Bosvena Health

prevent • treat • care

PATIENT NEWSLETTER JUNE 2026

You can do so much more with the NHS App than you realise. You can quickly and easily request your repeat prescription. And if you turn on notifications, you'll get messages and appointment reminders as soon as they're sent.

You can also view your GP health record in record time, get your test results faster, before they arrive in the post and more. All when it suits you.

If you're aged 13 or over and are registered with an NHS GP surgery in England or the Isle of Man, you're eligible to use the NHS App. You can download the NHS App onto your phone or tablet from the App store on Apple devices, or the Google Play Store on Android devices.

Once you've set up the NHS App, you can order repeat prescriptions, view your health record and test results securely, book and manage appointments, manage your organ donation decision, view your NHS number and use NHS 111 online. Also, you can search conditions and treatments and find NHS services near you on the NHS App. Discover what you can do in the NHS App today, visit www.nhs.uk/nhsapp/.

NHS FIT FOR THE FUTURE

Don't wait for the post, get your test results faster

Tap the NHS App

CROHN'S & COLITIS UK

VIRTUAL SOCIAL EVENTS

CONNECT. SHARE. SUPPORT.

YOU'RE NOT ALONE. WE'RE HERE FOR YOU.

Join one of our friendly virtual events and **connect** with others who **understand** life with Crohn's or Colitis.

YOUNG ADULTS	Tues 26th May	6.30pm
NORTH OF ENGLAND	Mon 1st June	6.30pm
FRIENDS & FAMILY	Wed 10th June	6.30pm
SOUTH WEST	Mon 15th June	6.30pm
IT TAKES GUTS	Sun 21st June	10.30am

TOGETHER WE'RE STRONGER.
TOGETHER WE CAN MAKE CHANGE HAPPEN.

crohnsandcolitis.org.uk
#NeverAlone

Dance & Exercise sessions

FREE to attend!
everyone welcome

Find a session near you

Liskeard - Echo Centre
Friday 10.30 - 11.30
24th April, 15th May and 19th June

Liskeard - Lighthouse Community Centre
Wednesday 10am - 11am
11th March, 25th March and 22nd April

Bodmin - Shire House Suite
Time Together Group
Wednesday - 10.30-11.30am
25th Feb, 29th April, 1st July.

Bodmin - St Petrocs Church
Community Cuppa,
Thursday 10.30-12,
26th Feb, 30th April, 25th June

St Austell - Wheal Martin Memory Cafe
Monday - 2.30-3.45pm
23rd Feb, 23rd March, 22nd June

St Austell Memory Cafe - Cuddra WI Hall
Mondays - 2 - 4 pm
2nd March, 4th May and 6th July

Move with confidence, build strength and feel creative

- no need to book
- come when you can
- bring a friend, neighbour or carer

DANCE CENTRED · active CORNWALL · PHYSICAL POSTCARDS

info@dancecentred.co.uk
dancecentred.co.uk

DIABETES WEEK

8–14 June 2026

STRIKE OUT STIGMA

This Diabetes Week, let's change how we talk about diabetes.

8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes – people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes.

This is diabetes stigma. And it causes real harm to millions.

That's why we're on a mission to 'Strike Out Stigma'.

To show people that nobody chooses diabetes. That it isn't anyone's fault. And that by changing the way we talk about diabetes, together we can create a world where diabetes does no harm.

How do we tackle stigma?

Diabetes stigma can come from numerous sources and in multiple settings. It may be perpetrated unknowingly through implicit bias, and even with good intentions, but without realisation of the harm that it causes. It can occur as everyday interactions between friends, family, colleagues, teachers, classmates and members of the public. It can happen in institutions such as healthcare settings, educational settings and the workforce.

Collaboration and collective action is the only way we'll make progress. Changing deep-set attitudes may not happen overnight but changing how we talk to people living with the condition can start today.

TABLETS EASY ACCESS LAPTOPS

THE DIGITAL LIBRARY

DO YOUR BASIC DIGITAL TASKS HERE

GET ONLINE AT THE OLD LIBRARY*

The Old Library is offering **free access** to laptops and tablets for community use.

Drop into the Cafe and ask to borrow a laptop or tablet while you visit.

* device access only, no one-to-one digital support

AVAILABLE

MONDAY - FRIDAY

9AM - 3PM

THE OLD LIBRARY

10 Lower Bore St,
Bodmin PL31 2JX
Up past the Old Wetherspoons

FREE TO ACCESS - DROP IN

www.intobodmin.co.uk 01208 811185

KINSMAN HUB DROP IN

A weekly drop in session for residents of Kinsman Estate, Treningle View, St Mary's Crescent, St Mary's Close & Monument Way

EVERY TUESDAY 2PM TO 4 PM

Come and have a chat with your Community Health & Wellbeing Workers to see if there is anything we can do for you and your household.

The NHS 111 service can assess and direct people to the most appropriate local service, including urgent treatment centres, GP practices, urgent dental care, or consultations with a pharmacist. And, if needed, it can arrange a call back from a nurse, doctor or paramedic.

NHS 111 is an easy and convenient way to get urgent help for a wide range of health problems. It could even save you a trip to A&E, as it is estimated that up to two-fifths of A&E attendances are avoidable or could be better treated elsewhere.

Also, if you or someone else is experiencing a mental health crisis you can call NHS 111 and select the mental health option for 24-hour urgent mental health advice and support.

People who need help in another language can call 111 and ask for an interpreter, British Sign Language (BSL) users can contact 111 using the NHS 111 BSL interpreter service by visiting 111.nhs.uk, and text relay users can call 18001 111.

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App.

A HAT provides lasting sun protection, offering shade for the face, neck, and ears while blocking harmful UVA and UVB rays without the need for reapplication, unlike sunscreen.

CLOTHING is a simple and effective sun protection tool. It provides a physical block that doesn't wash or wear off and can shade the skin from both UVA and UVB rays.

SUNSCREEN protects against harmful rays, preventing sunburn, aging, and skin cancer. Reapply regularly, especially after sweating or water exposure, to maintain continuous protection throughout the day.

SUNGLASSES protect eyes from harmful UVA and UVB rays, reduce glare, prevent long-term damage, and shield the delicate skin around the eyes from prolonged sun exposure.

Our Integrated Neighbourhood Team (INT) brings together GP practices, community nursing, adult social care, voluntary and community partners, and hospital teams to provide a more joined up approach to supporting patients and our populations health. Our goal is to help people stay well, live independently and receive the right care closer to home, using hospital care only when it's truly needed.

What we're doing:

- We hold a daily multidisciplinary meeting alongside community nursing teams to plan the best way to reach and support our older population with existing or emerging health needs.
- We're preparing to identify people whose falls risk is increasing and offer support such as strength, conditioning and mobility programmes. We're also working with partners on a technology supported falls prevention approach delivered in the community.
- Using data and intelligence, we're improving how we spot people most at risk of an unplanned hospital admission or longer stay, and designing our offer around proactive help to keep people safely at home.
- When a hospital stay can't be avoided, we work with the Integrated Transfer of Care Hub to support safe discharge home and reduce delays.
- We're expanding our Health Inequalities Hub to better reach children, young people and families with complex needs, and working with community partners to find solutions that work in our most deprived areas.
- With Bodmin Way, we're establishing a small team of Health Coaches to help people who want to take better care of their health through achievable lifestyle changes.

These improvements support priorities: care closer to home, prevention and early intervention, self management, tackling health inequalities and stronger partnership working. We look forward to bringing you updates as we develop.

FISH TACOS

INGREDIENTS:

- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp smoked paprika
- 2 limes
- 500g white fish fillets such as cod, haddock, pollack or tilapia, skin and bones removed
- ¼ red cabbage
- 2 large tomatoes
- 2 large avocados
- 2 tbsp vegetable oil
- 8 small corn or wheat tortilla wraps
- small bunch coriander chopped
- 1 green chilli finely sliced, optional
- 100g soured cream
- chilli sauce to serve

INGREDIENTS:

1. Combine the cumin, coriander, paprika and a generous pinch of salt in a large bowl, add the juice from 1 lime and mix well. Toss the fish fillets in the spiced lime paste and set aside while you prepare the salad.

2. Finely slice the cabbage – you can do this by hand or in a food processor if you want it really fine – squeeze over the juice from half a lime and season with a little salt, scrunch the salt and lime into the cabbage and set aside. Chop the tomatoes into small pieces. Stone the avocado, scoop out the soft inside and slice, or if it's a very ripe avocado you may want to mash it in a bowl with a little lime and salt. Keep all the salad ingredients separate on a board.

3. Heat the grill to high. Line a baking tray with foil and brush with a little oil, place the fish fillets on the tray, pour over any paste from the bowl and brush with a little more oil. Cook the fish close to the grill for 8-10 mins until the fish is cooked and starting to scorch in places, to check its cooked, gently push one of the fillets, it should easily flake when cooked.

4. If you have a gas hob, warm the tortillas directly over the flames with a pair of tongs for a charred finish. Alternatively, wrap in foil and warm in the oven on the shelf beneath the fish.

5. To serve, spread a little soured cream over each warm tortilla, top with a handful of cabbage, some tomatoes and a few slices of avocado. Flake the fish and add a few big chunks to each tortilla then top with coriander, chilli and chilli sauce.