PATIENT NEWSLETTER

JANUARY 2025

BOSVENA PARKRUN

14TH DECEMBER 2024

On 14.12.24, staff from Bosvena Health took part in a practice parkrun at Lanhydrock.

From left to right, Dr David Maasdorp - who kindly organised the event, Dr Emma Langstaff, Jan Toms (Secretarial Team Lead & IT Co-Ordinator), Rebecca Harris (Education & Finance Manager), Deborah Jago (Social Prescriber), Dr Dale Staff, Mark Grassam and Alison Catnach (members of a local running club), Hollie Catnach and Emily Edwards (Practice Nurses).

Looking forward to the future, we hope to continue this parkrun every quarter as a practice. Starting with the Winter Parkrun in December, naturally followed by Spring, Summer and Autumn gatherings in March, June and September, respectively. We hope to create a practice culture of making healthy lifestyle choices, both physically and mentally.

Bowel cancer screening is a test you do at home that checks for signs of bowel cancer. It's offered to everyone aged 54 to 74. Bowel cancer is cancer found anywhere in the large bowel, which includes the colon and rectum. It's one of the most common types of cancer in the UK. . Bowel cancer screening uses a test called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer. You collect the sample at home and send it by post to be tested. It can help find cancer early, and before you have any symptoms, which may mean it's easier to treat.

Who bowel screening is for:

Bowel cancer screening is offered to everyone aged 54 to 74 every 2 years. It will soon be available for everyone aged 50 to 74 years old, so you may be sent a home test kit now if you're aged 50 or over. This is because your risk of getting bowel cancer gets higher as you get older. You can also get screening for bowel cancer every 2 years if you're aged 75 or over, but you need to call the bowel cancer screening helpline on 0800 707 6060 and ask for the test.

Cornwall Council | Healthy Cornwall

Couch to 5K

Tuesdays
1pm - 2pm

Meeting at the **Scarletts Well car park**

Booking is **essential**. Call or go to our website to book.

- **Free** weekly running sessions for beginners
- Learn to run for 30 minutes in 12 weeks through NHS designed programme starting with an easy walk-and-talk session
- Get outside, get active and meet new people

01872 324200
healthycornwall.org.uk

Stronger together

JOIN US AT OUR NEXT BODMIN IN PERSON PAIN CAFÉ SESSION

OUR NEXT PAIN CAFÉ EVENT
THURSDAY, 9 JANUARY 2025 AT 11:00

IMMANUEL CHURCH, BERRYCOOMBE ROAD, BODMIN.

ADD TO CALENDAR ›

The Next meeting of the Bosvena Health Patient Participation Group (PPG) will take place from 6:15pm this coming Monday, 6th January, at our Stillmoor House building.

The Dry January® challenge supports people across the country to change their relationship with alcohol through stopping drinking for one month using Alcohol Change UK's tools and resources. You can use Dry January® resources to encourage people in your community to become healthier and happier.

Every day in the UK more than 20 people die as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.
The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink driving, violence or neglect.

We want to build a future in which people drink as a conscious choice, not a default; where the issues which lead to alcohol problems – like poverty, mental health issues, homelessness – are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.
A month alcohol-free has a lot of benefits: research published in 2018, conducted by the Royal Free Hospital and published in the British Medical Journal, found that a month off:

- Lowers blood pressure
- Reduces diabetes risk
- Lowers cholesterol
- Reduces levels of cancer-related proteins in the blood

ALCOHOL CHANGE UK

Advice from a pharmacist

Pharmacists can offer advice on a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains.

They can also give advice about medicines. This includes how to use your medicine, worries about side effects or any other questions you have.
If they cannot help you themselves, they can refer you to a GP or other health professional.

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First.

Conditions they can offer prescription medicine for are:

- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- earache (aged 1 to 17 years)
- sore throat (aged 5 years and over)
- sinusitis (aged 12 years and over)
- urinary tract infections (UTIs) (women aged 16 to 64 years)
- shingles (aged 18 years and over)

If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self care treatment with over the counter medicines, but you may need to see a GP for treatment.

EASY SAUSAGE AND LENTIL STEW

INGREDIENTS:

- 2 tbsp olive oil
- 400g/14oz sausages, ideally spicy sausages such as Toulouse or Spanish-style pork
- 1 onion, thinly sliced
- 400g chopped tomatoes with herbs
- 160g/5¾oz green lentils (preferably Puy)
- 1 chicken or pork stock cube
- 75ml/2½fl oz of red wine, or extra stock

Add half a teaspoon of crushed chilli flakes or a bay leaf if you have them in your spice collection.

METHOD:

1. Heat one tablespoon of the oil in a large, deep frying pan or shallow casserole and fry the sausages over a medium heat for 6–8 minutes, or until lightly browned on all sides. Transfer to a plate and return the pan to the heat.

2. Add the remaining oil and onion and gently fry for 4–5 minutes, or until softened and lightly browned, stirring regularly. Add the tomatoes and lentils, crumble over the stock cube and add the red wine (or the equivalent extra stock). Add 500ml/18fl oz of water to the pan.

3. Cover loosely with a lid and bring to a gentle simmer. Cook for 15 minutes, stirring occasionally. Return the sausages to the pan and cook for 10–15 minutes, or until the lentils are tender and the sausages cooked, stirring regularly. Add a little extra water if needed.

Serve with lots of freshly cooked green leafy vegetables, or warmed, crusty bread

VEGGIE SHEPHERD'S PIE WITH SWEET POTATO MASH

INGREDIENTS

- 1 tbsp olive oil
- 1 large onion halved and sliced
- 2 large carrots (500g/1lb 2oz in total), cut into sugar-cube size pieces
- 2 tbsp thyme chopped
- 200ml red wine 400g can chopped tomatoes
- 2 vegetable stock cubes
- 410g can green lentils 950g sweet potatoes peeled and cut into chunks 25g butter 85g vegetarian mature cheddar grated

METHOD:

1. Heat 1 tbsp olive oil in a frying pan, then fry 1 halved and sliced large onion until golden.
2. Add 2 large carrots, cut into sugar-cube size pieces and most of the 2 tbsp chopped thyme, reserving a sprinkling for later.
3. Pour in 200ml red wine, 150ml water and a 400g chopped tomatoes, then crumble in 2 vegetable stock cubes and simmer for 10 mins.
4. Tip in a 410g can green lentils, including the juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.
5. Meanwhile, boil 950g sweet potatoes, cut into chunks, for 15 mins until tender, drain well, then mash with 25g butter and season to taste.
6. Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over 85g grated vegetarian mature cheddar and the remaining thyme. The pie can now be covered and chilled for 2 days, or frozen for up to a month.
7. Heat oven to 190C/170C fan/gas 5. Cook for 20 mins if cooking straightaway, or for 40 mins from chilled, until golden and hot all the way through. Serve with broccoli.