

UK Health Security Agency



Top up your protection this spring

If you're in one of the following groups, you can take up the **COVID-19 spring vaccine offer**

Adults
75 years and over

People aged
6 months - 74 years
with a weakened immune system

residents
in a care home for older adults

Book online at

[nhs.uk/get-vaccine](https://www.nhs.uk/get-vaccine)

New Life Church, Bodmin The Tuesday Club

The Tuesday Club is a new venture to support people living with memory problems and their carers. We know that engaging in meaningful activity and having opportunities for social interaction are keys to maintaining a good quality of life for people experiencing memory problems.

Our aim is also to lighten the load of family care giving, recognising that being able to take a break has always been important to unpaid carers.

The Tuesday Club:

- An activity club for people experiencing memory problems
- Initially starting fortnightly from February 2024
- Nanstallon Community Hall until renovation work is completed at New Life Church in Bodmin (Summer 2024)
- 10am – 2pm • Run by volunteers at New Life Church (www.newlifebodmin.org)

Please contact Brenda Harris, Retired Dementia Practitioner, on 01208 831 885 for more information.

Covid Vaccinations can **ONLY** be booked via the National Booking Service. Please do not call the surgery to book as our staff do not have access to this system.

National Booking Service:

Book Online: <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>

Book over the phone: You can call **119** free of charge to book over the phone if you cannot book online. You can speak to a translator if you need to.

If you have difficulties communicating or hearing: You can use textphone **18001** or the NHS 119 British Sign Language (BSL) interpreter service if you have difficulties communicating or hearing, or if you are a BSL user.



BODMIN PAIN CAFE

A well-being space to learn to live well with pain

Immanuel Church, Bodmin

Thursday 9th May - 11am - 1pm

Thursday 13th June - 11am - 1pm

Thursday 11th July - 11am - 1pm

Thursday 8th Aug - 11am - 1pm

Thursday 12th Sep - 11am - 1pm

Thursday 10th Oct - 11am - 1pm

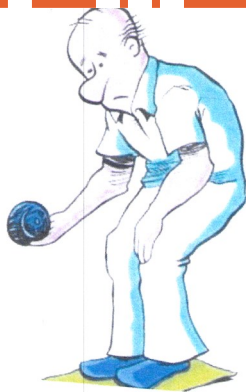
Monthly relaxation session. Refreshments provided.

Contact Michelle for more information - michelle.hill33@nhs.net

Physiotherapy at Bosvena Health

We have a team of first contact physiotherapists (FCP) working at the practice. They are highly trained physiotherapists who are able to assess and diagnose a range of musculoskeletal problems. The physiotherapist will undertake a full assessment and can then provide advice and exercises to help with your condition. If indicated they can organise prescription medications, refer for further tests e.g. blood tests and x-rays and refer onto specialist consultants. They will also link with your GP if any other needs are identified.

To book an FCP appointment, please fill out a Klinik form via the Bosvena Health website.



Short Mat Bowls

Lanivet Parish Community Centre

For Men diagnosed with
Dementia or similar
impairments - Fridays
1.30pm to 3pm

Fully supervised with tea and
biscuits £2 per session
For more details contact Barry on
01208 832634

BODMIN BOWLS CLUB

Location: CASTLE CANYKE ROAD (Opposite the keep)

BOWLS FOR HEALTH

Wednesday 1st and 8th May 2024

1pm-3pm

Taster session - Free, no costs

All equipment and refreshments provided.

Please wear flat shoes.

Please call **01208 77984** for more information or Email bowlclubbodmin@gmail.com



ARMED FORCES VETERANS AND FAMILIES

FREE MONTHLY HUB

Support with Benefits, Debt, Health, Wellbeing, Housing and Employment. Come along for a brew and chat.

BODMIN

Every second Tuesday of the month
10:00-14:00

Court Room 2, Bodmin Town Council, Shire Hall,
Mount Folly Square, Cornwall PL31 2DQ.

REDRUTH

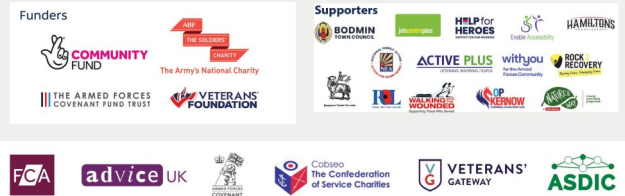
Every last Wednesday of the month
10:00-14:00

Redruth Town Council, Redruth Civic Centre,
Alma Place, Redruth, Cornwall TR15 2AT.



Smart Savings

For more information contact support@veteransregroup.co.uk, call 01872 703309 or message us on www.facebook.com/VeteransRegroup



LOCAL GROUPS AND EVENTS:

Bodmin Cancer Support Group



14:00-16:00
2nd & 4th Friday
of every month

St. Petros Parish Centre
Priory Road,
Bodmin PL31 2DP



Everyone is Welcome. We are a social group that meets for coffee, cake and a chat with people in similar situations.

Free refreshments, advice and information

Carolyn Screech
communitycancercafes@outlook.com
Telephone: 07887851714



MAY IS LIVING STREETS' NATIONAL WALKING MONTH!

We want a nation where walking is the natural choice for everyday local journeys. Our mission is to achieve a better walking environment and inspire people to walk more. Progress starts here: one street, one school, one step at a time.

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.

This year, we're inviting you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling.

How we work has changed drastically since the pandemic. Many of us still travel to the office, but working hours (and locations) are now a lot more flexible for employers.

This page is for you if you've returned to your workplace, are continuing to work from home or are doing both – and it's for anyone who wants to get a bit more active.

Just taking a 20-minute walk on your lunch break can have fantastic health benefits, helping to stave off chronic conditions like heart disease, certain cancers and diabetes.

JUST 10% OF US WALK TO WORK IN THE UK AND OVER A THIRD DON'T GET ENOUGH PHYSICAL ACTIVITY



- * The latest research by the Office of National Statistics states that around 1 in 20 of us feels lonely always or often. Our research has found that over half (68%) of older adults feel more connected with their community after taking up regular walking, and nearly three quarters (70%) feel less lonely or isolated – proving the power of walking for those who are feeling secluded.
- * Walking isn't just about keeping fit. It's also a great way to unwind and connect with our environment. Try to take in the sights, smells and sounds you encounter as you walk.
- * As well as improving mental and physical wellbeing, walking can help us spend time with others, reducing feelings of depression and loneliness.
- * When you walk more, you're likely to feel healthier and happier as a result.
- * Children can help you see the world – and walking – from a different perspective, so let them guide you on your walk.
- * It's a great way to have fun and get some exercise and fresh air. Walking has been proven to improve children's energy and concentration levels, so it might also benefit your child's learning.

DEAF AWARENESS WEEK

1ST - 7TH MAY 2023



Deaf Awareness Week is an annual event that aims to raise awareness about the Deaf community, our language, culture, and history.

It is a time to celebrate Deaf identity, promote Deaf culture, and advocate for equal access to communication and services for the Deaf and hard of hearing. This week-long event provides an opportunity for individuals and organisations to come together and support the Deaf community, learn about their experiences, and work towards a more inclusive and accessible society.

Deaf Awareness Week is a time to celebrate diversity, promote understanding, and build a more inclusive world for all.



Babies start to develop language from birth. Early language acquisition is essential for a child's development and wellbeing, yet access to sign language is limited, patchy and expensive. We believe that offering access to signing and spoken language mitigates the risk of deaf children becoming language deprived. We believe that with the right access to language, there's no limit to what a deaf child can achieve.

6 National Numeracy Day Quick Number Natter Talking Points



Use the Quick Number Natter talking points below to spark short, informal conversations in your organisation. Add the Big Number Natter as an agenda item to your meetings and spend a few minutes on the talking points OR ask everyone to start a quick number natter using these talking points during a coffee break, at the water cooler...anytime!

Give me one word.

Talking Point 1

What is one word that describes how you feel about maths, positive or negative? Why?

Love it? Loathe it?

Talking Point 2

Love it or loathe it, everyone has something to say about maths. What's your number story?

How many of us?

Talking Point 3

Around half of UK adults have the numeracy levels expected of a primary school child. Does this surprise you?

Everyday maths

Talking Point 4

Can you name some of the ways you use maths in everyday life?

Hidden in plain sight!

Talking Point 5

Do you use maths at work? It might not be obvious! Can you think of any examples?

The 10 minute Challenge

Talking Point 6

We all learn differently. Try the National Numeracy Challenge to check your confidence and skill. It just takes 10 mins! nationalnumeracy.org.uk/challenge

National Numeracy Day 2024 falls on Wednesday 22nd May!

National Numeracy is an independent charity with a vision for everyone in the UK to get on with numbers so they can get on in life. Our mission is to empower children and adults in the UK to feel confident with everyday maths so they can fulfil their potential at work, home and school. Our work improves how people understand and work with numbers in everyday life, sparking better opportunities and brighter futures.

The Big Number Natter is the first ever nationwide conversation about numbers. It's an opportunity to have a chat about numbers and change lives for the better. The story behind your lucky number, tips for bagging a bargain, calculations in your career or helping kids with homework...love it or loathe it, everyone has something to say about maths!

Half the UK's working age adults have low numeracy levels, which makes people more vulnerable to debt, unemployment, poor health and fraud - all exacerbated by the cost-of-living crisis. But everyone can improve their numeracy and talking about numbers is a fantastic first step.

#NationalNumeracyDay

Get more free resources: nationalnumeracy.org.uk/numeracyday



INGREDIENTS (2 SERVINGS):

Prep: 15mins

Cook: 10/20 mins

Serves: 2

- 2 skin-on salmon fillets (about 125g/4 1/2oz each)
- 1 small red chilli, deseeded and finely chopped
- 1 tbsp mirin
- 1 tbsp soy sauce
- 1/2 thumb-sized piece ginger, peeled and finely grated
- 1/2 small pack coriander, chopped
- 140g mangetout
- 2 tbsp teriyaki sauce
- 300g straight-to-wok noodles



RECIPE OF THE MONTH:

CHILLI SALMON & TERIYAKI NOODLES

METHOD

STEP 1:

Heat the oven to 190C/170C fan/gas 5 or pre-heat the air fryer to 180C for 4 mins. Line a baking tray with parchment for the oven method. Place the salmon, skin-side down, in the oven or the air fryer for both methods. Mix together the chilli, mirin, soy, ginger, and coriander, and spoon this mixture over the salmon. For the oven method, roast the salmon in the oven for 12-15 mins until it's just cooked. For the air fryer method, cook the salmon in the air fryer for 8-10 mins until it's just cooked.

STEP 2:

Heat a large frying pan or wok and cook the mangetout with 1 tbsp water for 2 mins until tender but still with some bite. Stir in the teriyaki sauce and noodles to heat through. Divide between 2 plates and top with the salmon.