



JOIN US FOR AN ACTIVE WALK

First and third Thursday of
every month



Active Walking Group!

The Social Prescribers at Bosvena are leading an active walk on the 1st and 3rd Thursday of every month starting in June.

The walk is friendly and fully accessible. It is suitable for beginners and those with mobility issues, walking over easy ground at a steady pace. If you are concerned about mobility issues, please let them know as they can support.

On the 6th June they will be meeting outside the Stillmoor Surgery building at 1pm and then going on a short walk around Bodmin, finishing at Into Bodmin for a hot or cold drink in the cafe.

If you are interested in attending, please email Michelle Hill, Team Lead at michelle.hill33@nhs.net or phone 07932 606 211 for further information and to book a place.

PREVENTING THE SPREAD OF MEASLES

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

It's important to catch up on any missed vaccines.

You can still ask your GP surgery for the MMR vaccine if your child has missed either of these 2 doses they need.



"So what exactly is Social Prescribing?"

Social Prescribing is non-clinical support that works with people to meet their social, emotional and well-being needs and connecting them with activities, groups and services appropriate to them as part of the holistic and personalised care approach.

As well as meeting with patients in the surgery the Social Prescribing team also spend time out in the community and facilitate the Pain Cafes and Active walks.

Please contact the surgery if you would like further information on Social Prescribing.

Be a #BikeHero this Bike Week

Together we can build a happier, healthier and greener world through cycling – and you don't need to wear a cape to do it!

Being a #BikeHero helps to:



Save the planet

Reduce emissions, increase air quality and protect nature



Save money

Cycling is one of the most cost-effective ways to get around



Save stress levels

Get outside for fresh air, freedom and a great work-out for your mind and body

Bike Week is the UK's biggest awareness-raising moment of the year for cycling and a chance to celebrate. It's a time to remind ourselves of all the positives that riding a bike can bring, both to our own health and wellbeing, as well as the wider impacts on our communities and the planet.

This year, Cycling UK wants to celebrate cycling as a force for good. We want to celebrate all those who cycle and encourage and enable more cycling, as we know that when more people cycle, we all become happier, healthier, greener and more connected.

Get on your bike!

- Replace a short local you'd normally make by car
- Take the kids out for a bike ride – perhaps even cycle to school
- Encourage friends to join you on a ride
- Inspire others, post a selfie, or pictures of your bike ride or journey on social media. Use the hashtags #BikeWeekUK and #BikeHero

SAVE THE DATE!

26th June 2024

Following a visit to one of our Bodmin Diabetes Support Group meetings, Lanhydrock have now been awarded funding to run Cycling and Walking groups throughout the year. The first of these will be held on 26th June from 11am-12pm. More information will be available very soon.

4th July 2024

We are pleased to announce the 'Living with Diabetes' event which will be held at Bodmin Leisure Centre, Lostwithiel Road, Bodmin, PL31 1DE. Representatives/Healthcare Professionals will be on hand to answer questions together with our partners from Diabetes UK, Healthier You, and Volunteer Cornwall. There will also be Diabetes Support Services and Diabetes education available.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes Support Groups

This summer we want to join Diabetes UK to raise awareness and support for people with Diabetes and we would love you to join us.

Collectively we will count our steps and raise sponsorship as the funds we raise help Diabetes UK research new treatments, campaign for better care and provide essential support for the mums, dads, sisters, brothers, sons, daughters, grandparents, and best friends juggling diabetes every single day.

Not only is walking a great way to include more activity into your daily routine, but it has so many health benefits too, especially if you have diabetes.

Take on the challenge at your own pace, in your own way. Because however you step, every step counts. Claire and Caroline will have sponsorship forms and more details for you at your next Support Group meeting.

LETS KEEP ACTIVE

Wellbeing Walks:

Join in on social walks on Fridays! With a trained community team and volunteers with tea & coffee afterwards. Bodmin Leisure Centre 2-3pm onwards:

Contact Edward.stigle@gll.org for any enquiries.

Men's Multi-sport Session for Mental Wellbeing:

Every Friday at 1-2pm, Bodmin Leisure Centre, Indoor Tennis Courts. Fun, casual drop-in Men's multi-sports sessions (incl: tennis, badminton, & football) for people experiencing low mood, loneliness and mental health problems. All abilities welcome, and equipment provided! Go along and give it a go.

Par Track: Community Gym:

A new, modern, no-fuss, friendly gym in the heart of our community. We're not for your burly weight lifters or cardio fanatics - we're here to make it easy for you to do some regular exercise and we promise to keep it interesting. You can pay as you go for £5 per session or sign up for our full gym membership for £25 a month. All members must be over 18 to use the facilities and services provided at Par Track Gym.

Par Track: Run, Ride, Relax, Repeat:

Par Track is a space for the Community. Home to an athletics track, Café, Library, Gym, Cycling Events, Fitness Classes, Green Trail, Pump Track plus a Healthy Living Coordinator: Info@partrack.org.uk 01726 817930



What is Learning Disability Week?

Each year, the third week of June is Learning Disability Week. It is when we make sure the world hears what life is like if you have a learning disability. The theme for this year's Learning Disability Week is "Do you see me?" "Do you see me?" is about challenging the barriers people with a learning disability face. We want to celebrate the things people with a learning disability bring to society.

Mencap's goal is to make the UK the best place in the world for people with a learning disability to lead happy and healthy lives. The next UK government must put people with a learning disability at the heart of their legislative programme. The inequalities are recognised, the barriers and problems have been identified, and many of the solutions are known. The next UK government must work with people with a learning disability, their supporters, and organisations, to deliver change.

**Do you
see me?**

**Learning Disability Week
17th - 23rd June 2024**

me

If you would like to get involved with Learning Disability Week you can: Become an activist to challenge the barriers that people with a learning disability face. Talk about and celebrate the amazing things that people with a learning disability are doing in your community. Spread awareness of Learning Disability Week on social media. Donate to Mencap to help us continue to campaign for people with a learning disability to live happy and healthy lives.

Only 26.7%

of adults with a learning disability are employed yet 86% of unemployed people with a learning disability want a paid job.

1 in 3

people with a learning disability spend less than 1 hour outside their home on a typical Saturday.

Over 2,000

people with a learning disability and/ or autistic people are currently locked away in mental health hospitals.

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

- We need 4,300 blood donations every day on average to meet the needs of our hospitals
- Over 140,000 people to donate blood for the first time this year 12,000
- New Black heritage donors, to meet the growing demand for ethnically matched blood for sickle cell patients who need regular transfusions to stay alive
- More young people aged 17-35 to donate, to ensure we have enough blood for the future



**WORLD
BLOOD
DONOR
DAY**
JUNE 14

Let's talk about cervical cancer

You might know about smear tests. They can stop cervical cancer from ever developing.

You're invited regularly from 25 to 64

You might find going for smear tests hard (especially at the moment).
So make sure you know the symptoms:

- Vaginal bleeding that is unusual for you
- Changes to vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis



The earlier cervical cancer is found, the easier it is to treat.



So whether you're up to date with your smear test, are waiting for a test, or have never been, if you have any of these symptoms then call your GP as soon as possible.

Your GP has measures in place to keep you **safe from coronavirus**.



For further information and support
Call our helpline: **0808 802 8000**
Find us online: **jostrust.org.uk**

Jo's cervical cancer trust

CERVICAL SCREENING AWARENESS WEEK
17th - 23rd June 2024

Jo's cervical cancer trust

CERVICAL SCREENING OVERDUE?
BOOK IT
IN THIS WEEK

If you've been invited for cervical screening, you might have questions or concerns.

Whether it's questions about what happens at the test, or you want to talk about results, we've got the answers you need and information you can trust.

JOSTRUST.ORG.UK | 0808 802 8000

Healthy Eating Week will be running from Monday 10 June to Friday 14 June 2024.

We are encouraging everyone, including early years settings, schools, workplaces and community groups, to 'Give it a go' this Healthy Eating Week.

Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2024 is all about giving it a go!

We will be providing information and resources for early years, schools and workplaces around the following themes:

- Get at least 5 A DAY
- Stay hydrated
- Move more
- Focus on fibre
- Reduce food waste

17th - 23rd June 2024

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact. This Cervical Screening Awareness Week, we're sharing different experiences from women and other people with a cervix: screening after giving birth, after menopause, after transitioning, after receiving the first invitation, and after being refused it altogether. We'll also be sharing information, tips, and support on how to make attending your screening a little bit easier. From 17th - 23rd June 2024, join the conversation on social media and use the hashtag **#CervicalScreeningAwarenessWeek** or **#CSAW24**

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact. If you are looking for ways to make cervical screening (a smear test) better for you, there are lots of things you can try.

- *Ask to book a longer appointment: This gives you more time to ask questions and feel ready.*
- *Bring someone you trust: They can be with you in the waiting room or during your appointment.*
- *Ask for a smaller speculum: A smaller size may be more comfortable for you.*
- *Wear a skirt or dress: You can keep it on during your appointment to help feel more covered.*

Talk to your nurse. If you need any support or have questions, your nurse can help.

10-14 June 2024

Healthy Eating Week – Give it a go!

Healthy Eating Week
Nutrition Foundation



Get at least 5 A DAY • Stay hydrated • Move more • Focus on fibre • Reduce food waste

www.healthyeatingweek.org.uk

RECIPE OF THE MONTH: **CHICKPEA CURRY JACKET** **POTATOES**

Ingredients:

Serves: 4

Prep: 15 mins

Cook: 45 mins

- * 4 sweet potatoes/or white potatoes if preferred
- * 1 tbsp coconut oil
- * 1 1/2 tsp cumin seeds
- * 1 large onion, diced
- * 2 garlic cloves, crushed
- * thumb-sized piece ginger, finely grated
- * 1 green chilli, finely chopped
- * 1 tsp garam masala
- * 1 tsp ground coriander
- * 1/2 tsp turmeric
- * 2 tbsp tikka masala paste
- * 2 x 400g can chopped tomatoes
- * 2 x 400g can chickpeas, drained
- * lemon wedges and coriander leaves, to serve

STEP 1: Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.

STEP 2: Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.

STEP 3: Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

STEP 4: Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.



☒ Dairy-free
 ☒ Gluten-free
 ☒ Healthy
 ☒ High-protein
 ☒ Low calorie
 ☒ Vegan
 ☒ Vegetarian

Nutrition: Per serving

	low in	low in					low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
276	9g	3g	32g	12g	11g	12g	0.3g