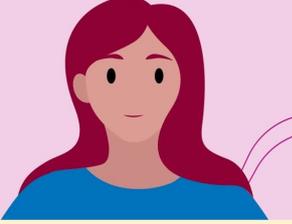


NHS
Cornwall Partnership
NHS Foundation Trust

1 in 6
of us will
experience
mental ill
health



Our online self help guides cover a wide range of topics such as depression, anxiety and self-harm.

They can help you find out more about the causes of mental health issues and provide tools to work through feelings and emotions.

To access the guides, visit bit.ly/4iID8Rj or scan the QR code



Live Longer Better



Feel stronger, stay independent, live fully.

Who it's for:
Friendly group sessions for people aged 55 and over.

What's involved:
Fun and informal activities that improve strength, balance, and confidence for everyday life.

When & Where:

- Fridays from 1st August.
- 12.30pm - 1.30pm
- The Old Library, Bodmin.

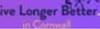
(Followed by a cuppa in the café – optional, but recommended!)

Led by:
Liv Powell from Get Bodmin Fit – an experienced instructor in movement for healthy ageing.

Cost:
Free pilot scheme, funded by Active Cornwall

How to join:
Book your place at:
www.intobodmin.co.uk (search Clubs and Activities)
Email: emailus@intobodmin.co.uk
Phone: 01208 811185
Drop in and book at the intoBodmin Office






PRIORY LAWN, PRIORY PARK
(NEAREST THE WAR MEMORIAL)
BODMIN

FREE Outdoor Yoga Every Sunday
9.30am - 10.30am
4th May - 14th September

Look out for the Park Yoga flag

Park Yoga is for everyone!



No need to book.
Bring a mat or towel.
Stay hydrated, bring water.
Don't forget sun cream.

VENUE PARTNERS





FREE Park Yoga runs every Sunday morning, between May and September to improve the health and wellbeing of our participants.

Our charity works in partnership with local organisations and instructors to bring Park Yoga to local communities, particularly those with residents who are likely to benefit most from the inclusive and welcoming atmosphere of Park Yoga.

Particularly in the current time of financial difficulties, Park Yoga provides a free, inclusive and easily accessible exercise session for people in their communities. It encourages and supports ongoing yoga participation, wellbeing and connection to nature through people's local parks.

Park Yoga makes a significant difference to participant's lives with **91% feeling happier** after our sessions, **74% reporting an increase in their physical activity** and **71% feeling more connected to their community**.

It's time to get
**Healthy
Cornwall**



HEALTHY LIFESTYLES SUPPORT DROP IN SESSIONS:

Our Healthy Lifestyles Support sessions are FREE for anyone to drop in at any point during the session time.

The session is a chance for you to catch up with your local Health Improvement Practitioners for advice and support about a range of topics involved in improving your health and wellbeing, including:

- Getting an up-to-date weekly weight measurement inc. muscle mass and BMI
- Healthy weight loss advice and support
- Answers to nutrition queries
- Having food diaries checked over
- Recipe ideas
- Physical activity ideas
- Stop smoking support, tools and resources
- Signposting to other services

BODMIN:

Location: Chy Trevail, Beacon Technology Park, Bodmin, PL31 2FR

Day: Tuesdays

Time: 3 - 5pm

Access:

- Visitor parking at front of building
- Disabled parking at both front and rear of building
- Wheelchair access at both front and rear of building

Location: Kinsman Community Hub, Kinsman Estate, Bodmin, PL31 1PQ

Day: Thursdays

Time: 2 - 3pm

COUCH TO 5K -

BEGINNER RUNNING SESSIONS

Get support to start running and build up to run for 30 minutes with Healthy Cornwall's new free 12 week running programme. We will start with an easy walk-and-talk session and slowly build up to 30 minutes of running.

BODMIN:

Location: Meeting at Scarletts Well Car Park, Unnamed Road, Bodmin PL31 2RS

Day: Thursdays

Time: 4 - 5pm

Booking: Contact us to book your place via email at healthy.cornwall@cornwall.gov.uk or by phone at 01872 324200



The Old Library, 10 Lower Bore Street, Bodmin PL31 2JX
emailus@intobodmin.co.uk
01208 811185

Stroke Group - Friday 1.30pm

A fortnightly group supporting people affected by Stroke.
Drop in | Free

Menopause Support - Weds 6.30pm A new pilot group with a prescribing clinician from Bosvena Health to support all things menopause | **Drop in | Free**

Bodmin Wellness Hub - Thurs 1.30pm

Improve or maintain your mental, emotional & physical wellbeing | **Drop In | Free**

Cuppa Companions - Fri 10am

Pop in for tea, coffee and chat | **Drop in | Free**

Creative Wellbeing - Monday 10am

Weekly workshops making, crafting and upcycling. All materials provided & run by Debbie | **Drop in | £5**

The Word - Mon 7pm

Draw a word from the hat and respond to it in any art form you like. Create with other likeminded people | **Drop in | Free**

Walking Group - Tues 10am

Meet, walk and share a free cuppa at The Old Library Cafe | **Drop in | Free**

Knit & Natter - Weds & Thurs 10am

Bring along your knitting, crochet or any other craft project you are working on! **Drop in | Free**

BODMIN



HAVE YOUR SAY - BODMIN NEIGHBOURHOOD DEVELOPMENT PLAN

This is your opportunity to share any comments before the plan moves forward to its final stage formal public consultation, independent examination, referendum, and finally, adoption and implementation.

We're inviting the community to join us for a Feedback Session on the Bodmin Neighbourhood Development Plan.

Monday 11th August - 6.30pm - Court Room 2, Shire Hall, Mount Folly

We all have times when we feel low, anxious or overwhelmed and it's not always easy to know what to do to feel better.

You can find what works for you on the NHS website. We'll show you simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better.

Visit <https://www.nhs.uk/every-mind-matters/> for more information and tips on taking care of your mental health.

NHS

Have something to look forward to

Better Health every mind matters

It's important to make time for the things you love and enjoy.

SKIN **NHS**

CANCER CAN AFFECT ANYONE

Melanoma is a serious type of skin cancer but spotting the signs early can save lives.

SEE A GP IF:

- you have a mole that's changed size, shape or colour
- you have a mole that's painful or itchy
- you have a mole that's inflamed, bleeding or crusty
- you have a new or unusual mark on your skin that has not gone away after a few weeks
- you have a dark area under a nail that has not been caused by an injury

Finding a melanoma as early as possible can mean it's easier to treat.

LOVE TO RIDE

CYCLE TO WORK DAY 2025



Cycle to Work Day is the UK's biggest cycling commuting event.

This year workers all around the country will be encouraged to get on their bikes and get into work the best way possible – on two wheels (or three for tricyclists!)

It's an event for everyone, from people who haven't hopped on a bike since their school days to committed cycle commuters.

What's matters is jumping on a bike, giving it a go and joining a community of cyclists sharing all that's good about cycling to work.

This year the celebrations will be bigger than ever. That includes the chance to win even more great prizes. So join up and log a ride on the Love to Ride community.



Why not try noting down what you enjoyed after a ride? Then, on the days you're lacking motivation, you can remind yourself why you ride in the first place.

Biking benefits you may never have heard of:

It can make you more creative. Aerobic exercise has been found to boost creative thinking, help people solve mental blocks and make decisions.

You're one ride away from a good mood. Riding a bike gives you a natural (and legal) 'high', increasing your happy hormones, and making you feel exhilarated and even euphoric.

Research **finds that bike commuters are the least exposed to air pollution** in congested city centres. Drivers and those on the buses are exposed to almost double the number of pollution particles than those who ride bikes.

WATERMELON AND FETA SALAD

METHOD:

1. Put the onion in a large mixing bowl, add the vinegar and leave for 10 minutes.
2. Whisk in the honey and olive oil and season generously.
3. Peel the watermelon and cut into 2–3cm/ approx 1in pieces, discarding any obvious pips (it doesn't matter if you miss a few). Cut the cucumber into slightly smaller pieces. Add them both to the bowl with the dressing, then add the mint and the feta. Mix everything together and serve straight away.



INGREDIENTS:

- 1 red onion, thinly sliced
- 2 tbsp red wine vinegar
- ½ tbsp honey
- 3 tbsp extra virgin olive oil
- ½ watermelon (or 1 small watermelon), approx. 1.6kg/3lb 8oz
- 1 cucumber, peeled
- ½ bunch fresh mint, leaves roughly chopped
- 200g/7oz feta, crumbled
- sea salt and freshly ground black pepper



INGREDIENTS:

- 4 salmon fillets (approximately 520g/1lb 3oz)
- 1 tsp sea salt flakes
- 1 tsp freshly ground black pepper
- ½ tsp dried mixed herbs
- 1 tsp cayenne pepper
- 2 tbsp butter
- 1 onion, sliced
- 4 garlic cloves, finely chopped
- ½ red pepper, seeds removed, sliced
- ½ carrot, julienned (cut into thin strips)
- 1 tsp fresh thyme leaves
- 4 tbsp mango chutney
- squeeze lemon juice
- ½ Scotch bonnet chilli, seeds removed, sliced

MANGO SALMON

METHOD:

1. Rub the salmon with the salt, black pepper, herbs and cayenne. Set aside in the fridge to marinate for at least 1 hour.
2. Melt the butter in a large frying pan over a medium heat. Add the salmon and cook on both sides until cooked through and browned. Remove from the pan and set aside. Add the onion, garlic, red pepper, carrot and thyme and cook until the vegetables are caramelised. Remove the vegetables and add the mango chutney, 100ml/3½fl oz water and lemon juice to the pan. Cook until a thick sauce is formed. Add the vegetables back to the pan along with the salmon and simmer for 5 minutes, basting the salmon in the sauce. Serve immediately.