

BODRIGGY HEALTH CENTRE

Spring 2025 Newsletter



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- Screening programmes
- When we are closed
- What's available on-line
- Seasonal recipe from the Green Team



11. Biodiversity and habitat

Creating habitats and outside space for patients and staff to enjoy.

This is an important action for us as a Climate and Nature Pioneer practice, and so we are doing the following:



Can you spare some time to help maintain the outside space? See Marie in reception

we are a climate and nature pioneer practice

Reception Desk Opening Times

Monday	08:00 - 18:00
Tuesday	08:00 - 18:00
Wednesday	08:00 - 18:00
Thursday	08:00 - 18:00
Friday	08:00 - 18:00
Weekend	Closed

PHONE LINES OPEN FROM 08:30 until 18:00

Our Services

We run many clinics for the management of chronic diseases such as respiratory disease including asthma, heart disease, diabetes, kidney disease, liver disease and offer a wide variety of other medical services including antenatal and postnatal care, minor surgery, childhood vaccinations, cervical smear tests,.

We are a recognised training practice and often have GP Registrars and Medical Students attached to the practice.

Appointments Out of Normal Surgery Hours Available

How To Order A Prescription

ALL prescriptions require 2 working days to be sent to your nominated pharmacy. Your pharmacy may require an additional 2 days to complete your prescription.

Emergency prescriptions will be sent to your pharmacy at the end of the working day. If you require an emergency prescription you can speak to your local Pharmacist or a member of the Surgery Prescriptions Team.

1) Online

- Via NHS app / Patient Access; these requests go directly to your GP.
- Through your online pharmacy e.g. Pharmacy2U

2) Prescription Box (outside the surgery)

Write down on any form of paper your full details including **name, date of birth, address** and the **items** you wish to order. Please include a contact number should we need to contact you regarding your request. You can find order forms in the surgery foyer or ask a member of the Prescriptions Team to re-print your repeat slip.

3) Over the Phone

Leave a message on our answering machine by contacting the surgery, select option 1 then option 2 again.

Seasonal plant based/wholefood recipe

Roasted Squash & Tomato Dhal

- * 1 small red onion, thinly sliced
- * 1 butternut squash, peeled, deseeded & cut into 3cm chunks
- * 1 thumb-sized piece ginger, peeled & finely grated
- * 2 cloves garlic, crushed
- * ¼ teaspoon ground turmeric
- * 1 tablespoon mild curry powder
- * 1½ tablespoons olive oil
- * 200g red lentils, washed & drained
- * 1 x 400g tin chopped tomatoes
- * 1 x 400ml tin coconut milk
- * 250ml hot vegetable stock
- * 1 lemon, halved
- * pinch of sea salt & black pepper (to taste)

To serve:

- * dollop of coconut yoghurt (optional)
- * 1 small handful of coriander, roughly chopped
- * pinch of dried red chilli flakes

1. Preheat the oven to 180°C fan / 400°F.

2. Put the onion, squash, ginger, garlic, turmeric and curry powder into a large roasting tray. Drizzle over the olive oil and season with a teaspoon of sea salt and a generous amount of black pepper. Toss everything together so that it's all nicely coated, then spread out in a single, even layer.

3. Place the tray in the oven and bake for 10–12 minutes, until the squash and onion have taken on a little colour.

4. Remove the tray from the oven and add the lentils, tomatoes, coconut milk and stock. Stir well and return to the oven for 30 minutes, until the squash is just tender and the lentils are soft.

5. Season and squeeze over some lemon juice to taste, then serve with a dollop of coconut yoghurt, a sprinkling of coriander and chili flakes (if using).



We would like to welcome

Kirsty Wiltshire —Practice Nurse

**Nicola Noble - Administrator who joins us
from Marazion Surgery**



We welcome back Ellie Glasson Practice Nurse
who has been on Maternity Leave



The Climate Emergency is a Health Emergency
The Bodriggy Team are going Greener!

We are working towards our Gold "Green Impact for Health" Award. This scheme tracks our progress towards becoming a Net Zero practice, and shows we are committed to reducing our environmental impact and improving the health of our community.

Please see our wonderful new Big Green Map in reception to find out more about what's going on in Hayle and how you can improve your health!

Get cycling

We have new bike racks at front of building by pharmacy as well as near staff carpark



We are sad to announce that our senior GP partner, Dr. Anne Maskell will be retiring from the practice on 31st March 2025 after 30 years of dedicated service.

We want to thank Dr. Maskell for her invaluable contribution to our patients' care and wish her all the very best for the future!

APPOINTMENT REMINDERS BY TEXT MESSAGE



WE CAN NOW SEND YOU A TEXT MESSAGE TO REMIND YOU OF YOUR APPOINTMENT. TO RECEIVE TEXTS FROM US, PLEASE LET US KNOW YOUR MOBILE NUMBER.

TO LET US KNOW YOUR MOBILE NUMBER :-

- email reception at enquiries.bodriggy@nhs.net
- Inform the receptionist verbally or in writing
- Or telephone reception 01736 753136

Bodriggy Health Centre

60 Queensway
Hayle
Cornwall
TR27 4PB

Phone: 01736 753136
E-mail: enquiries.bodriggy@nhs.net
www.bodriggysurgery.co.uk

Mission Statement

*Our mission, the reason we are here,
is to provide our patients with
appropriate healthcare of the
highest standards and to work
together to deal effectively with ill
health and to promote and maintain a
healthy lifestyle. We strive to offer a
caring and efficient service which is
responsive to our patients needs.*



Would you like to be a member of our Patient Participation Group?

We have set up a patient representation group so that you can have your say. We will ask the members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received.

We will contact you via email and keep our surveys succinct so it shouldn't take too much of your time. You will also be invited to meetings which are usually held every 3 months.

Please ask at reception if you wish to join or use the online form on our practice website

What is cervical screening?

Cervical screening is a way of preventing cancer.

It tests for a virus called human papilloma virus (HPV). High risk HPV can cause cervical cells to become abnormal. Virtually all cases of cervical cancer are linked to high risk HPV.

The cervix is part of the female reproductive system. It is the lowest part of the womb and is at the top of the vagina. A nurse takes a sample of cells from the cervix using a small soft brush (smear test) and sends the sample to the laboratory.



Cuppa Companions

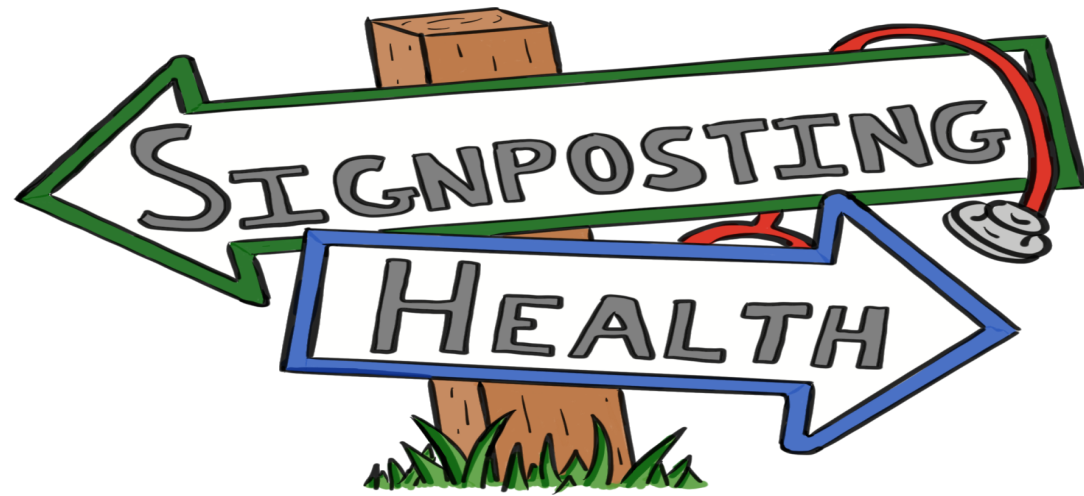


Every Tuesday 10.30am till 12noon at the White hart in Hayle, come a long for a warm drink, meet new people and take part in a quiz, all welcome. Run by Henri Social Prescriber link worker.

For further details please email Henri.Sloan@nhs.net



Cuppa Companions will celebrate their 3rd Birthday on 6th May



Signposting allows our Patient Advisors to ask a few more questions when patients ring in for help at the surgery.

This means that they can ensure that the patient gets the correct help, from the right person, at the right time. Often doctors appointments are made for simple prescriptions, or for test results.

If these appointments are avoided by being dealt with over the phone, then the doctor will be more available for patients who need to be seen that day with an urgent medical problem. This is a national initiative that has been shown to increase the effectiveness of surgeries. With increasing demand, increasing complexity and yet less staff available to meet this need, increasing effectiveness is vital to ensure the future of General Practice.

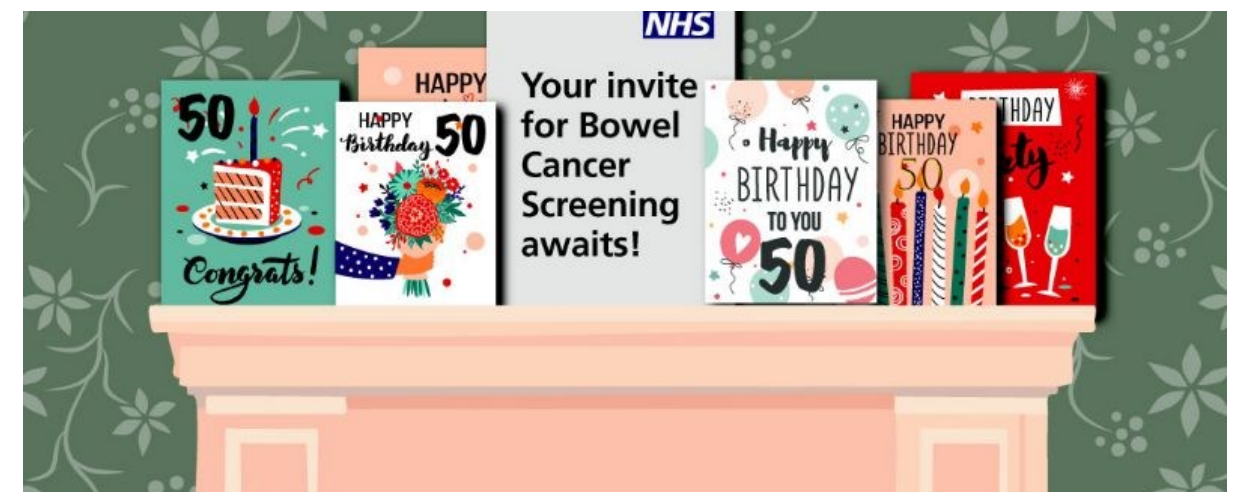
If you get asked more questions in the future
this is why!

Bowel Cancer Screening

Bowel cancer screening can save lives. If bowel cancer is found early, it is easier to treat. Screening may also pick up non-cancerous growths (polyps), which could become cancerous in the future. Bowel cancer is treatable and curable, especially if it's diagnosed early.

Nearly everyone diagnosed at the earliest stage will survive bowel cancer. Taking part in bowel cancer screening is the best way to get diagnosed early. To see just how easy it is to do the screening, please visit the below website where you will be able to access a video for more information on how to do the test at home.

https://www.youtube.com/watch?v=m2f-wY0C_1Q



GP Training



WHEN WE ARE CLOSED

Most emergency cover is provided by Cornwall Health GP Out of Hours Service. In the interest of patients, the service records incoming telephone calls. These recordings are strictly confidential and are dealt with in exactly the same way as patients' medical records.

If you need advice when the practice is closed you can call [NHS 111](https://www.nhs.uk/111) (dial 111) to speak to a health professional. Your needs will be assessed and advice offered.

Please do not ask to see a doctor out of hours unless you genuinely cannot wait until the surgery re-opens.

To help reduce the pressure on our local A&E Department at Treliske, patients should avoid attending A&E for minor injuries or long term problems or problems that can be dealt with by a GP. See our website at www.bodriggsurgery.co.uk for details of Minor Injury Units.



TEST RESULT

Just a reminder to all patients that it is your responsibility to contact the practice to obtain your test results. We advise patients to contact the practice 1 week following your test, after midday to obtain the results.



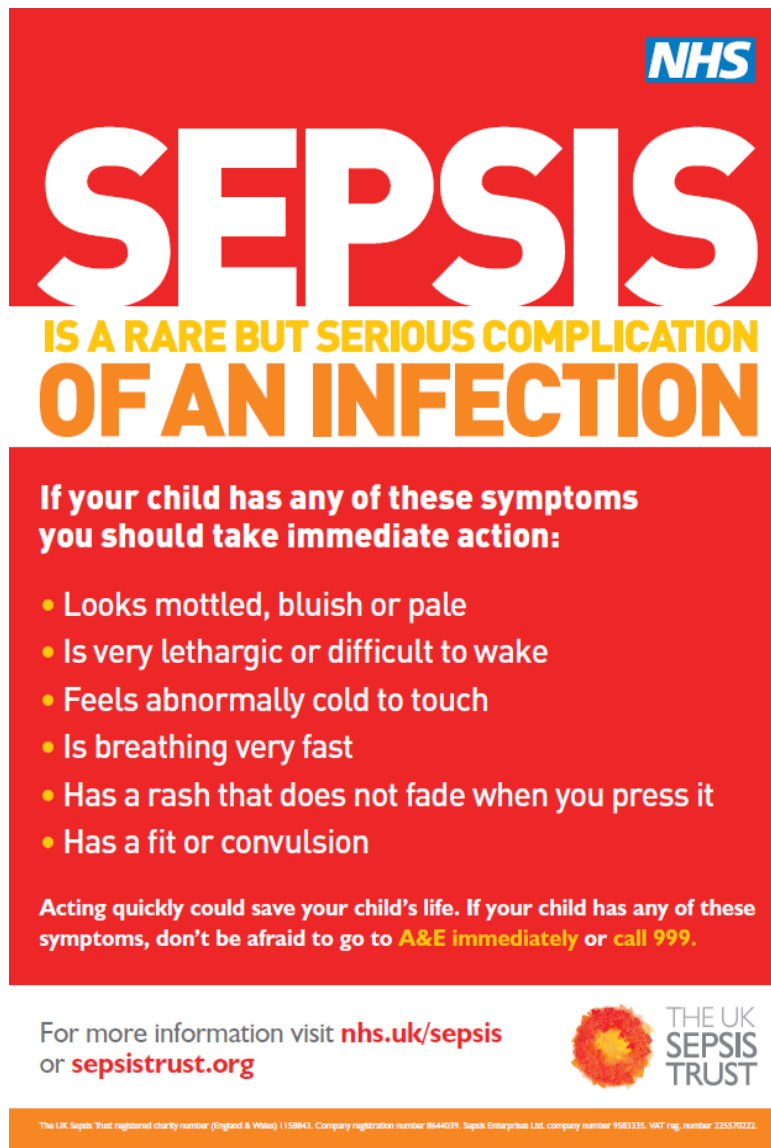
We are a recognised training practice for general medical practitioners and often have GP Registrars attached to the practice. A GP Registrar is a qualified doctor who has worked for some years in hospitals. They are invited to join us for up to 12 months to gain valuable experience in General Practice. Registrars participate in weekly joint surgeries with a partner, as well as holding their own surgeries when they are ready.

You will be told if any appointment offered is for a joint surgery.

Please feel free to ask to see only one doctor if you prefer. As part of the training process consultations may be recorded on video from time to time.

You will be informed of this and we will only record your consultation with your consent.

On occasions, we accommodate medical students from the Peninsula Medical School to enable them to gain insight into general practice. You will be informed if this affects your consultation.



NHS

SEPSIS

IS A RARE BUT SERIOUS COMPLICATION OF AN INFECTION

If your child has any of these symptoms you should take immediate action:

- Looks mottled, bluish or pale
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch
- Is breathing very fast
- Has a rash that does not fade when you press it
- Has a fit or convulsion

Acting quickly could save your child's life. If your child has any of these symptoms, don't be afraid to go to **A&E immediately** or **call 999**.

For more information visit nhs.uk/sepsis or sepsistrust.org

THE UK SEPSIS TRUST

The UK Sepsis Trust registered charity number (England & Wales) 1158043. Company registration number 8646319. Sepsis Enterprises Ltd. company number 1582335. VAT reg. number 225570222.



measles

It's not just a kids problem and it can be serious.

It's never too late to have your MMR vaccine. Protect yourself and those around you from measles, mumps and rubella.

Call your GP surgery to book your two doses of MMR vaccine.

immunisation
Helping to protect everyone, at every age

BREAST SCREENING

What is breast screening Breast screening uses a test called mammography which involves taking x-rays of the breasts. Screening can help to find breast cancers early, when they are too small to see or feel. These tiny breast cancers are usually easier to treat than larger ones.

Overall, the breast screening programme finds cancer in about 8 out of every 1,000 women having screening. Who has breast screening Each year more than 2 million women have breast cancer screening in the UK. The NHS Breast Screening Programme invites all women aged between 50 and 70 for screening every 3 years. You need to be registered with a GP to receive the invitation.

If you are younger than 50, your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. So the patterns on the mammogram don't show up as well. There is little evidence to show that regular mammograms for women below the screening age would reduce deaths from breast cancer. However regardless of age, if a breast lump is felt by a woman then please seek early and prompt advice from the GP and make an appointment to be assessed.





Childhood Vaccinations

One of the most important things that a parent can do for their child is to make sure that they have all their routine childhood vaccinations.

It's the most effective way of keeping them protected against infectious diseases.

Ideally, children should have their vaccinations at the right age to protect them as early as possible and minimise the risk of infection.

<https://www.nhs.uk/conditions/vaccinations/NHS-vaccinations-and-when-to-have-them/>



We have [FACEBOOK! Page and Instagram accounts](#)

Search Bodriggy health centre to keep up to date with surgery news and information.

You will also find information on many topics, such as information for carers, health promotion, and much more.





Advance warning of surgery closures for staff training

29th April 12:00-13:00

13th May 13:00-18:30

23rd July 12:00-13:00

18th September 12:00-13:00

18th December 12:00-13:00

Whilst we are closed if you have a medical emergency please call NHS 111,



Spring Boosters

We will be holding a Spring booster covid vaccine clinic on Saturday 5th April from 0800- 1330. Invitations will be sent in due course. Advise from JCVI is that all patients aged 75 or over or those that are severely immunocompromised should be offered this vaccine. More

information can be found at:

<https://www.nhs.uk/vaccinations/covid-19-vaccine/>

If you would like to help with traffic control or sell raffle tickets please do get in touch!