

Not sure which surgery to attend?

If your appointment reminder says **Bosvena Health**, your appointment will take place at **Stillmoor House Surgery**. If it says **Carnewater**, your appointment will be at **Carnewater surgery**.

If you're ever unsure, please do not hesitate to contact us and we will be happy to confirm.

Remember, we have a new phone system and instead of waiting on hold, you'll be able to request a call back while keeping your place in the queue. If you miss our call, returning the call will prioritise you back into the system (except if you use a withheld number.)

Updated COVID booster eligibility criteria. The guidelines on who can receive the booster have recently changed in line with the latest evidence.

If you qualify, we'll be in touch to arrange your vaccination. If you think you might be eligible and haven't been booked in, please contact us and we will happily look into this for you and arrange an appointment if suitable.

COVID-19 AUTUMN/WINTER 2025 BOOSTER CAMPAIGN



Who is Eligible?

- Adults aged 75 years and over
- Residents of care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed (as defined in the Green Book)

Who is NOT Eligible (compared to previous campaigns)

- Unpaid carers (unless they meet other criteria)
- Frontline health and social care workers
- Staff working in care homes for older adults
- Adults aged 65-74 years who are otherwise well
- Wider clinical risk groups (unless immunosuppressed)

Menopause Support Group



**1st Wednesday of the month
6:30pm**

A GP led peer support group for anyone affected by the menopause.

Bring your questions, your lived experience and any advice you may have for others.

Free | Drop in | Refreshments provided



Community Support Event

Hosted By:
Three Harbours Social Prescribing

As Social Prescribers we regularly refer our patients to local organisations in order to support their physical, mental and financial wellbeing. We want to make sure that YOU, our local community, to know what help is out there for when it is needed so we have invited our best 20 to come along and tell you how they can support you now or in the future.



We Have These Organisations Attending



Plus Many More Listed Below.

WHERE



WHEN



WHO



From this month, the NHS shingles vaccination programme is expanding.



All adults with a severely weakened immune system are eligible for the shingles vaccine

Book at your

GP practice



See what your numbers mean

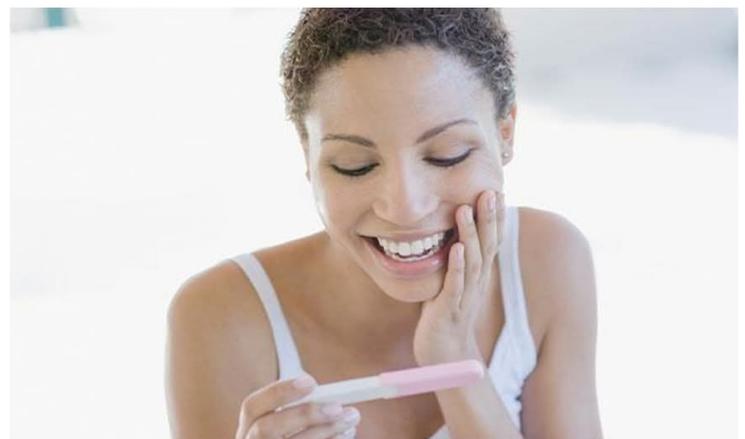


nhs.uk/blood-pressure-tool

The best way to understand your blood pressure is to check it regularly. Our online blood pressure tool will help you understand what your numbers mean and give you tips on how to manage your blood pressure.

Positive Pregnancy Test?

What Happens Now?



Scan the QR Code below and follow the on-screen instructions to complete the online self-referral form for Royal Cornwall Hospital



Tel: 01209 881788
Email: rcht.maternityit@nhs.net

If you are unsure which hospital you wish to book with, please scan the QR code below and enter your postcode to find your local hospital



BEREAVEMENT CAFE

EVERY 2ND & 4TH MONDAY
13:30-15:30
AT ST PETROC'S PARISH CENTRE
FREE TO ATTEND



A listening ear and comfort
for all who are grieving loss of any
kind

BODMIN WAY

WORKING IN PARTNERSHIP WITH
PARISH NURSING MINISTRIES UK
& COMPASSIONATE KERNOW

Bodmin Way

COMMUNITY CUPPA

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



Community Cuppa



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



Call 01208 809601
www.bodminway.org



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



World Mental Health Day is celebrated every year on 10 October.

Poor mental health is not inevitable, and World Mental Health Day is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.

This year's theme set by the World Federation for Mental Health is access to services - mental health in catastrophes and emergencies. The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Last year there were over 7,000 events across the UK, with over 260,000 people having conversations about mental health across their workplaces, schools, homes or the community.



Benefits of going sober



A clearer head



More energy



Better sleep



Weight loss



Sense of achievement

**Now's the time!
Go Sober
this October**

And help raise vital funds for people living with cancer.

Helping people living with cancer. Life with cancer has never been so tough, and the funds you raise through your Sober October challenge will make a big difference to people living with cancer. **A healthier you.** Giving up alcohol comes with loads of feel good benefits. **More time on your hands.** You'll have time to fit in a morning gym class or weekend run, check out the breakfast menu at a new restaurant or learn something new. **A happier bank balance.** By giving those alcoholic drinks a miss, just think how much you'll save! **Making a difference.** Raising money so Macmillan can help people living with cancer feels great!

Baby Loss Awareness Week (9-15 Oct)

Baby Loss Awareness Week is now in its 22nd year.

Baby Loss Awareness Week is an opportunity to bring us together as a community and give anyone touched by pregnancy and baby loss a safe and supportive space to share their experiences and feel that they are not alone.

During last year's #WaveOfLight messages of remembrance and hope brought many people together. Take care of yourselves and know that we are here for you now and throughout the year.

You are not alone.



World Menopause Day happens each year on **18 October**. It was established by the International Menopause Society in 2009 to raise awareness of the menopause and improve the experience of women around the world. Despite many medical advances and a massive increase in public awareness in recent years, there's still lots more to be done. Each year World Menopause Day shines the spotlight on the challenges facing women during the menopause transition and highlights improvements in research, education and support.

The **mission** of the International Menopause Society (IMS) is to work globally to promote and

support access to best practice health care for women through their menopause transition and post-reproductive years, enabling them to achieve optimal health and well-being.

The **vision** of the IMS is that all women across the world will have easy and equitable access to evidence-based knowledge and health care, empowering them to make fully informed mid-life health choices.



BUTTER BEAN AND FETA BAKE:

INGREDIENTS:

- 200g/7oz feta
- 250g/9oz cherry tomatoes
- 400g tin butter beans, drained
- 4 garlic cloves, peeled
- 2 tbsp olive oil, plus extra for drizzling
- 2 tsp Italian dried herbs
- 150g/5½oz frozen or fresh spinach
- splash milk, to loosen (if needed)
- salt and freshly ground black pepper

To serve:

- 2 thick slices sourdough, toasted
- handful mint leaves, torn (optional)
- ½ tsp chilli flakes (optional)



METHOD:

1. Preheat the oven to 180C/160C Fan/Gas 4
2. Put the feta block in the middle of a baking dish surrounded by the cherry tomatoes and drained butter beans. Dot one garlic clove in each corner.
3. Drizzle with the olive oil, season with pepper and a little salt and the Italian herbs. Give the tomatoes and beans a good mix so that they are covered in all the herbs and oil.
4. Bake for 20 minutes.
5. Cook the spinach to packet instructions. Allow to cool slightly and squeeze out as much water as you can.
6. Once the beans are cooked, add the spinach and stir everything together, adding a splash of milk to loosen if needed.
7. Serve on top of toasted sourdough, sprinkled with chopped mint and chilli flakes (if using) and drizzled with olive oil



INGREDIENTS:

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g/1oz unsalted butter
- 2 tbsp olive oil
- 1 medium pumpkin (prepared weight about 850g/1lb 14oz) de-seeded and roughly chopped
- 1 medium-sized floury potato, such as Maris Piper, roughly chopped
- 1 litre/1¾ pint vegetable or chicken stock, a little extra may be needed
- 100ml/3½fl oz double cream
- 3 tbsp pumpkin seeds
- salt and freshly ground black pepper

PUMPKIN SOUP:

METHOD:

1. Put the onion, carrots, garlic, bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured.
2. Add the pumpkin and potato, mix to combine and cook for a further 2-3 minutes. Pour in the stock, season with salt and pepper and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.
3. Pick out the bay leaf and blend the soup until smooth using a stick blender. Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.
4. Meanwhile, heat the remaining tablespoon of oil in a frying pan over a medium heat. Add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.
5. Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.