please cancel.**

**Let another patient take it.**

# Travelling Abroad?

We now provide travel vaccinations. Price list below:

<b>VACCINATION</b>	<b>DOSES</b>	<b>FEE</b>
Hepatitis B	Courses of 3 injections	£150
Hepatitis B (Paediatric)	Course of 3 injections	£75
Japanese Encephalitis	Course of 2 injections	£210
Meningitis	Single dose	£55
Rabies	Course of 3 injections	£330
Rabies Booster	Booster	£110
Tick-Borne Encephalitis	Course of 2 injections	£130
Yellow Fever (Including certificate)	Single dose	£70
Re-issue of Yellow Fever Certificate		£15
Exemption Certificate		£25
Written Private Prescription		£20

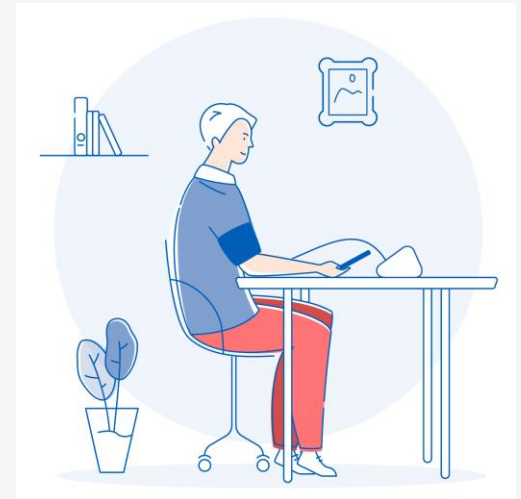
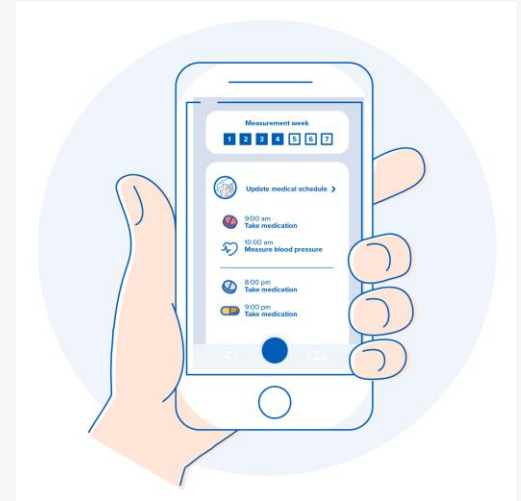
To Find out more visit our website <https://www.staustellhealthcare.co.uk/>

## St Austell Healthcare are now linked with the Viso app for hypertension

With a smartphone in your hand, it's become so much easier to take better care of your health - including your high blood pressure. Viso empowers you to share regular measurements with your doctor from home.

Please go to our website for more information on the Viso app and how to sign up through our practice.

<https://www.staustellhealthcare.co.uk/viso-app.html>





# Do more with the NHS App!

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



Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc.

Google Play and the Google Play logo are trademarks of Google LLC.

# Support for new parents

Being a parent can be overwhelming. It can feel strange, and your confidence can dip with the struggles of new challenges.

You may experience changes in your emotions about yourself, your partner and your baby at times. It's really important and healthy to talk about your feelings.



For more information, advice and to find out how to access support please follow the QR code, or call **01872 324261** (select option 2), ChatHealth Parentline (0-5) text **07312 263423** (9am-5pm, Mon-Fri), or email us at [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)



[www.cornwall.gov.uk/perinatalmentalhealth](http://www.cornwall.gov.uk/perinatalmentalhealth)



Funded by  
UK Government



Funded by  
**CORNWALL COUNCIL**  
*one and all - once long all*

To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice). We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

JMS3771 March 2024

## Breastfeeding Peer Support in Cornwall

Here for you 5 days a week

For more details about our groups email:

[breastfeeding@cornwall.gov.uk](mailto:breastfeeding@cornwall.gov.uk)

or visit:

[www.cornwall.gov.uk/breastfeeding](http://www.cornwall.gov.uk/breastfeeding)

or scan QR code:



CORNWALL COUNCIL

Together  
for Families



### Monday

Liskeard, 10:00-11:30  
Redruth, 10:00-11:30  
Saltash, 13:00-14:30

### Tuesday

Newquay, 13:00-14:30

### Wednesday

Penzance, 10:00-11:30  
St Dennis, 10:00-11:30  
Wadebridge, 12:30-14:00

### Thursday

Bude, 10:00-11:30  
Hayle, 10:00-11:30  
St Austell, 10:00-11:30  
Truro, 10:00-11:30

### Friday

Bodmin, 10:00-11:30  
Callington, 10:00-11:30  
Falmouth, 10:00-11:30  
Helston, 10:00-11:30

# Breastfeeding Peer Support in Cornwall

## Here for you 5 days a week

For more details about our groups email:

**[breastfeeding@cornwall.gov.uk](mailto:breastfeeding@cornwall.gov.uk)**

or visit:

**[www.cornwall.gov.uk/breastfeeding](http://www.cornwall.gov.uk/breastfeeding)**

or scan QR code:



### Monday

Liskeard, 10:00-11:30

Redruth, 10:00-11:30

Saltash, 13:00-14:30

### Tuesday

Newquay, 13.00-14.30

### Wednesday

Penzance, 10:00-11:30

St Dennis, 10:00-11:30

Wadebridge, 12:30-14:00

### Thursday

Bude, 10:00-11:30

Hayle, 10:00-11:30

St Austell, 10.00-11.30

Truro, 10:00-11:30

### Friday

Bodmin, 10:00-11:30

Callington, 10:00-11:30

Falmouth, 10:00-11:30

Helston, 10:00-11:30

## Support for new parents

Being a parent can be overwhelming. It can feel strange, and your confidence can dip with the struggles of new challenges.

You may experience changes in your emotions about yourself, your partner and your baby at times. It's really important and healthy to talk about your feelings.



For more information, advice and to find out how to access support please follow the QR code, or call **01872 324261** (select option 2), ChatHealth Parentline (0-5) text **07312 263423** (9am-5pm, Mon-Fri), or email us at **[hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)**

 **[www.cornwall.gov.uk/perinatalmentalhealth](http://www.cornwall.gov.uk/perinatalmentalhealth)**



# ChatHealth Young People 11-19

School Nursing messaging service for  
young people 11-19 years in Cornwall and Isles of Scilly

TEXT  
...

07312 263 096



Get  
confidential  
health and  
wellbeing advice  
and support



# ChatHealth Parent Line

Health Visiting messaging service for parents and carers  
of children aged 0-5 in Cornwall and the Isles of Scilly

TEXT  
...

07312 263 42



Get  
confidential  
health and  
wellbeing advice  
and support



Funded by UK Government

**ChatHealth**  
Cornwall and the Isles of Scilly

## ChatHealth Young People 11-19

School Nursing messaging service for young people 11-19 years in Cornwall and Isles of Scilly

**TEXT 07312 263 096**

Get confidential health and wellbeing advice and support

Scan me

CORNWALL COUNCIL  
Together for Families  
Council of the ISLES OF SCILLY  
[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice). We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

Funded by UK Government

**ChatHealth**  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 0-5

Health Visiting messaging service for parents and carers of children aged 0-5 in Cornwall and the Isles of Scilly

**TEXT 07312 263 423**

Get confidential health and wellbeing advice and support

Scan me

CORNWALL COUNCIL  
Together for Families  
Council of the ISLES OF SCILLY  
[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice). We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

Funded by UK Government

**ChatHealth**  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of young people 5-19 years in Cornwall and Isles of Scilly

**TEXT 07312 263 423**

Get confidential health and wellbeing advice and support

Scan me

CORNWALL COUNCIL  
Together for Families  
Council of the ISLES OF SCILLY  
[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/tffprivacynotice](http://www.cornwall.gov.uk/tffprivacynotice). We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



by  
riment

 ChatHealth  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 0-5

Visiting messaging service for parents and carers  
children aged 0-5 in Cornwall and the Isles of Scilly

# 07312 263 423

Get  
confidential  
health and  
wellbeing advice  
and support

Keep healthy and safe  
Sleep  
Nutrition and a healthy lifestyle  
Toileting

Child development  
Support with behaviour

Toileting  
Infant feeding and nutrition  
Keeping healthy and safe  
Childhood illnesses

Scan me

Together for Families Council of the ISLES OF SCILLY [www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

Please visit [www.cornwall.gov.uk/tfprivacynotice](http://www.cornwall.gov.uk/tfprivacynotice)  
We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care  
staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts**  
will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does  
not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers  
and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

 Funded by  
UK Government

 ChatHealth  
Cornwall and the Isles of Scilly

## ChatHealth Parent Line 5-19

School Nursing messaging service for parents and carers of children  
and young people 5-19 years in Cornwall and Isles of Scilly

**TEXT** 07312 263 499

Get  
confidential  
health and  
wellbeing advice  
and support

Keep healthy and safe  
Sleep  
Nutrition and a healthy lifestyle  
Toileting

Support with behaviour  
General health and wellbeing  
Support with medical conditions in school

Scan me

CORNWALL COUNCIL Together for Families Council of the ISLES OF SCILLY [www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

To read our full privacy notice please visit [www.cornwall.gov.uk/tfprivacynotice](http://www.cornwall.gov.uk/tfprivacynotice)  
We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care  
staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts**  
will not be seen outside working hours. If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does  
not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers  
and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.

 SCW



## Childhood immunisation in letters are now available in accessible formats

Easy Read Braille Large Print

EasyRead, Braille Grade 1 and 2, Large Font (16, 20, 24 and 36) and Yellow Background.

To change your letter type, please email Child Health with your child's name, date of birth and the type of letter you want: [scwcu.child.comms@nhs.net](mailto:scwcu.child.comms@nhs.net) or ask a nurse or health visitor to contact Child Health for you.

For more information on childhood vaccinations and the diseases they protect against please visit [vaccineknowledge.ox.ac.uk](http://vaccineknowledge.ox.ac.uk)



ment

 **ChatHealth**  
Cornwall and the Isles of Scilly

**Health Parent Line 5-19**

g messaging service for parents and carers of children  
g people 5-19 years in Cornwall and Isles of Scilly

**07312 263 499**

Get  
confidential  
health and  
wellbeing advice  
and support

Support with  
behaviour  
General  
health and  
wellbeing  
Support with medical  
conditions  
in school

ChatHealth

Scan me

together  Council of the  
ISLES OF SCILLY [www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

We visit [www.cornwall.gov.uk/officepage](http://www.cornwall.gov.uk/officepage)  
are concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care  
usually rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts**  
**help.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does  
are messages. We support messaging from UK mobile numbers only not including messages from landlines, international numbers  
Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



## Childhood immunisation invite letters are now available in accessible formats



EasyRead, Braille Grade 1 and 2, Large Font (16, 20, 24 and 28)  
and Yellow Background.

To change your letter type, please email Child Health with  
your child's name, date of birth and the type of letter to  
[scwcsu.child.comms@nhs.net](mailto:scwcsu.child.comms@nhs.net) or ask a nurse or health  
visitor to contact Child Health for you.

For more information on childhood vaccinations and the diseases they  
protect against please visit [vaccineknowledge.ox.ac.uk](http://vaccineknowledge.ox.ac.uk)



Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Speak to your pharmacist if you suspect you have:

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Visit your  
**Pharmacy First!**



Providing NHS services



Visit your local pharmacy for help with seven minor conditions which used to require a GP appointment.

As experts in medicines and managing minor illnesses, pharmacists have been backed by Government and the NHS to provide a new 'Pharmacy First' service.

The scheme has just started, and more pharmacies are expected to join soon. Locally, both Day Lewis pharmacies in St Austell, Asda St Austell, and the Boots pharmacy in Mevagissey are offering this service.

You can book an appointment online for Day Lewis in St Austell: [www.daylewis.co.uk/pharmacy-first/](http://www.daylewis.co.uk/pharmacy-first/)

And walk-in without an appointment for Boots in Mevagissey:

[www.boots.com/healthhub/a-z-services/pharmacy-first](http://www.boots.com/healthhub/a-z-services/pharmacy-first)

Stop smoking for  
Stoptober and you're  
**5 times more likely**  
to quit for good.

Search **Stoptober** for free support



# 9 in 10

infants will catch respiratory syncytial virus (RSV) before the age of two.

RSV vaccination when you're pregnant is the best way to protect your baby.



## Protect yourself from serious lung infection



If you're aged 75 to 79, your GP will contact you about getting your free respiratory syncytial virus (RSV) vaccine

# Cornwall Breathers



## COPD & LONG TERM CONDITIONS

### Key facts

- **Smoking is the main cause of COPD**
- **COPD includes bronchitis and emphysema.**  
Most people with COPD have both.
- **COPD damage to the lungs cannot be reversed**
- **Symptoms start in middle age and gradually get worse**
- **About 90% of all deaths from COPD are due to smoking**
- **Around 25,000 people die in the UK every year from COPD**
- **Heavy smokers are 30 times more likely to develop COPD**
- **Around 900,000 people are diagnosed with COPD in the UK**
- **Stopping smoking will reverse a smoker's cough. Cilia can recover and start to clean out the mucus and smoke particles from the lungs**
- **If the smoker has COPD, it is better to stop smoking sooner rather than later. This will stop the disease from progressing even faster**
- **There is no cure for COPD, but there are treatments to ease the symptoms and improve quality of life.**



**01579 340307 07808 065935**  
**www.cornwall-breathers.com**

## 10 Exercises for COPD

All exercise can help with both breathing and heart problems, but it is essential that you consult with your doctor before starting any new exercise programme. These are the exercises that we perform during one of our Breather's group sessions. Each person will do the exercises at different speeds and for different lengths of time, according to their abilities. If you believe that an exercise regime will help you, why not ask your doctor or respiratory nurse to put you on to a rehab course. The contact numbers of all doctors surgeries and respiratory nurse teams are listed in this booklet.



**Step Ups** Stand in front of a step or the bottom of some stairs and step on to it with one foot and then raise the other foot so you are standing on the step. Step back down to the ground. Repeat for one minute at a rate that you can manage, alternating the foot that you step up with. You may need to hold on to a support while doing this. This strengthens legs and improves balance and stability.



**Wall Slide** Rest your back against a wall or other flat surface. Bend your legs as far as you can so your body slides downwards, then push upwards to return to the vertical. Repeat for one minute at a rate that you can manage. This strengthens the leg muscles and improves circulation.



**Arm Circles** Sitting on a chair raise the arms to place your hands on your shoulders and then circle your elbows for 30 seconds forwards and then 30 seconds backwards. This strengthens the arms and shoulders and keeps them flexible.



**Bicep Curl** Sitting down holding a light weight curl the forearm up to the chest then back down to your lap. Repeat for one minute at a rate that you can manage. Repeat with the other arm. If you don't have any weights, a tin of beans or similar will work. This strengthens the shoulder and arm muscles.



**Sit-to-Stand** From a seated position on a chair stand to a vertical position, then sit back down. Try not to use your hands. Repeat for one minute at a rate that you can manage. This strengthens the thigh muscles and improves balance and stability.



**Arm Stretch** Sitting down holding a light weight stretch your arm out straight above your head then back down. Repeat for one minute at a rate that you can manage. Repeat with the other arm. If you don't have any weights, a tin of beans or similar will work. This strengthens the arms and keeps them flexible.



**Waist Bend** Sitting on a chair lean to one side, pushing the arm towards the floor. Return to upright then lean to the other side. Repeat for one minute at a rate that you can manage. This increases core strength and improves flexibility.



**Wall Push** Stand a medium step away from a wall. Place your hands on the wall at shoulder height and a shoulder's width apart. Bend your arms until your nose nearly touches the wall and then straighten them. Repeat for one minute at a rate that you can manage. This strengthens the arm and shoulder muscles.



**Ball Stretch** Sitting on a chair place another chair or stool in front of you with a football on it. Lean forward to pick up the ball then lean back raising the ball over your head. Lean forward and replace the ball. Repeat for one minute at a rate that you can manage. This strengthens the arms and core and improves flexibility.



**Marching** March on the spot or, if preferred, around the room as fast as you are able for one minute. This increases leg strength and improves stability and flexibility.

If you're 56 to 74 and registered with a GP in England, you'll receive an NHS bowel cancer screening kit every two years.

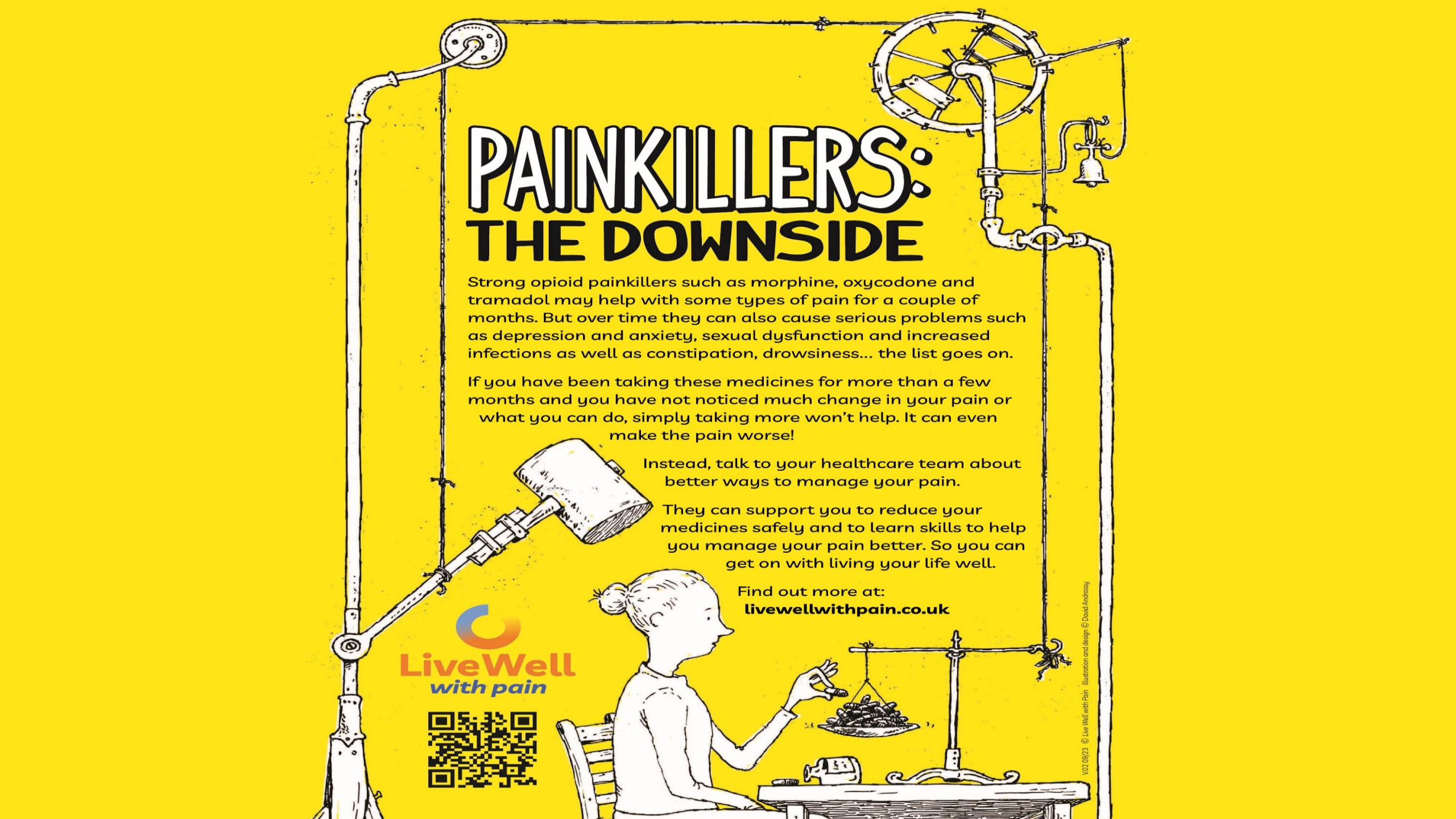
Returning your home kit reduces your chances of getting seriously ill or dying from bowel cancer.

So if you receive a kit in the post, put it by the loo. Don't put it off.

**Have you done your bowel cancer screening test?**

[www.nhs.uk/bowel](http://www.nhs.uk/bowel)





# PAINKILLERS: THE DOWNSIDE

Strong opioid painkillers such as morphine, oxycodone and tramadol may help with some types of pain for a couple of months. But over time they can also cause serious problems such as depression and anxiety, sexual dysfunction and increased infections as well as constipation, drowsiness... the list goes on.

If you have been taking these medicines for more than a few months and you have not noticed much change in your pain or what you can do, simply taking more won't help. It can even make the pain worse!

Instead, talk to your healthcare team about better ways to manage your pain.

They can support you to reduce your medicines safely and to learn skills to help you manage your pain better. So you can get on with living your life well.

Find out more at:  
[livewellwithpain.co.uk](http://livewellwithpain.co.uk)

  
**LiveWell**  
with pain



## Restormel Community Service



## BEFRIENDING SCHEME

### What is Befriending?

A lot of older people, for a variety of reasons, can become isolated and lonely in their own homes. This can happen over a period of time as friends and neighbours no longer call in. Sometimes it can be almost overnight through the sudden loss of a life-partner; a much loved pet, even...

The hours drag; days seem endless. Just one short visit or phone call per week from a befriending volunteer can make a world of difference: someone to chat to and share a pot of tea.

This is where WE come in. When a prospective client is referred to us by Social Services, the RESTORMEL COMMUNITY SERVICE BEFRIENDING SCHEME is set in motion. We arrange a preliminary visit to that person's place of residence so that we can talk through what is provided. If the service offered is acceptable we attempt to 'match' a volunteer to the client (similar interests etc.).

The scheme has proved successful and many clients and volunteers have become long-term friends. The arrangement may be cancelled at any time should the client's circumstances or requirements alter. It must be remembered that befrienders are not carers and do not undertake manual handling, lifting or medical tasks. But making a cuppa? Of course!

So, might YOU be interested in becoming a befriender? Could you spare an hour or so each week to enrich someone's life? The rewards are huge, as any of our volunteers will attest. We do not charge for the service but volunteers may claim mileage allowance from the organisation.

If you are interested, please contact us on:

**01726 63770**

**Monday-Friday, 10am-12.30 & 2-4pm**

# Want to get active?

It's time to get **Healthy Cornwall**

We can help you make changes to  
lead a happier, healthier lifestyle.



[www.healthycornwall.org.uk](http://www.healthycornwall.org.uk)



Healthy  
Cornwall



# WELLBEING WALKS

## St Austell Healthcare

St Austell Leisure Centre—Mondays @ 10:30 (Slow pace)

Holy Trinity Church—Tuesdays @ 14:00 (Brisk pace)

Pinetum Gardens—Wednesdays @ 10:30 (Slow, Medium  
& Brisk pace)

Heligan Gardens—Thursdays @ 09:45 (Slow, Medium,  
Brisk & Fast pace)

Walks are free and all patients welcome

For more details phone 01726 626844 or visit [Wellbeing Walks](https://www.ramblers.org.uk)

[\(ramblers.org.uk\)](https://www.ramblers.org.uk)

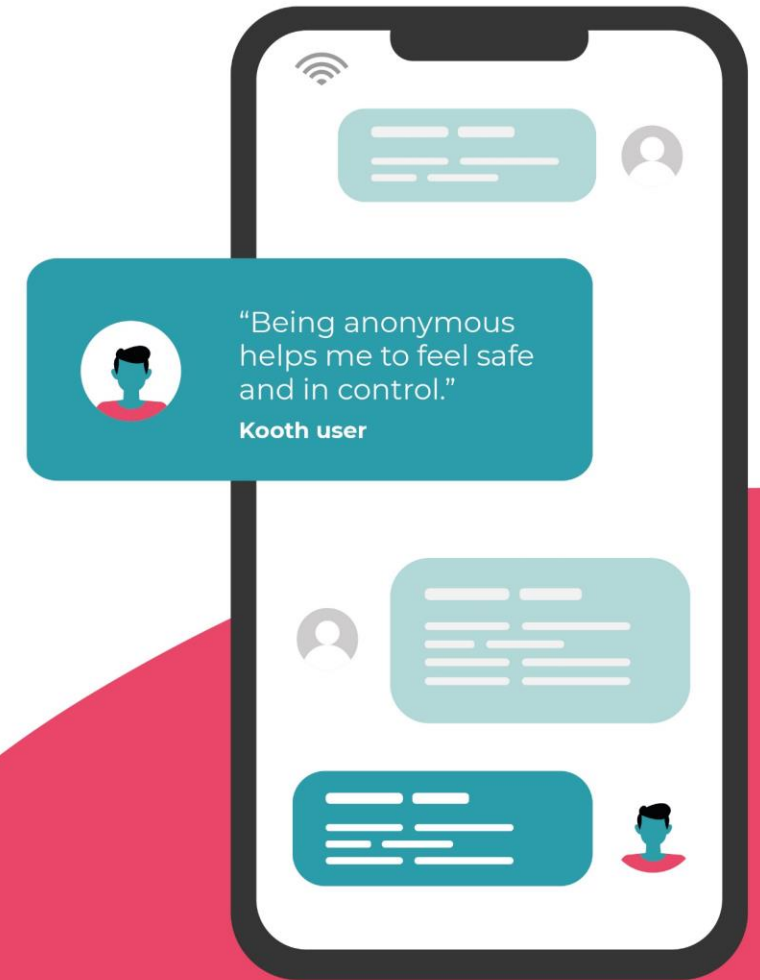




# You can talk to us about anything, anonymously.

Free mental wellbeing support for young people.

**kooth.com**



# Positive feedback



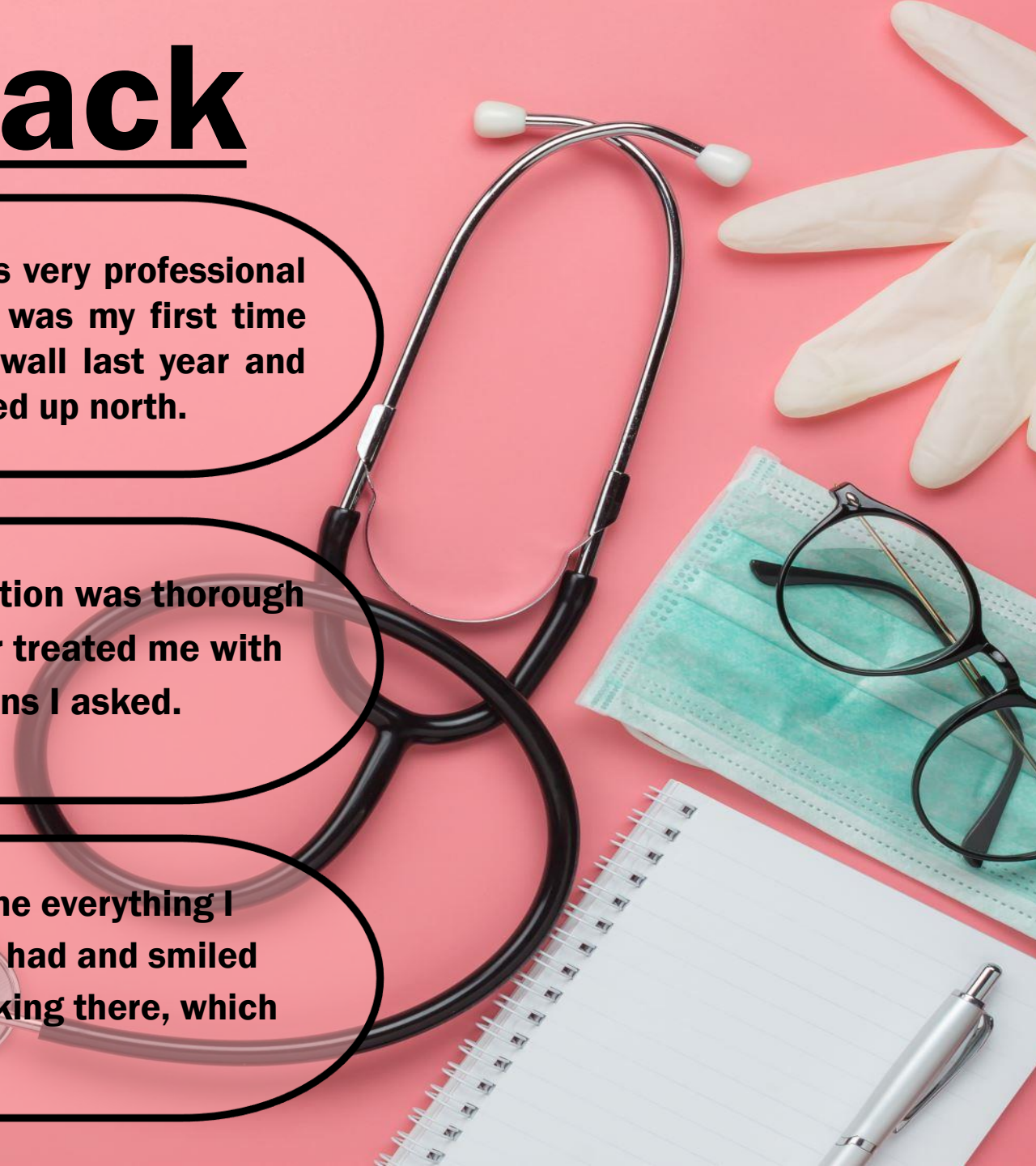
**The doctor that I saw was wonderful. She was very professional and knowledgeable and extremely helpful. It was my first time using this surgery as we only moved to Cornwall last year and this surgery is far better than the surgery I used up north.**



**The appointment wasn't rushed. The consultation was thorough and handled in a professional way. The doctor treated me with respect and was happy to answer any questions I asked.**



**The nurse I saw was friendly very helpful told me everything I needed to know and answered all question we had and smiled all the time giving us the feeling she liked working there, which makes it very pleasant.**



# Positive feedback



**The healthcare who took my blood, was extremely kind and helpful.**



**Very simple booking process - flexible working hours - outstanding customer service.**



**I went to the surgery I wanted, was seen on time and was treated with courtesy. All good.**



**Seen by a member of staff who clearly took pride in her job.**



**We are here to help you.  
Thank you for treating us  
with respect.**



**ST AUSTELL  
HEALTHCARE**

