Bosvena Health
prevent • treat • care

Patient Newsletter March 2024

We are changing the way we communicate with you after a blood test. We will be texting you results of your "normal" results, to save you from calling the practice. If you have an up-to-date mobile number and have consented, you will start receiving messages

We would like to stress, if you have not been contacted, it DOES NOT mean your tests are abnormal. If something needs to be done, we will contact you in a timely manner.

- NHS App -

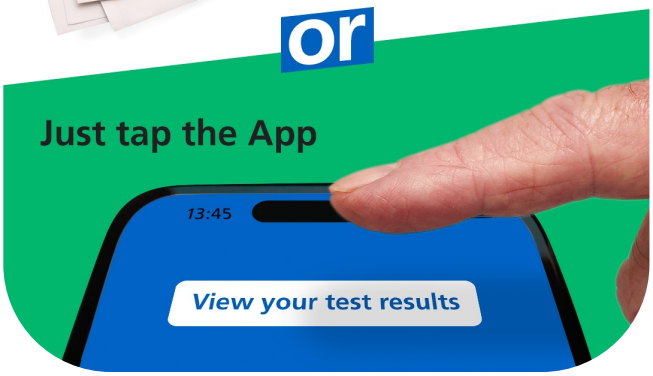
The NHS App is a simple and secure way to access a range of NHS services and information on your smartphone or tablet. Millions of people are already using the NHS App to manage their health the easy way from the comfort of their homes.

Whether viewing your GP health record, ordering repeat prescriptions, or nominating your preferred pharmacy, the NHS App hosts a range of features that make it easier to access NHS services and information.

NHS

Wait by the doormat

or

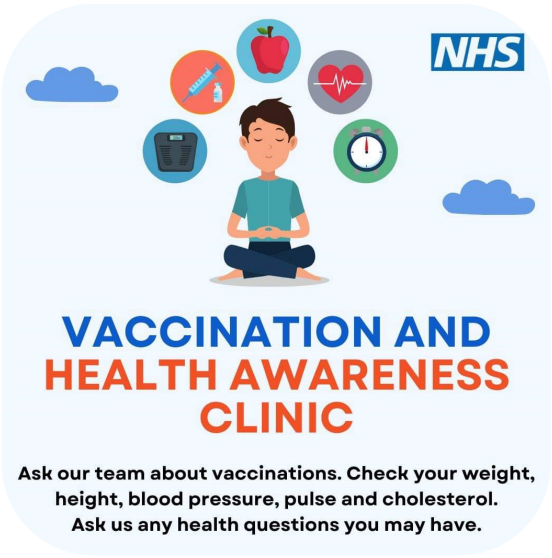


Mixing and socialising with groups of friends or work colleagues, going to parties and festivals means you are more at risk of infectious diseases.

Measles, Mumps and Rubella are serious diseases, are very infectious and can cause complications.

Make sure you have had your 2 doses of MMR vaccine - check your status with your GP surgery.

If you haven't, book it now.
Speak to your GP to make an appointment.

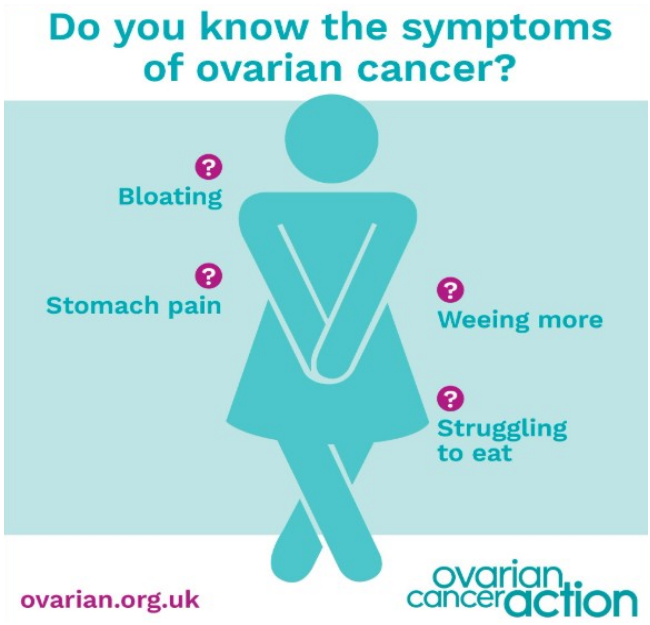


The Royal Cornwall Hospitals Trust vaccination outreach team will be out and about offering their Vaccination and Health Awareness Clinics in several pop-up locations in Central and East Cornwall over the coming weeks.

Town	Location	Day	Date	Clinic Times
Liskeard	Trago Mills	Wed	28th Feb	09:00 - 16:30
Bodmin	Into Bodmin & Bodmin Old Library	Thu	29th Feb	09:00 - 16:30
St Austell	St Piran's Day, St. Austell	Sat	2nd Mar	10:00 - 15:00
Launceston	Tesco	Tue	12th Mar	09:00 - 16:30
Liskeard	Trago Mills	Wed	13th Mar	08:30 - 16:30
Bodmin	Into Bodmin & Bodmin Old Library	Thu	14th Mar	09:00 - 16:30
Liskeard	Trago Mills	Wed	20th Mar	08:30 - 16:30
Liskeard	Trago Mills	Wed	27th Mar	08:30 - 16:30
Bodmin	The Old Library	Wed	27th Mar	09:00 - 17:00

LOCAL GROUPS AND EVENTS:

ovarian cancer action



March is Ovarian Cancer Awareness Month and we're taking steps for every single woman diagnosed with ovarian cancer worldwide each year. There will also be the launch of new pioneering projects, opportunities to shape the next decade of cancer care and ways to support the next generation of ovarian cancer research.

* Ovarian cancer is the UK's deadliest gynaecological disease, claiming the life of another woman in the UK every two hours
* Ovarian cancer kills more women in the UK than womb, cervical, vulval and vaginal cancers combined
* Ovarian cancer can affect women of all ages
* One in four women mistakenly think their smear test will detect the disease
* Symptoms are often mistaken for less serious conditions like IBS

Target Ovarian Cancer

Brain Tumour Research

Brain Tumour Awareness Month was launched in 2004 by a group of charities that went on to become founding members of Brain Tumour Research. Every March, we lead the way with a packed programme of activities to raise vital awareness and funds to get closer to our vision of finding a cure for all types of brain tumours.

This year, as we celebrate our 15th anniversary, there are many ways you can get involved during Brain Tumour Awareness Month to bring hope to the one in three people who knows someone affected by this devastating disease.

We are the only national charity in the UK focused on finding a cure for all types of brain tumours through campaigning to increase the national investment in brain tumour research to £35 million per year, while fundraising to create a network of seven sustainable Brain Tumour Research Centres of Excellence across the UK.

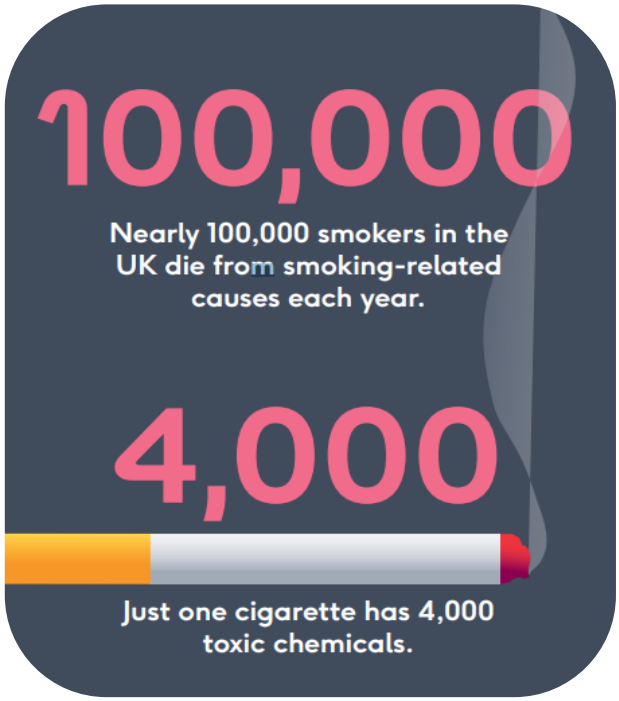
#ShineALight

At 7:30pm on Friday 1st March, help **#ShineALight** for all those affected by brain tumours by lighting a candle and sharing a photo on social media to raise vital awareness.

National No Smoking Day

13th March 2024

If you've decided to quit smoking, then you've made a great decision for your health. It may be difficult at times, but there is help available to you. Make an appointment with your GP or practice nurse. Some pharmacies also offer stop smoking programmes. They will be able to help you find the best way to stop smoking and suggest medication or nicotine replacement therapy. If you're struggling to quit, pay attention to the circumstances that make you want to smoke. If you always smoke when you're stressed, tired or drinking alcohol, plan ahead for these moments so you develop new ways to cope. Look at other ways to stay motivated, like how much money you'll save or working on your fitness. Give yourself a goal like saving for a holiday or completing a physical challenge. This will help you kick the habit.



Quick tips

Set a quit date and tell your friends and family. If there is a shopkeeper you always buy your cigarettes from, tell them too. This will help you stick to it.

Have healthy snacks and drinks to hand so you're not tempted to reach for unhealthy treats.

Keep track of the money you're saving by not buying cigarettes. Use it to give yourself a reward when you reach milestones to stay motivated.

BOSVENA HEALTH:

Bosvena Health are currently running smoking cessation clinics which run from 5.30pm–7.30pm every other Thursday at Stillmoor surgery.

Please contact the surgery to book into the next clinic which will be on 7th March 2024.

Other services:

NHS stop smoking services These services offer free counselling and support to anyone who wants to quit smoking. You can go to group support sessions or, in some areas of the UK, you can have one-to-one support. National stop smoking helplines and websites

England:

smokefree.nhs.uk

0800 022 4 332

RECIPE OF THE MONTH - EASY CHICKEN CURRY

INGREDIENTS (3 SERVINGS):

Prep: 5 mins

Cook: 45 mins

Serves 4

* 2 tbsp sunflower oil
* 1 onion, thinly sliced
* 2 garlic cloves, crushed
* thumb-sized piece of ginger, grated
* 6 chicken thighs, boneless and skinless
* 3 tbsp medium spice paste (tikka works well)
* 400g can chopped tomatoes
* 100g Greek yogurt
* 1 small bunch of coriander, leaves chopped
* 50g ground almonds
* Serve with a Naan or cooked basmati rice

METHOD:

STEP 1 Heat the oil in a flameproof casserole dish or large frying pan over a medium heat. Add the onion and a generous pinch of salt and fry for 8-10 mins, or until the onion has turned golden brown and sticky. Add the garlic and ginger, cooking for a further minute.

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STEP 2 Chop the chicken into chunky 3cm pieces, add to the pan and fry for 5 mins before stirring through the spice paste and tomatoes, along with 250ml water. Bring to the boil, lower to a simmer and cook on a gentle heat uncovered for 25-30 mins or until rich and slightly reduced. Stir though the yogurt, coriander and ground almonds, season and serve with warm naan or fluffy basmati rice.

Simmering gently on a low temperature will reduce the volume of liquid as well as intensifying the flavour of the curry. Add 1 tbsp cornflour to 2-3 tbsp of cold water to form a paste. Then add this to the curry and simmer until it thickens. Add a few tbsp of Greek yogurt, which will give the curry a lovely creamy consistency too.