

Seasonal Affective Disorder (SAD) is more than the 'Winter Blues'



Your pharmacist can provide treatment or some prescription medicine, if needed, for seven common conditions, without you seeing a GP.

Highly trained pharmacists can assess, treat, and if needed, provide some prescription medicine sinusitis (aged 12 years and over), sore throat (aged 5 years and over), earache (aged 1 to 17 years), infected insect bites (aged 1 year and over), impetigo (aged 1 year and over), shingles (aged 18 years and over) and urinary tract infections (UTIs) (women aged 16 to 64 years), without needing to see a GP.

Getting the contraceptive pill without a prescription:

Some pharmacies may offer the contraceptive pill for free without a prescription. If you are aged 18 years or older, you can also buy the progesterone-only pill from most pharmacies.

Available at the heart of local communities, community pharmacy teams have the right clinical training to give people the health advice they need, with no appointment necessary and private consultations available. Community pharmacists will signpost patients to other local services where necessary.

Other services that may be available at a local pharmacy include:

- Advice from a pharmacist after contacting NHS 111 or a GP

Seasonal affective disorder (SAD)



Things you can try yourself

- 1 Try to get as much natural sunlight as possible
- 2 Sit near windows when you're indoors
- 3 Take plenty of regular exercise, particularly outdoors and in daylight
- 4 Eat a healthy, balanced diet
- 5 Make your work and home environments as light and airy as possible
- 6

It can also be helpful to **talk to your family, friends and colleagues about SAD**, so they understand your stresses and how your mood changes during the winter.

- Chlamydia screening and treatment
- Advice and help on how to stop smoking
- Cholesterol and blood sugar testing
- The substance misuse service, including needle and syringe exchange schemes
- Advice and help on how to manage your weight

Ask a local pharmacist to find out what services they offer.



Think pharmacy first

Subject to age eligibility, including 12 years and over for sinusitis prescription medicine. Service available at majority of pharmacies.



CHRISTMAS TREE FESTIVAL

Over 60 trees will light the church, each decorated by a local school, community group or business. Come along and soak up the Christmas atmosphere! Entry is free, with market stall and refreshments available from 6th to 20th December and viewing of the trees only from 22 to 29 December. The festival rests on Sundays.

VENUE:

**Bodmin: St Petrocs, Priory Road Bodmin
Truro, PL31 2DP, United Kingdom**



BOSVENA HEALTH SURGERY

WISHING YOU A WONDERFUL
CHRISTMAS

To all our patients and our community –
thank you for your continuing trust and
support this year.

**MERRY CHRISTMAS
& HAPPY NEW YEAR!**

– from all the team at Bosvena Health Surgery



Check our holiday opening
hours if you need support
during the festive period.

Closed on the following days:

Christmas Day
Boxing Day
New Year's Day

Spread Christmas Kindness!

A charity collection in aid of St Petrocs Church.

In association with



*This Christmas to help us support your local community. We are
collecting essential items to ensure families and individuals have
a brighter festive season!*

• **Non-Perishable Foods**

(Tinned goods, rice, pasta etc...)

• **Essential Toiletries**

(Shampoo, soaps, shaving cream etc...)

• **Toys & Games**

*(New or used, suitable for all ages, must be in good
usable/safe condition)*



*Please scan the QR code to learn about
DottyDashers*

TOP TIPS

for staying warm and well this winter

Call us on 0800 954 1956



- 1 Keep warm and try to keep your heating at 18°C (living areas) and at 16°C (bedrooms)
- 2 Have regular hot meals and drinks
- 3 Call us for financial help and advice on grants to stay warmer for less
- 4 Insulate and draught proof your home, call us to see how we can help
- 5 Join the Priority Services Register – contact your energy provider or Citizens Advice Cornwall
- 6 Check and service your heating systems yearly
- 7 Keep moving regularly to help keep warm
- 8 Get your flu, Covid Booster and MMR jabs, ☎ 119 or your GP or pharmacist
- 9 Move towards work, volunteering and training ☎ 01872 326440
- 10 Look after yourself and check on neighbours
- 11 To get a free home fire safety check ☎ 0800 358 1999
- 12 Travel safely, consider weather conditions before you travel
- 13 Boiler Flow settings – you can cut your gas costs by 6-8% by lowering the temperature flow setting on your combi or condensing boiler. Call 0800 954 1956 for advice



Have you been diagnosed with type 2 diabetes in the last 6 years?

Are you...

- Living with obesity or overweight?
- Aged 18-65?

You may be eligible to join the NHS Type 2 Diabetes Path to Remission Programme.

The NHS Type 2 Diabetes Path to Remission Programme is a treatment available for some people living with type 2 diabetes and obesity, or overweight.

Research trials have shown that a programme including a 3-month specially formulated 'soup and shake' diet followed by healthy lifestyle support helped people living with type 2 diabetes and obesity, or overweight, to lose over 10kg in weight, improve their blood sugar levels, reduce diabetes-related medication and, in almost half of participants, put their type 2 diabetes into remission.

To access the service, please speak to your GP and ask to be referred

Service provided by
Reed Wellbeing

A Healthier Future for Our Community

What the New NHS 10-Year Plan Means for You



Care Closer to Home

More services available locally
New Neighbourhood Health Centres in every community
Open 12 hours a day, 6 days a week



One Team Looking After You

GPs, nurses, mental health teams, social care and community groups working together
Less repeating your story
More joined-up care



Extra Support for Those Who Need It Most

Community Health & Wellbeing Workers visiting people at home
Help with health checks, screening and vaccinations
Connecting people with local support



Better Digital Options

Improved NHS App
Book appointments, view your care team and access your records
Technology that gives staff more time with patients

UK Health Security Agency

NHS

Getting vaccinated while pregnant helps protect you and your baby.

Speak to your midwife or GP practice to find out more

STAY STRONG. GET VACCINATED.

Gentle wellbeing classes with Qigong

Tuesday mornings

10am - 12noon

Get moving, for health, relaxation & wellbeing

Simple chair-based* exercise class based on the gentle & flowing movements of Qigong, a form of moving meditation from China

Arrive from 10am for introductions & gentle warm-ups

Movement class 10.30am - 11.30am
followed by a free drink in the café

*Especially suitable for older people and those with health conditions & mobility issues (*can be done seated or standing)*

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

"I had never tried Qigong before but Angie's calm and gentle delivery led my body into a relaxed state and chased away the chattering of my busy mind"



Free places for people 55+
Please book ahead



www.tinyurl.com/QigongintoBodmin
or call 077921 26825 for more info



Live Longer Better.
in Cornwall

Local help to enjoy a warmer, healthier home

We are Community Energy Plus. As Cornwall's energy advice charity, we provide **energy advice and practical help** for householders in Cornwall to achieve warmer, healthier homes.

We help people living across all housing tenures.

The support we provide includes:

- Understanding your energy bills, managing energy debt and speaking to your supplier.
 - Tips on keeping warm on a tight budget.
 - Emergency help to keep warm.
 - Access to grants for heating repairs and upgrades, insulation and other energy efficient measures.
 - Advice on reducing damp and mould.
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- Advice on saving energy and money.
 - Signposting to support available to help maximise your income.
 - Information about discounted tariffs available from South West Water.
 - Referrals to local and national organisations for help dealing with debt and money management issues.
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- Links to services provided by local and national organisations.
 - Referrals for free home fire safety checks, smoke and carbon monoxide alarms.



Energy



Money



Health & Wellbeing

Freephone 0800 954 1956

advice@cep.org.uk

www.cep.org.uk



COMMUNITY ENERGY PLUS

Feeling lonely and isolated?

Get help with transport, find local wellbeing activities and support that matters to you.

Community Gateway

01872 266383
www.cornwallvsf.org/communitygateway

8am - 8pm
7 days a week
365 days a year

Your Community Gateway is a fantastic free service to help you and your loved ones keep healthy and well.

From a chat to practical help to prevent hospital admissions, mental health support, community activities, hot food and warm spaces, this free helpline can connect you to a range of support services in your local community.

Widow? Widower?

Join our friendship groups



It all starts with a cuppa

Weekly coffee meetings
20 groups across Cornwall

find your local group at
www.mywidowedfriends.co.uk



my widowed friends

My Widowed Friends Ltd, Registered in England and Wales, Registered Number 16225106, Registered Office: Colinden, Canonstown, Hayle, TR27 6NA



INGREDIENTS:

- 8 Chicken thighs
- 800g (1½lb) sweet potato, cut into chunks
- 200g (7oz) chorizo sausage, sliced
- 1 bulb garlic, broken into cloves
- 2tbsp rapeseed oil
- 200ml (7fl oz) chicken stock
- 1 lemon, halved
- 2 courgettes, cut into thick batons
- 1 red chilli, deseeded and sliced
- 240g (8oz) baby spinach
- 2tbsp parsley, chopped
- 1 pinch salt
- 1 pinch black pepper

ALL-THE-TRIMMINGS TRAYBAKE

METHOD:

1. Heat oven to 200C/180C fan/gas 6. Mix the oil and chutney together and season well. Divide everything except the sausages and herbs between two large roasting tins, pour over the oil and chutney mixture and toss together. Put both trays in the oven for 25 mins.
2. Add the sausages and herbs to the trays and bake, stirring halfway through, for 30-35 mins more or until the vegetables are soft and the sausages are cooked through. If one tray is browning more than the other, swap them round.

METHOD:

1. Preheat the oven to gas 7, 220°C, fan 200°C.
2. Place the chicken, skin-side up, in a roasting tin with sweet potato chunks – a perfect job for little helpers.
3. Leaving the skin on lightly crush the garlic cloves and ask the children to place them amongst the pieces of chicken.
4. Drizzle the rapeseed oil over the pan and add the chicken stock, then season. Get the kids to squeeze the lemon juice in too before adding the juiced halves of lemon to the tray.
5. Bake in the oven for 45-50 minutes. About 30 minutes in add the chorizo, courgettes and chilli.
6. Cut into the thickest part of the thigh to check that the chicken is cooked through with no pink showing, then remove from the oven and allow to rest for a few minutes.
7. Mix the spinach and parsley leaves through the hot chicken mix and serve immediately.



INGREDIENTS:

- 1 tbsp olive oil
- 3 tbsp caramelised onion chutney
- 1kg small potatoes halved 4 parsnips cut into chunky pieces
- 4 carrots cut into chunky pieces
- 200g sprouts trimmed and halved
- 2 small red onions cut into wedges
- 12 cocktail sausages wrapped in bacon
- 2 bay leaves
- 4 rosemary sprigs ripped