

IMPORTANT UPDATE REGARDING KLINIK:

Klinik is now open from 8am - 6.30pm!

A clinician will triage all urgent health problem requests submitted on the day. Those assessed as appropriate for attention within one working day will be contacted with the next steps. *Routine* requests will be acknowledged within 3 working days and managed within a clinically appropriate timeframe.

**KLINIK
ACCESS**

Our online platform is available Monday to Friday, from 8:00am to 6:30pm, for ***routine submissions***.

Please note: routine requests may not be reviewed on the same day they are submitted.

Urgent health problem requests should be submitted online between the hours of 8:00am-10:00am, outside of these hours if you feel you need urgent assistance within the next 24 hours, please telephone the surgery on 01208 72488 or 01208 269988.

Alternatively:

- Call 999 if your problem is life threatening or an emergency
- Call 111 or attend your closest Urgent Care Centre if your problem is urgent for today
- Attend your closest Emergency Department if your problem is an emergency
- Attend your local pharmacy for advice

To ensure your query is handled appropriately and without delay, please select the **most suitable tile** for your concern. Incorrectly submitted requests may require re-submission via the appropriate route.

WHAT YOUR PHARMACY CAN DO FOR YOU:

Local pharmacies can help with the following conditions:

- **Acute otitis media/Earache - 1 to 17 years**
- **Impetigo - 1 year and over**
- **Infected insect bites - 1 year and over**
- **Shingles - 18 years and over**
- **Sinusitis - 12 years and over**
- **Sore throat - 5 years and over**
- **Uncomplicated urinary tract infections - Women 16-64 years**

The local services in Bodmin are as follows:

Boots Pharmacy

Address: 34 Fore Street, Bodmin, PL31 2 HL

Telephone: 01208 72836

Pharmacy Opening times:

Mon 09:00-17:30

Tue: 09:00-17:30

Wed: 09:00-17:30

Thurs: 09:00-17:30

Fri: 09:00-17:30

Sat: 09:00-17:30

Day Lewis Pharmacy

Address: 17 Dennison Road, Bodmin, PL31 2LL

Telephone: 01208 72579

Pharmacy Opening Times:

Mon 09:00-18:00

Tue: 09:00-18:00

Wed: 09:00-18:00

Thurs: 09:00-18:00

Fri: 09:00-18:00

Sat: 09:00-13:00

Community FOOTBALL SESSIONS

THURSDAYS @ FAIR PARK

FREE

Fortnightly FOR AGES 10-17S

4.00PM - 5.00PM

JOIN THE FUN & PRACTICE YOUR SKILLS

AUTUMN TERM 2025
11, 25 SEPT; 9, 23 OCT; 6, 20 NOV & 4 DEC

PLUS - SPECIAL EVENTS H/T & CHRISTMAS - ONLINE SOON!

BOOKING & MORE DETAILS: Steve Ovens 07870 328604
EMAIL: bodminyouthproject@outlook.com
www.bodminyouthproject.org

BODMIN YOUTH PROJECT

Made with PosterMyDesign

Bodmin Walking Group

Meet every 1st Monday of the month

11.30am - 1.30pm

free dementia-friendly activity

- 13 Oct** **Autumn colours walk along the river at Respryn** NOTE: Change of date
Meet at Respryn Bridge NT Car Park, Lanhydrock, Bodmin PL30 4AH.
what 3 words ///national.spinters.policy
- 3 Nov** **Marvellous trees walk at Lanhydrock**
Meet in NT Lanhydrock main car park, Bodmin, PL30 4AD.
what 3 words ///dabbled.rentals.radiates
- 1 Dec** **Exploring Nanstallon and creative festive nature activity.** Meet at Nanstallon Community hall, Nanstallon, Bodmin PL30 5LB.
what 3 words ///since.reading.skirting
- 5 Jan** **Blow the cobwebs walk and creative nature activity.** Meet at Nanstallon Community hall, Nanstallon, Bodmin PL30 5LB.
what 3 words ///since.reading.skirting

Please get in touch if you require transport.

To book and for more details

Tel: 01726 222900

email: creativespaces@sensorytrust.org.uk



Creative Spaces

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



We're Cornwall's energy advice charity. We provide free, independent advice and support to householders in Cornwall so they can enjoy warmer, energy efficient homes as part of a more sustainable future.

St Petrocs Parish Centre - Drop-in general energy advice

14 NOVEMBER, 10AM - 12PM

St Petroc's Par-
tre, Priory
Bodmin, PL31



COMMUNITY ENERGY PLUS

ish Cen-
Road,
2DP

WELLBEING at The Old Library

NOVEMBER 2025

The Old Library is home to intoBodmin's Wellbeing Hub - a welcoming space to relax, connect and take part in free activities that support your mental, physical and emotional wellbeing.

Wellbeing Hub Sessions: **FREE | DROP-IN | BOOK**

FREE

Activity	Date	Time
Lunch and Talk with Steve from The Butterfly Conservation Trust	Thurs 6 November	1.30-3.30pm
Self massage with Maxine	Thurs 13 th November	1:30-3:30pm
Trip to Royal Cornwall Museum	Thurs 20 November	12:00-3.30/4pm
		TBC
		Date
		Time

Find out more on our Facebook events page: facebook.com/intobodmin/events - and don't forget, the third session is always a trip, so please book that one directly with Sara at sara@intobodmin.co.uk

Additional wellbeing activities in October: **FREE | DROP-IN**

Activity	Date
Bereavement Cafe	Monday 1.30pm: 3,17 November
Walking Group	Tuesday 10am: 4,11,18,25 November
Menopause Support Group	Wednesday 6.30-8pm: 5 November
Stroke Group	Friday 1.30pm: 7,21 November

Cuppa Companions: Fridays 10am-12pm: 7,14,21,28 November

We also hold regular paid sessions including Creative Wellbeing, Qi Gong, Jolly Good Sing, and Chair Yoga. More events will be added regularly, stay tuned. Find out more via the link below, or scan the QR code with your phone's camera.

For more information: intobodmin.co.uk/the-old-library/clubs-and-activities

intoBodmin CIC, The Old Library, 10 Lower Bore Street, Bodmin PL31 2JX

01208 811185 @intobodmin



Free Fully Funded Resistance Exercise Classes for people aged 55 and over. Improve your strength, balance, confidence and wellbeing.

ACTIVE LIVING FITNESS

active CORNWALL

Live Longer Better in Cornwall

Stronger For Longer

Bodmin Shire House, Mount Folly Square, Bodmin, PL31 2DQ.
Friday 2pm starting 31st October.
Booking required, for full dates and details visit our booking site via the QR code.

To secure your FREE place scan the QR code below or call 07985 258617

Active Living Fitness LTD. Company No. 16072860 info@activelivingfitness.co.uk

SCAN ME

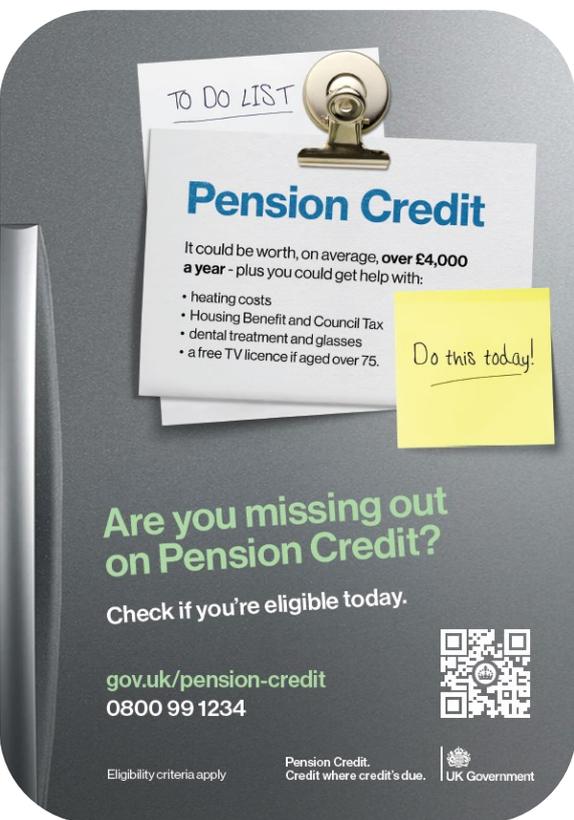
Pension Credit Week of Action: 27 October to 2 November 2025

Could you or someone you know be missing out on Pension Credit?

Pension Credit Week of Action is a government-led campaign to raise awareness of Pension Credit and encourage eligible pensioners to apply.

The campaign aims to address common myths about eligibility, such as those with savings, a small pension, or a home, and highlights how a claim can provide extra money and access to other benefits.

Overview:



Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. If you get Pension Credit you can also get other help, such as:

- **Housing costs:** Pension Credit can help with certain housing costs. Eligible pensioners might also qualify for a Local Council Tax Reduction to lower their council tax bill, Housing Benefit if they're renting, or Support for Mortgage Interest if they own their home.
- **Energy bills:** Pension Credit unlocks access to additional energy support. Eligible pensioners could receive the Warm Home Discount to reduce electricity costs and Cold Weather Payments during particularly cold spells
- **Health and wellbeing:** Pension Credit can provide access to essential NHS services. This includes dental treatment and help with transport costs for hospital appointments.
- **TV Licence:** Pensioners aged 75 and over who are eligible for Pension Credit qualify for a free TV Licence.

Check eligibility and apply:

You must live in England, Scotland or Wales and have reached State Pension age to qualify for Pension Credit. Eligibility criteria apply. Pension Credit has two parts:

- Guarantee Credit, and
- Savings Credit.

A person may be able to get one or both parts depending on their circumstances. The type of Pension Credit you get may affect which passported benefits you may automatically get.



ANTI-BULLYING ALLIANCE

Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying — for good. >>



MOVEMBER[®]

Remembrance 2025

This year's service of Remembrance will take place on Sunday 9th November.

There will be a service & wreath laying at the DCLI Memorial, Bodmin Keep from 9.00 am

The Act of Remembrance will then commence from 9.45 am at the War Memorial, Priory Park, Followed by a procession to St Petroc's Church for a service of Remembrance.

Armistice Day will be observed on Tuesday 11th November from 10.50 am at Shire Hall, Mount Folly.

All are welcome to attend.



Movember is a global charity dedicated to changing the face of men's health. Each November, it encourages men to grow moustaches and raise funds to support programs focused on prostate cancer, testicular cancer, mental health, and suicide prevention. The goal is to spark conversations, challenge stigma, and fund life-saving research and support services for men around the world.

Supporting the first ever men's health strategy

Last year at a Summit with Movember, the UK Government announced its first ever Men's Health Strategy to address the biggest problems facing men's health today.

Backed by our network of men's health experts, Movember submitted recommendations as well as campaigning for Mo's to let decision makers know what they need.

Bodmin Way
Community C

A new free monthly group offering a friendly & supportive space to meet new people & connect with the local community.

Community C

10am to - 12 noon
Every first Wednesday
of the month
St. Mary Parish Centre
Bodmin

Call 01208 809601
www.bodminway.org

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

Stronger Together

JOIN US AT OUR NEXT BODMIN IN PERSON PAIN CAFÉ SESSION

OUR NEXT PAIN CAFÉ EVENT
THURSDAY, 13 NOVEMBER 2025 AT 11:00

IMMANUEL CHURCH, BERRYCOOMBE ROAD, BODMIN.

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

Launceston

Location: Launceston Health Hub, Exeter Street, Launceston

Day: Every second Monday of the Month

Time: 9am - 2.30pm



Healthy
Cornwall

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

Based around the 5 Ways To Wellbeing, our allotment and garden groups provide opportunity to learn how to plant, nurture and harvest fruit, vegetables and flowers, creating a real sense of achievement, boosting confidence and self-esteem.

If you like being outdoors, are keen to meet new like-minded people and enjoy a good chat over a cuppa, why not get in touch to see how our garden groups might help you.

Some of the benefits:

- Opportunity to meet others
- A space to get a little support
- Chance to learn new skills – boosting confidence and self-esteem
- Create a wellbeing plan tailored to you
- Plenty of time for tea and chat
- Create new links with your local community
- Enjoy trying homegrown fruit and veg
- Being outdoors, gentle exercise, and noticing nature can help to reduce stress, anxiety and improve mood

When?

Bodmin – Wednesday 10-1 pm.

How do I sign up?

It's easy – just complete our **Referral Form**—please scan the QR code to be directed to the website or type the following into your search bar: <https://cornwallmind.org/what-we-do/wellbeing-service/wellbeing-groups/the-allotments-falmouth-bodmin/>

Mind
Cornwall





EASY CHICKEN CASSEROLE

METHOD:

- 1) Preheat the oven 190C/170C Fan/Gas 5. Season the chicken thighs all over with a little salt and lots of black pepper.
- 2) Heat the oil in a large non-stick casserole pan over a medium heat and fry the chicken for 7–8 minutes, skin-side down, or until the skin is nicely browned. Turn and cook on the other side for 3 minutes more. Transfer to a plate.
- 3) Return the pan to the heat and add the onion, bacon and mushrooms. Fry over a medium-high heat for 4–5 minutes, or until lightly browned, stirring regularly. Add the carrots and flour and toss together well.
- 4) Sprinkle with the thyme, then pour in the stock, a little at a time, stirring well between each addition. Add the chicken pieces back to the pan and bring to a gentle simmer. Cover the pan with a lid.
- 5) Place in the oven and cook for 45 minutes. Take out of the oven and stir in the leeks.
- 6) Return to the oven for a further 15 minutes, or until the chicken and leeks are tender and the sauce has thickened. Serve.

INGREDIENTS:

- 8 bone-in, skin-on chicken thighs (around 850g/1lb 14oz)
- 1 tbsp olive or sunflower oil
- 1 onion, thinly sliced
- 4 rashers smoked back bacon, cut into roughly 2cm slices
- 150g/5½oz small mushrooms, halved or quartered if larger
- 3 medium carrots, peeled and cut into roughly 1.5cm slices
- 20g/¾oz plain flour (around 2 tbsp)
- 1 tsp dried thyme or 1 tbsp fresh thyme leaves
- 500ml/18fl oz hot chicken stock (made with 1 stock cube)
- 1 medium leek, trimmed and cut into roughly 1cm slices
- salt and freshly ground black pepper



CARROT & PARSNIP SOUP

METHOD:

1. Heat the oil in a large saucepan and fry the onion and celery for 10 mins, stirring occasionally until softened. If they start to catch, add a small splash of water. Add the garlic, thyme and ½ tsp black pepper and cook for 2 mins. Add the carrots, parsnips and stock and bring to the boil. Reduce to a simmer and cook for 20 mins until the vegetables are soft, stirring occasionally.
2. Blend using a stick blender until smooth. Add the cream and blitz again until combined, then taste for seasoning. To serve, ladle into bowls and scatter over a little chopped parsley, if you like.

INGREDIENTS:

- ½ tbsp olive oil
- 2 onions finely chopped
- 2 celery sticks finely chopped
- 2 garlic cloves crushed
- ½ small bunch thyme leaves picked
- 3 large carrots peeled and roughly chopped
- 2 large parsnips peeled and roughly chopped
- 1 litre vegetable stock
- 100ml double cream ¼ bunch parsley finely chopped (optional)