

Patient Newsletter

February 2023

Smoking? Better Health? Let's do this!

The New Year is an effective time to encourage and support people wanting to make healthier life choices. Quitting smoking is one of the best things someone can do for their health and is often top of the list when it comes to making New Year's resolutions. We know that quitting with the right support can increase the likelihood of quitting for good



Top 3 Quit Smoking Tips!

1. Pick a quit date and add it to your calendar
2. List your reasons to quit
3. Use stop smoking aids to help manage cravings

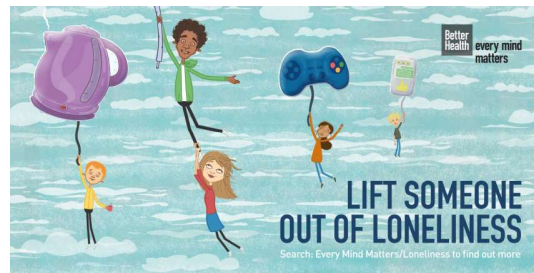
www.nhs.uk/better-health/quit-smoking/

NHS 111

Did you know that you can be assessed and

directed to the care you need by visiting 111.nhs.uk or by calling **111** without leaving the comfort of your own home?

Healthcare professionals are on hand 24/7 to help!



Loneliness

Loneliness can have a huge impact on our wellbeing, but there are lots of simple actions you can take to help lift yourself or others out of loneliness.

Following the success of last year's national campaign, which saw some very positive steps towards people taking action to help feelings of loneliness, the Department for Digital, Culture, Media and Sport will be launching their 6 week loneliness campaign activity on 30th January as part of the Better Health - Every Mind Matters campaign.

If you're feeling lonely, search 'Every Mind Matters; for support and advice or go to [Loneliness - Every Mind Matters - NHS \(www.nhs.uk\)](http://Loneliness - Every Mind Matters - NHS (www.nhs.uk))

POLYPHANT HOUSE

Bosvena Health are pleased to announce resumption of routine services in our new branch facilities located at Polyphant House, Bowden-Derra Park, Polyphant, Launceston PL15 7PU (to replace our current service in Lewannick).

We are looking forward to commencing full services from Monday 27th February, with opening times from 9am to 1pm Monday to Friday.

This will represent an increase in the dispensary provision, and opening times from our current twice weekly provision, as the dispensary will be open during the branch opening times. There will also be a receptionist on site during opening times for receipt of samples and queries.

The additional capacity will allow us to provide the opportunity for twice weekly routine nursing care provision, twice weekly planned GP clinics and a rotation of our multi-disciplinary team offer which may include social

prescribing, first contact physio, sexual health, and mental health practitioners, as examples, on the remaining morning.

This will provide local access for planned, routine care to the range of services provided at our main site, giving a fair share of access for those in the local



catchment area for their chronic disease and preventative health management.

The team available on site will vary on a day-to-day basis, so we are not able to offer a walk-in capacity or provide urgent / emergency care at the Branch Site. If you need access to urgent on the day care or potentially a home visit, then access to this will be through the usual contact means online through our Klinik system or through a call to the team if you are unable to access directly online, and you will be offered any face-to-face appointment at the Carnewater site.

Patients will also continue to have access to planned care from the Stillmoor Site in addition to the above.

We look forward to welcoming local patients to our new Branch from the end of February 2023.

Recipe of the Month



CARROT & GINGER SOUP

There's nothing better, on a cold winter's day, than a hearty soup. For a herbal twist on an all-time classic, add some ginger to your traditional carrot soup. You can also make some delicious croutons out of some ciabatta rolls to top it off.

METHOD

Step 1

Preheat the oven to 180c. Tear the ciabatta rolls into large croutons, roughly even in size. Toss in 1tbsp of the olive oil and spread out on a tray in an even layer. Cook for 10 minutes until crisp and golden and set aside

Step 2

While the croutons are cooking get started on the soup. Add the remaining 1tbsp of oil to a large saucepan along with the onion. Cook until very soft and translucent then add the ginger and cook out for a couple of minutes

Step 3

Add the carrots to the pan along with some black pepper, then stir to coat and pour in the stock. Bring to a simmer and cook for 5 minutes, then add the beans, water and all. Cook for a further 10-15 minutes or until the carrots are very tender, then blitz with a stick blender until smooth

Step 4

Split between four bowls and top with the crunchy ciabatta croutons

FEED YOUR
FAMILY FOR
UNDER A
FIVER

INGREDIENTS

- 2 tbsp olive oil
- 2 stone baked ciabatta roll
- 1 onion, sliced
- 2 inch fresh ginger
- 500g carrots, roughly sliced into rounds
- 1 stock cube dissolved in 1l boiling water from a pack of vegetable stock cubes
- 400g cannellini beans in water

Heart Health Month

Did you know that almost 1 in 2 adults in the UK have raised cholesterol?

What is High Cholesterol?

We all need some cholesterol in our blood to stay healthy, but too much can lead to serious health problems such as heart attacks and strokes.

Cholesterol levels can be affected by several factors including lifestyle, diet, genetics and health conditions such as diabetes. Anyone can have high cholesterol, even if you are young, slim, eat well and exercise because it can be a genetic condition.

High cholesterol is very common, but most people don't know they have it because it doesn't usually have any symptoms. That's why everyone should have a cholesterol check.

There are treatments available for high cholesterol, but it's usually possible to lower cholesterol naturally with healthy lifestyle changes.

More information can be found at <https://www.heartuk.org.uk>

Children's Mental Health Week 2023 6th – 12th February

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we



can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

More information can be found on www.childrensmentalhealthweek.org.uk

**Dementia Drop In Clinic Saturday
11th February 10am - 12 Noon
Stillmoor Building**

Michelle, one of the Social Prescribers for Bosvena Health will be running a Dementia Drop-in clinic for non-medical advice and signposting between 10am and 12 noon. Please come in to see her. As this is a Drop-in Clinic, please be aware that there might a short wait to be seen.

