

April 2024



Diabetes Super Clinic

Bosvena Health held a Diabetes Super clinic on 14.1.24 where 59 people had all their Annual Diabetic Review checks completed in one appointment, including Retinal screening. The day was supported by Volunteer Cornwall, Diabetes UK, Diabetes and You, and Social Prescribers. We also had support from those who attend the Diabetes Support Groups, which are held on the **LAST** Wednesday of the month 6-7pm at Chy Trevail. It was a great success with positive feedback from everyone who attended, and a full report will follow. Everyone who completed feedback, from the day was entered into a draw to win a £10 voucher donated from Celtic Produce, Bodmin. Mrs Gwyneth Barnett won the draw and collected her voucher today. Thank you to Celtic Produce for the voucher and to everyone involved in the Diabetes Super Clinic. If you would like more information, please email bosvena3harbours.diabetesteam@nhs.net

Diabetes engagement sessions:

In 2023 we jointly facilitated some engagement sessions, with Diabetes UK and Cornwall and Isles of Scilly Integrated Care Board inviting people living with diabetes to tell us about their diabetes care. During each session we asked people to share their experiences of their diagnosis, regular care and checks, and other care that might be needed. This feedback would help us improve the care, support, services, and education people living with diabetes receive.

The full report can be requested from the reception area of Stillmoor surgery.

Klinik is the fastest way to get in contact with Bosvena Health:
<https://access.klinik.co.uk/contact/bosvena-health/>

We also received **6216** Klinik requests in February and we booked a total of **13858** appointments! Out of these appointments, **503** did not attend.

KLINIK ACCESS

Diabetes Support Services & Sessions

Support for adults 18+ at risk of type 2 diabetes:

We have scheduled Pre diabetes sessions for people who are newly registered with pre diabetes or those who may have asked for support. These sessions will talk about what pre diabetes is, the risks and how to reduce the risk of developing type 2 diabetes.

Date: 10 June 2024
Time: 10am to 11.30am
Venue: Cornubia Community Hub (upstairs hall)

Date: 5 August 2024
Time: 10am to 11.30am
Venue: St Petrocs

Date: 7 October 2024
Time: 6pm to 7.30pm
Venue: Cornubia Community Hub (Community room)

Date: 2 December 2024
Time: 6pm to 7.30pm
Venue: St Petrocs

Support for adults 18+ living with type 2 diabetes:

Diabetes and You

Diabetes and You is offered to adults newly diagnosed with type 2 diabetes or those living with type 2 diabetes who may need support to help them manage their diabetes. The course consists of three 90 minute sessions, 1 session each week delivered locally in Par and Fowey. Virtual courses via MS teams are also available.

These sessions are delivered by Claire Bolton, PCN diabetes lead.

Diabetes and You PAR
Dates: 9th, 16th, and 23rd May 2024
Time: 2pm to 4pm
Venue: Cornubia Community Hub (upstairs hall)

Diabetes and You BODMIN
Dates: 8th, 15th, and 22nd August 2024
Time: 2pm to 4pm
Venue: St Marys Parish Hall

Diabetes and You PAR
Dates: 7th, 14th, and 21st November 2024
Time: 6pm to 8pm
Venue: Cornubia Community Hub (lower hall)

What's on in your local area.

IntoBodmin provides a list of what's on in Bodmin to include local clubs and activities. It also provides a space for you to meet new people, or to find a quiet corner for a chat with old friends.

Website: <https://intobodmin.co.uk/>

Cornubia provides a list of what's on in Par to include local clubs and activities or join the community garden.

Address: 31 Eastcliffe Road, Par PL24 2AQ

Contact: 07771 650706

Email: cornubiapar@gmail.com

Website: www.cornubia.org.uk

Lostwithiel Community Centre provides a list of what's on in Lostwithiel to include clubs and activities. The Garden Café provides refreshments and food.

Address: Lostwithiel Community Centre, Pleyber Christ Way, PL22 0HE

Telephone: 01208 872207

Website: www.lostwithieltowncouncil.gov.uk

NHS Healthier You Diabetes Prevention Programme delivered by Thrive Tribe

For patients with a pre-diabetic blood glucose reading or history of GDM the Healthier You programme will help patients start reversing the risks of developing type 2 diabetes with 1-1 coaching, group support and personalised advice around nutrition, movement, and motivation. The 9-month programme is delivered either digitally or in a group and free resources include access to our online gym, a journal, eat well food guide and expert articles on nutrition, mindset, movement and more.

Contact: hello@healthieryou.org.uk / bosvena3harbours.diabetesteam.nhs.net

Bosvena Patient Participation Group (PPG):

The Bosvena Health Patient Participation Group (PPG) is up and running. The group meets every month normally the 1st Monday of every month in the Stillmoor House Building waiting room; the meeting starts at 18:30pm and runs until 19:30pm.

The next meeting will be on Tuesday 2nd April, this is to avoid the Easter Bank Holiday.



LOCAL GROUPS AND EVENTS:



Healthy Cornwall

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

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

www.healthycornwall.org.uk



Healthy Cornwall offer a variety of healthy lifestyles programmes and support for those wishing to lose weight, stop smoking, get active, start weaning, look after mental wellbeing and much, much more. Some of these programmes are self-referral whilst others can be referred by health practitioners. Full details of our offer can be found on our website.

Up to date contact details for Healthy Cornwall:
 Telephone - 01872 324200
 Email - healthy.cornwall@cornwall.gov.uk

Website - www.healthycornwall.org.uk

Address -
 Healthy Cornwall, New County Hall,
 Treyew Road, Truro, Cornwall,
 TR1 3AY

Want to **get active?**

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

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Bowel Cancer UK

April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of bowel cancer and funds to support our work.

The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than 9 in 10 people survive bowel cancer when it is diagnosed at the earliest stage. However, this drops significantly when diagnosed at the latest stage.

Do something active every day for the whole of April and get sponsored.

By breaking a sweat this spring, you'll be making a difference to the lives of around 268,000 people living with bowel cancer in the UK today. So, what are you waiting for? Get up, stretch out and sign up today. You'll get a free wrist sweatband after you register:

<https://fundraise.bowelcanceruk.org.uk/register/active-april/register>



Ending the #CapacityCrisis



Bowel cancer is the **second biggest cancer killer** but it's **treatable and curable, especially if diagnosed early.**

9 in 10 people will survive if diagnosed at the earliest stage



Timely access to diagnostic tests is key to **improving early diagnosis.**

But the problem is:



1,000s

of people are waiting for tests that could diagnose bowel cancer.

Around half of hospitals are in breach of waiting time targets for urgent diagnostic tests.



Increasing demand for tests



staff shortages



NHS hospitals at breaking point

We need a plan:

- to train more NHS staff
- reduce waiting times
- save more lives by diagnosing bowel cancer early

We're calling for:

the Government to **plug the gap** and develop a **fully funded action plan** to end the capacity crisis.



Join us

bowelcanceruk.org.uk @bowelcanceruk #bowelcanceruk

Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

Symptoms of bowel cancer:

Knowing the symptoms is important to help spot bowel cancer early. The earlier that it's found, the more treatable it's likely to be. Bowel cancer is cancer that begins in the large bowel, which is made up of the colon and rectum. It's sometimes called colorectal cancer. On this page we'll give you information on what the symptoms can look like and when to visit your GP if you think you have symptoms.



RECIPE OF THE MONTH:

ROSEMARY ROAST CHICKEN THIGHS, NEW POTATOES & ASPARAGUS

INGREDIENTS (3 SERVINGS):

Prep: 10 mins

Cook: 45 mins

Serves 4

- * 750g new potatoes (preferably Jersey Royals), halved
- * 2 large bunches asparagus, woody ends discarded
- * 1 whole garlic bulb, cloves separated
- * 1 tbsp olive oil
- * 1 lemon, halved
- * Small handful rosemary sprigs
- * 8 chicken thighs



METHOD:

STEP 1 Heat oven to 200C/180C fan/gas 6. Put the potatoes, asparagus, garlic cloves, oil and lots of seasoning in a large roasting dish (about 30 x 20cm). Squeeze over all the juice from the lemon halves, then cut them into chunks and add them to the dish. Toss everything together, cover the dish with foil, and roast for about 15 mins.

STEP 2 Remove the foil and mix through the rosemary. Season the chicken thighs and arrange evenly in the dish.

STEP 3 Roast for another 25-30 mins until the potatoes are tender, and the chicken is crisp and cooked through. Serve the dish in the middle of the table for everyone to share.

