



PATIENT NEWSLETTER JULY 2026

Have your say about your practice!

Do you have feedback, suggestions, or ideas about Bosvena Health?

Members of the Patient Participation Group (PPG) will be in Stillmoor on the last Wednesday of each month between 2pm and 4pm and would love to hear from you.

This is your opportunity to share your views and help shape the future of your practice!

Hot weather
and your health



DEMENTIA AND COGNITIVE IMPAIRMENT



People living with dementia may be less likely to recognise when they are becoming too hot or dehydrated.

Families, carers and support workers should:



Offer regular drinks throughout the day.



Ensure living spaces remain as cool as possible.



Encourage the use of lightweight clothing.



Check regularly for signs of dehydration or heat exhaustion.



**Look after your health
in hot weather**

Contact your GP practice if:

- you notice any of these signs
- your mole is painful, itchy, inflamed, bleeding or crusty
- you have an unusual mark or lump on your skin or under a nail that lasts longer than a few weeks

Signs of melanoma skin cancer can include:



Asymmetrical

Is your mole an uneven shape?



Border

Is the edge ragged?



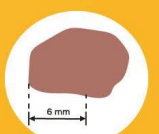
Colours

Is your mole different colours?



Diameter

Is it bigger than 6 millimetres?



Evolving

Has it changed size, shape or colour?



CHANGES TO ADHD, RIGHT TO CHOOSE AND SHARED CARE

Right to Choose (RTC) is your legal right to choose which NHS provider does your ADHD assessment. It applies in England only, and some local NHS bodies have introduced restrictions – so what's available depends on where you live.

Bosvena Health would like to clarify our position regarding medication prescribing when going down the Right To Choose pathway.

Private providers, including Right to Choose, have much higher positive diagnosis rate for referrals, than when assessed by the NHS. For this reason, the local NHS ADHD service provided by the Cornwall Partnership NHS Trust will not accept a diagnosis from a private or RTC provider; they will instead re-assess themselves.

We feel that if our local service cannot accept a diagnosis from these providers, and would not prescribe without making a further assessment, then in turn we cannot take shared care responsibility for prescribing on their behalf either.

WHAT IS SHARED CARE?

Shared care means that your treatment is looked after by both a specialist and your GP, with each having a clear role.

- The specialist (for example, an ADHD clinic or psychiatrist) diagnoses your condition and starts your treatment
- Once your treatment is stable, your GP takes over prescribing your medication and managing routine checks.

Unfortunately, it has become apparent that this level of care is beyond the scope of primary care, and it is preferred that you receive the appropriate follow-up and specialist support over the years through the local NHS service. General practice is also under extreme pressures in terms of capacity and the additional workload that this creates is currently unmanageable.

In summary, this means that from the 1st of June 2026 while we will refer you via the right to choose framework, if medication is recommended, this would need to be issued via the RTC provider and would not be possible via the NHS from the practice on a shared care basis.

We would therefore recommend and encourage that you use the existing ADHD Cornwall Partnership NHS Foundation Trust referral pathway if your expectation is that you would receive NHS treatment/medication once diagnosed. If you prefer to use an RTC provider we strongly advise that you choose the provider carefully to ensure they are able to continue to prescribe for you.

This decision will also apply to any new patients joining the practice who may have been engaging with a RTC provider sharing care with their previous practice.

Please find more information below:

<https://adhduk.co.uk/right-to-choose/>

Read our full statement here: <https://www.bosvenahealth.co.uk/patient-info/adhd-right-to-choose-and-shared-care/>

WHY IS MEN'S HEALTH WEEK IMPORTANT?

The following shocking statistics emphasise why Men's Health Week is so important:

Boys and men often experience undiagnosed mental health issues, with behavioural problems in boys leading to poor lifetime outcomes. Evidence suggests that boys and men are less likely to seek mental health care, yet suicide rates among young men and men generally remain high' (Department of Health & Social Care).

Around three quarters of suicides registered in England and Wales in 2023 were male (75.3%) (ONS).

One man in five dies before the age of 65 (Men's Health Forum).

Four in five suicides are by men, with suicide the biggest cause of death for men under 35 (UK Parliament).

According to the BUPA Wellbeing Index:

- 43% of working British men are urging their employers to provide greater mental health support.
- 50% of men have struggled with mental health difficulties at some point, yet fewer than half have sought medical advice.
- 37% of UK men admit actively hiding their mental health issues from their partners.
- 30% of men surveyed said they didn't know where to turn for advice or support.
- 65% of employees recognise that stigma around men's mental health remains strong.

Men's Health Week is a great time to learn more about cancers that only affect men

Some cancers specifically affect men, including prostate, testicular and penile cancer. These cancers develop in parts of the male reproductive system and can affect people at different stages of life

For example:

- Prostate cancer starts in the prostate gland and is the most common cancer in men in the UK
- Testicular cancer often affects younger men and may present as a lump or swelling
- Penile cancer is rare but can develop on or under the foreskin

Treatments can vary depending on the type and stage of cancer, but may include surgery, radiotherapy or chemotherapy, with support.

MEN'S HEALTH WEEK

Know your body.
Check for **changes**.

Some cancers only affect men:



Prostate cancer



Testicular cancer



Penile cancer



This includes **trans women and non-binary people** (assigned male at birth), who can also be affected.



Spotting changes early can make a big difference.
Talk to your GP if something doesn't feel right.

Our evolving Integrated Neighbourhood Frailty Team is taking shape. Since April, our team has reviewed 183 patients that have been referred into our multi-disciplinary team for additional support.

The main areas of support over the last few months have been post-discharge follow ups, including transfer to care or home, supporting patients with medication reconciliation; supporting people with falls and mobility and those showing signs of functional decline; supporting people with their escalating conditions, cognitive decline and supporting families and carers where situations are becoming unmanageable.

To support our work we have some new additions to our wider frailty team:

Carla is our Hub Community Buddy, working alongside our clinical frailty team with our more vulnerable, socially isolated patients who are living with frailty, to support them linking with Community Hubs as well as offer routes into social inclusion to combat loneliness and connect to useful services.

Heidi is our new Citizens Advice Advisor. Hosted by Citizens Advice, she will work across our Integrated Neighbourhood to support people who struggle to access advice and services—such as those who are housebound or have limited social connections—across a wide range of needs.

Our Striding Out programme will be launching soon. This will allow us to speak with patients who are at risk of falls, are concerned about their mobility, or have lost confidence, and offer access to this new pilot service focused on falls prevention.



ALCOHOL

CHANGE^{UK}

This year's Alcohol Awareness Week takes place from *6-12 July 2026* on the theme of 'Alcohol and me'.

In a world where big alcohol companies glamorise alcohol as central to everyday experiences – from birthdays and barbecues to sofa nights and cheering on our team – it's understandable that alcohol often feels like an inevitable part of so many of our lives. So this Alcohol Awareness Week we're inviting a different conversation and asking: how might alcohol truly be impacting our lives and what can we do about it?

Whether it's sleepless nights, low energy, increased anxiety or a lingering sense of feeling not quite right, alcohol can affect us in ways we don't always realise, having a knock on effect on our health and wellbeing, our relationships, our productivity, and those we love. It can also put us at real risk of developing many other long-term health conditions such as liver disease, high blood pressure, stroke, and cancer.

This Alcohol Awareness Week, we're simply inviting you to take 2 minutes to explore the role alcohol is playing in your life. This could mean understanding more about your alcohol risk level, cutting back on how much you drink, experimenting with an alcohol-free experience or simply learning more. There's no one-size fits all approach.

And we get it – exploring your relationship with alcohol might feel uncomfortable, confronting, or even a little daunting. That's okay – you're not alone in that feeling. But it might be a sign that this is just the right time to learn more, get advice and take a step forwards.

When we drink less alcohol, the benefits often reach far beyond ourselves, strengthening our relationships, our families, and improving our working lives, communities, and society. During Alcohol Awareness Week, we'll be sharing stories from people who've experienced alcohol harm, exploring the impact it's had on their lives and the lives of those around them, and about the steps they've taken to bring about positive change for the benefit of everyone.



SALMON BURGERS

INGREDIENTS:

- 600g/1lb 5oz skinless salmon, cut into chunks
- 75g/2½oz white breadcrumbs
- 1 free-range egg white
- 1 shallot, finely chopped
- 1 tbsp chopped fresh basil
- salt and freshly ground black pepper
- 2-3 tbsp vegetable oil, for frying

For the basil and lime mayonnaise:

- 200g/7oz mayonnaise from a jar
- 2 tbsp finely chopped fresh basil
- 1 lime, juice and zest only
- 1 garlic clove, crushed to a paste
- salt and freshly ground black pepper

To serve:

- 4 ready-made focaccia buns, griddled lightly to toast
- 1 lettuce, leaves separated
- 2 tomatoes, sliced

INGREDIENTS:

1. Place the salmon, breadcrumbs, egg white, shallot and basil into a food processor and pulse until combined, but not puréed, then season with salt and freshly ground black pepper.
2. Divide the mixture into four portions and shape each portion into a burger shape. Place onto a plate and transfer to the fridge to chill for 30 minutes.
3. Heat the oil in a large frying pan, then add the burgers and fry for three minutes on each side, or until golden-brown all over and completely cooked through.
4. For the basil and lime mayonnaise, place the mayonnaise, basil, lime zest and juice, and garlic into a bowl. Mix together well and season, to taste, with salt and freshly ground black pepper.
5. To serve, place the lettuce and tomato slices onto one side of each focaccia bun, top with a burger and a dollop of lime mayonnaise, then add the lids to the buns. Serve on plates with a portion of chips alongside.