

## MENOPAUSE SUPPORT GROUP

Come and join us on a Wednesday Evening at **In-to Bodmin** to talk all things Menopause.

Prescribing Clinician from Bosvena Health also available.

**Location : The Old Library, 10 Lower Bore Street, Bodmin PL31 2JX**

**Time: 6.30-7.45PM**

### NEXT DATES:

- Wednesday 19<sup>th</sup> March/Wednesday 9<sup>th</sup> April
- Wednesday 30<sup>th</sup> April/ Wednesday 21<sup>st</sup> May
- Wednesday 11<sup>th</sup> June

## **Bodmin Walking Group**

Meet every 2 weeks  
on Mondays

**11.30am - 1.30pm**

**free  
dementia-  
friendly  
activity**

- |                 |  |
|-----------------|--|
| <b>3rd Mar</b>  | <b>Wander along the Camel Trail</b><br>Meet at Borough Arms, meet at Borough Arms Pub, Bodmin, PL31 2RD                        |
| <b>17th Mar</b> | <b>Signs of spring walk at Lanhydrock</b><br>Meet in NT Lanhydrock accessible car park, Bodmin, PL30 4AD                       |
| <b>31st Mar</b> | <b>Exploring Boconnoc estate and garden</b><br>Meet at the obelisk on main drive, Boconnoc Estate, PL22 0RG                    |
| <b>14th Apr</b> | <b>Hurler Stones walk and talk with Cornwall Heritage Trust.</b> Meet in Hurler stones carpark, Minions, Bodmin Moor, PL14 5LE |
| <b>28th Apr</b> | <b>Rhododendron walk at Pencarrow Garden</b><br>Meet in carpark, Pencarrow House, Washaway, PL30 3AG                           |

Please get in touch if you require transport.

To book and for more details  
Tel: 01726 222900  
email: [creativespaces@sensorytrust.org.uk](mailto:creativespaces@sensorytrust.org.uk)



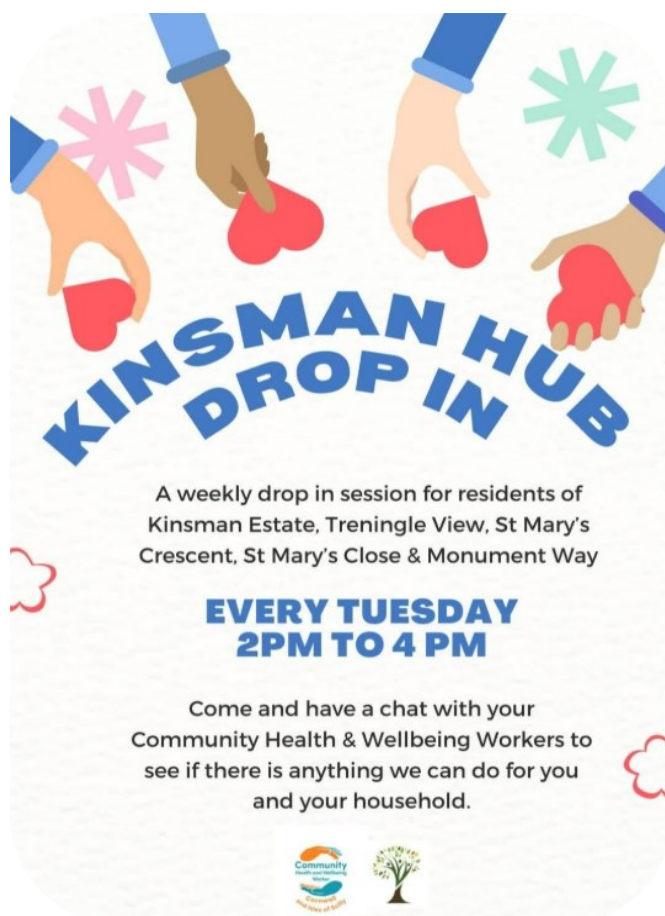
**Creative Spaces**

Creative Spaces supports people living with dementia, their families and carers in rural communities in Cornwall



## PATIENT NEWSLETTER

**APRIL 2025**



### Join Us at Our Health & Wellbeing Drop-In Clinic!

Whether you have questions about physical health, mental well-being, or need advice on social support, our team of professionals is here to help.

Speak directly with a local GP, a physical health nurse, a social prescriber, and a mental health practitioner—all in one place! Everyone is welcome, and no appointment is necessary.

**15th April 2025 At Trelil Resource Centre 10.30am - 12.30pm.**

## **Community cuppa**

**EVERY THURSDAY**

**10AM TILL 4PM**

**ST PETROC'S CHURCH**

**BODMIN**

A space for everyone to connect  
over a cuppa!



For more information, please contact Revd Elaine via her facebook by clicking on the QR code  
[www.facebook.com/revdelaine](https://www.facebook.com/revdelaine)



WORKING TOGETHER WITH  
**BODMIN  
TOWN COUNCIL**

**ALL FOR  
FREE!**





# Bodmin Cancer Support Group

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

St. Petrocs 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.

**Carolyn Screech**  
[communitycancercafes@outlook.com](mailto:communitycancercafes@outlook.com)  
Telephone: 07887851714



**Free**  
**refreshments,**  
**advice and**  
**information**



**ACTIVE CORNWALL**  
working in partnership with  
**BODMIN BOWLS CLUB**



Delivering **FREE of CHARGE** Outdoor Lawn Bowls Lessons  
to beginners who are 55+ years of age in the Bodmin area  
who would like to improve their activity level and health.

This programme of activity is also supported by Cornwall Public Health,  
Social Prescribers and other Partners.

Benefits included in a 12-week programme within the  
April to September 2025 period:

- Regular activity supervised by coaches and experienced bowlers.
- Up to 24 free bowling sessions of a maximum two-hour duration.
- An offer of free outdoor season club membership in 2025 for first 32 participants in this programme.
- If allocated, a voucher that can be redeemed against part of the purchase cost of either a club bowls shirt or pair of bowls shoes.

**BOOK YOUR FREE PLACE NOW!**

It is simple to apply, phone the number below and leave a summer bowls programme  
request along with your contact details. Or you can email directly to the Club.  
You will receive a prompt response.

Telephone No. 01208 77984 or Email: [bowlsclubbodmin@gmail.com](mailto:bowlsclubbodmin@gmail.com)

Location: 4 Castle Cannyke Road, Bodmin PL31 1DU (Opposite the Bodmin & Wenford Railway Station)



Please bring along a pair of clean flat soled footwear to wear during each session.



## LOCAL GROUPS AND EVENTS:

### Bodmin Way COMMUNITY CUPPA

A space for everyone to connect  
over a cuppa! Come and enjoy  
free soups, cakes and hot drinks!



**EVERY THURSDAY**  
**10AM TILL 4PM**  
**ST PETROC'S CHURCH**  
**BODMIN**



Community Cuppa

Call 01209 809601  
[www.bodminway.org](http://www.bodminway.org)



For more information contact Revd  
Elaine via her Facebook by  
scanning the QR code



### Bodmin Way TIME TOGETHER

A warm welcome to join our Time Together friendship group.  
Morning coffee and tea with cake and lunches.  
There's always a variety of activities taking place.

Meet up with friends old and new for a chat,  
enjoy a game of bingo, bring your own craft project,  
have a go at quizzes.



Time Together

New members welcome - drop in and say hello



**Wednesdays**  
**10am - 1pm**  
**Shire House Suite**  
**Bodmin**

A community initiative by  
Bodmin Way and  
St. Petroc's Church

Contact us Call 01208 809601 [www.bodminway.org](http://www.bodminway.org)



# Parkinson's UK

## For every Parkinson's journey

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time.

People with Parkinson's don't have enough of the chemical dopamine in their brain because some of the nerve cells that make it have stopped working.

Around 153,000 people live with Parkinson's in the UK. And it's the fastest growing neurological condition in the world.

### What is 'Parkinson's disease'?

Parkinsonism is a term that covers several conditions, including Parkinson's and others with similar symptoms. Some, including healthcare professionals and people with the condition, call it Parkinson's disease, or PD for short.

We call it Parkinson's. We don't use the word 'disease' because some people with Parkinson's have told us it sounds negative, or like an infectious illness. But unlike the flu or measles, you can't catch Parkinson's from someone.

We don't yet know exactly why people get Parkinson's. Researchers think it's a combination of age, genetic, and environmental factors that cause the dopamine-producing nerve cells to die.

The groups welcome family members and carers, and some involve health or social care professionals, you can find more local groups here: <https://www.parkinsons.org.uk/information-and-support/local-groups>

Meetings can be informal – a chance to talk and discuss worries and experiences – or may include a presentation by an invited speaker, such as a healthcare professional or complementary therapist.

Many groups hold social events and activities too.

Come and meet others, have a chat and a cuppa. Friends, family and carers are very welcome.

When? The **second Tuesday of the month** at Malcom Barnecutt Bakery near Tesco from 11am to 12 noon.

For more information or to register, please get in touch.

### What are the symptoms of Parkinson's?

Common symptoms of Parkinson's include:

- tremor
- rigidity (stiffness)
- slowness of movement
- mild memory and thinking problems
- sleep problems
- pain
- mental health problems, including anxiety and depression.

But not everyone gets these symptoms. People will have different experiences of how their condition changes or progresses. How Parkinson's affects someone can change from day to day, and even from hour to hour.

You may hear Parkinson's symptoms referred to as motor symptoms and non-motor symptoms. **Motor symptoms** affect your movement and balance. They include tremor, stiffness and slowness of movement.

**Non-motor symptoms** affect you in other ways that may not be easily seen by other people. They include pain, sleep problems and mental health issues.

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

NEW  
GROUP

**Affected by Parkinson's?**

**Living in the Wadebridge area?**

We are excited to be trialling a new 'drop in' cafe session.



Come and meet others, have a chat and a cuppa



Parkinson's UK staff will be there to talk to and to gather ideas of what you would like us to set up.



**Malcolm Barnecutt Bakery (by Tesco)**  
Estuary Retail Park, Wadebridge PL27 7FE



**Second Tuesday of the month**  
11am to 12 noon



**More info and to register**  
Kay 01208 420432  
[kay@wadebridge-parkinsons-cafe.org](mailto:kay@wadebridge-parkinsons-cafe.org)

Parkinson's UK: 50 Broadway, London, SW1H 0DB  
T 020 7931 8080 E [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk) W [parkinsons.org.uk](http://parkinsons.org.uk)

Patron: HRH The Duchess of Gloucester GCVO. Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.  
A company limited by guarantee. Registered in England and Wales (00948776).  
Registered office 50 Broadway, London, SW1H 0DB.  
A charity registered in England and Wales (258197) and in Scotland (SC037554).





Stress Awareness Month is an annual event observed every April since 1992, dedicated to increasing public awareness about the causes and cures of stress. The Stress Management Society, a non-profit organisation established in 2003, has been at the forefront of this initiative for over two decades. Our mission is to help individuals and organisations recognise and reduce stress, fostering a happier, healthier, and more resilient world.

Each year, we introduce a unique theme to guide our activities and resources. For instance, in 2024, the theme was “#LittleByLittle,” emphasising the transformative impact of consistent, small positive actions on overall well-being. This theme encouraged individuals to make manageable adjustments to their daily routines, highlighting how even the smallest steps toward self-care and stress reduction can yield significant improvements in mental health over time.

## APRIL IS STRESS AWARENESS MONTH 2025

*Together we can*

**#LeadWithLove**



### 1. Embrace Kindness in Everyday Actions

Start small and make love a habit in your interactions. Whether it's holding the door open for someone, offering a compliment, or simply smiling at a stranger, your actions can create ripples of positivity. Even small gestures can brighten someone's day and reduce stress.

### 2. Be an Active Listener

Sometimes, the best way to show love is through listening without judgment. When someone needs to talk, be present, listen attentively, and validate their feelings. Showing empathy and understanding helps build stronger connections and reduces feelings of isolation or stress.

### 3. Practice Self-Love

Love yourself with the same kindness and patience you extend to others. Take time for self-care, whether it's enjoying a moment of relaxation, setting boundaries, or simply acknowledging your achievements. Remember, you can't pour from an empty cup, so prioritise your own well-being.

### 4. Participate in Our Challenges and Activities

Throughout Stress Awareness Month, we offer a variety of challenges, resources, and activities designed to help you lead with love. Check out our website and social media for daily prompts, interactive campaigns, and tips to incorporate more love into your routine.

**SHAKE THE SALT HABIT**

**LESS SALT**

**LOWER BLOOD PRESSURE**

**LESS RISK OF STROKE AND HEART DISEASE**

**THE FOOD INDUSTRY** holds the key to better health. Three quarters of the salt we eat each day is already in the food we buy.

- ✓ try adding flavour to your food with herbs and spices, black pepper, garlic, chili or lemon juice instead of salt
- ✓ limit the amount of salt you add when cooking and eating – try tasting your food before adding any extra salt to your meals
- ✓ check food labels – look for products with green and amber colour-coded labels on the front of the packaging
- ✓ choose lower-salt foods by checking the salt content on the back or side of the packaging
- ✓ try low or reduced-salt versions of foods and sauces – for example, low salt soy sauce and stock cubes
- ✓ buy tinned vegetables, pulses or fish in water instead of brine
- ✓ eat salty foods less often or in small amounts – for example, cured meats and fish, cheese, olives and pickles
- ✓ have healthier snacks, such as plain rice cakes, fruit, vegetable sticks or unsalted nuts
- ✓ be aware that some dissolvable tablets, such as painkillers, vitamins or prescription medicines, may be high in salt – speak to your GP before changing any medicines
- ✗ try not to use too many sauces that can be high in salt, such as soy sauce, gravy granules, ketchup, mustard, mayonnaise and brown sauce
- ✗ do not have salt on the table if you're trying to cut down

## New potatoes with creamy basil and spinach pesto



### METHOD

1. Put the potatoes in a saucepan and cover with cold water. Bring to the boil, then simmer for 15-20 mins or until a knife pierces easily. Drain and set aside while you make the pesto.
2. Blitz the garlic, pine nuts, spinach and chopped basil in a food processor to form a smooth paste. Blitz again, adding the lemon juice as you go, then slowly pour in the oil. Stir through the cheese and crème fraîche.
3. Mix the potatoes with the pesto. Scatter with the whole basil leaves and serve warm.

### INGREDIENTS

- 750g bag miniature potatoes
- 1 garlic clove, chopped
- 20g pine nuts, toasted
- 70g baby spinach
- 20g basil, leaves roughly chopped, plus extra whole leaves to serve
- 2-3 tsp lemon juice, to taste
- 2½ tbsp extra-virgin olive oil
- 30g finely grated vegetarian hard cheese or Gruyère
- 2 tbsp half-fat crème fraîche

Serves 6

5 mins to prepare and 20 mins to cook

188 calories / serving

Vegetarian

Gluten-free

## Halloumi, potato and spring greens frittata

### INGREDIENTS

- 2 tbsp olive oil 300g tin peeled new potatoes, drained, patted dry and sliced into 5mm rounds
- 175g pack halloumi, sliced
- 200g sliced spring greens
- ½-1 red chilli, to taste, finely sliced (optional)
- 8 eggs 100g cherry or plum tomatoes, halved
- green salad, to serve

### METHOD

1. Heat 1 tbsp oil in a medium (about 24cm) ovenproof frying pan over a medium heat. Fry the potatoes for 5 mins, tossing occasionally, until golden and starting to crisp. Transfer to a plate.
2. Add the halloumi to the pan and fry for 3 mins, turning halfway, until lightly golden but still soft; transfer to a plate. Preheat the grill to medium-high.
3. Add the remaining oil to the pan and soften the greens and chilli, if



using, for 2 mins. Return the potatoes to the pan. Beat the eggs in a bowl, season, then pour over the veg. Swirl the eggs around the pan for 2 mins, then arrange the halloumi on top, pulling some of the greens so that they poke out. Dot over the tomatoes, then place under the grill for 5-6 mins until risen, golden and set.

Loosen the edges of the frittata, slide out onto a board and cut into wedges to serve alongside a green salad, if you like.

Serves 6

5 mins to prepare and 20 mins to cook

276 calories / serving

Vegetarian

Gluten-free