

BODRIGGY HEALTH CENTRE

Summer 2025 Newsletter



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Grilled Courgette & Sweetcorn Salad with Avocado-Basil Dressing

Ingredients

For the Salad:

- 2 medium courgettes, sliced lengthways
 - 2 ears of fresh sweetcorn, husked
 - 200g cherry tomatoes, halved
 - 1/4 small red onion, finely sliced
 - 1 cup cooked quinoa (optional, or use cooked bulgur/farro)
 - Handful of fresh basil leaves
- Drizzle of olive oil (optional – omit for oil-free)

For the Avocado-Basil Dressing:

- 1 ripe avocado
- 1/2 cup fresh basil leaves, packed
- 2 tbsp lemon juice (or more, to taste)
- 1 small garlic clove
- 60ml water (add more to adjust consistency)
- Sea salt & black pepper, to taste

Method

1. Grill the Vegetables:

- ◇ Lightly brush the courgette and corn with olive oil if using.
- ◇ Grill on a barbecue or griddle pan over medium-high heat:
Courgette: ~3–4 minutes per side
Sweetcorn: ~8–10 minutes, turning until slightly charred. Let cool slightly. Cut the corn kernels off the cob and chop the courgette into bite-sized pieces.

Make the Dressing:

- ◇ Blend all the dressing ingredients in a food processor or blender until smooth and creamy.
- ◇ Taste and adjust lemon juice, salt, or water as needed.

Assemble the Salad:

- ◇ In a large bowl, combine the grilled courgette, sweetcorn, cherry tomatoes, red onion, quinoa (if using), and basil.
 - ◇ Drizzle with the avocado-basil dressing and toss gently.
 - ◇ Serve straight away or chilled.
- For extra protein, stir in cooked lentils or chickpeas.
 - Add a sprinkle of toasted sunflower seeds or hemp seeds for crunch.



GP Training

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.



IMPORTANT MESSAGE

We have noticed a significant rise in abuse towards our reception team. Our Patient Advisors do their best under often very busy and challenging circumstances. Our team are trained to a high standard by our GP's who have asked our team to ask certain questions as part of our triage process, and to determine the right care at the right time.

PLEASE BE KIND AND CONSIDERATE AT ALL TIMES WHEN INTERACTING WITH OUR STAFF

We support the Government's zero tolerance policy for healthcare staff which states that GP's and their staff have a right to care for others without fear of being attacked or abused.

We take the well being of our staff very seriously and patients are at risk of being removed from our list if they display rude, abusive or violent behaviour.

**Thank you
The GP Partners and Management 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



Find us on:
facebook®

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.



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.

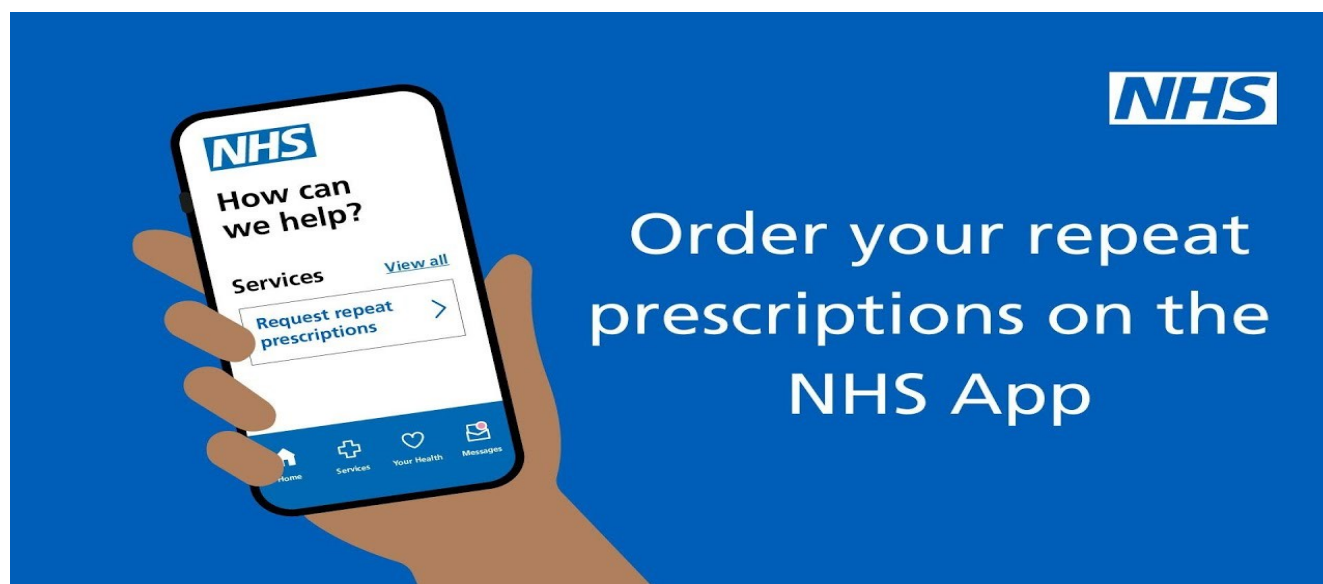
1) Online - Via NHS app / Patient Access; these requests go directly to your GP. Or through your online pharmacy e.g. Pharmacy2U

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.

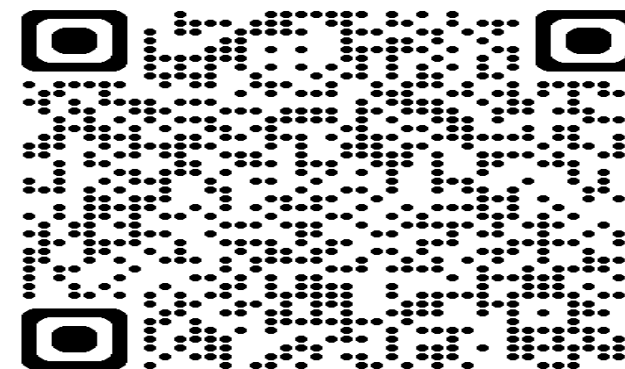


Childhood Vaccinations

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.



Use QR code for up to date immunisation schedule



Advance warning of surgery closures for staff training

23rd July 12:00-13:00

18th September 13:00-18:00

18th December 13:00-18:00

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

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



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!

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.

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

GET CYCLING

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



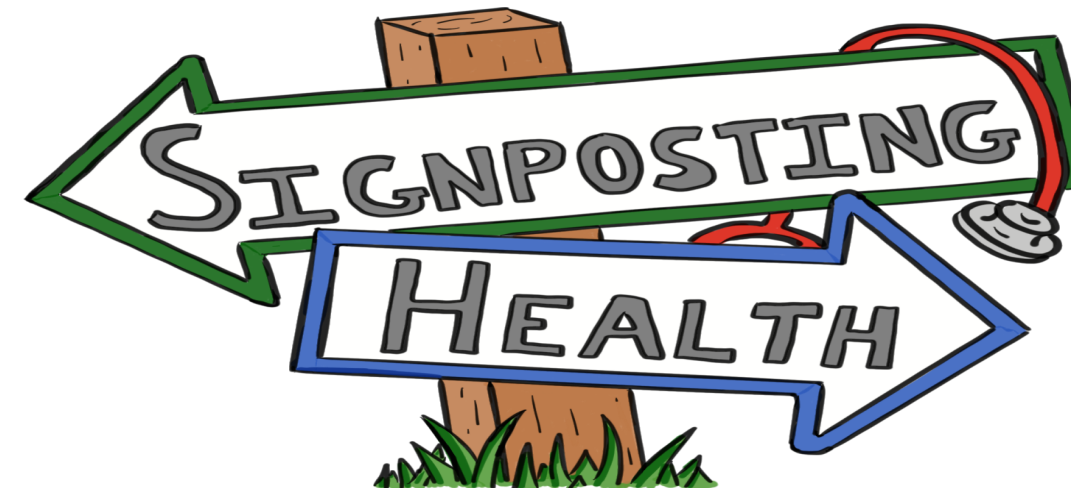


**Would you like to be a member of our
Patient Participation Group?**

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



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!

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



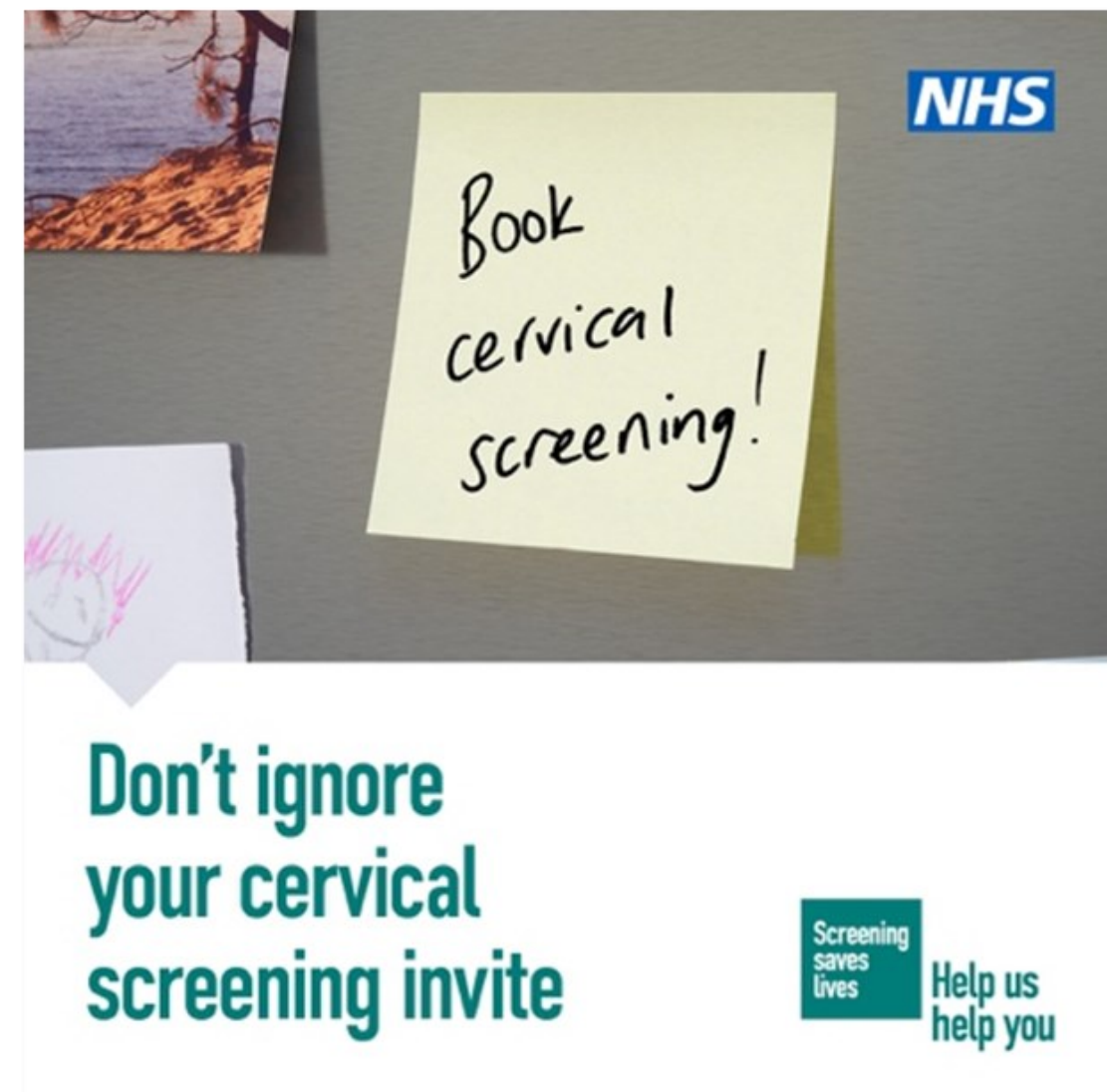
The UK Sepsis Trust registered charity number (England & Wales) 1158843. Company registration number 8644039. Sepsis Enterprises Ltd. company number 9583335. VAT reg. number 225570222.

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.



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://>



Are you 50-74?
Received one of these in the post?
Take the test - bowel cancer screening could save your life.
For more information visit [bowelcanceruk.org.uk/screening](https://www.bowelcanceruk.org.uk/screening)

Bowel Cancer UK
Beating bowel cancer together

Registered Charity Number 1027030 (England and Wales) and SC040168 (Scotland).
Version 001, 01/2020. Content correct at time of publication (December 2019). To be reviewed December 2022.



European Immunization Week
Prevent. Protect. Immunize.

NHS

MEASLES

Don't let your child catch it
- get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. STAY AWAY from GP surgeries and A&E departments - you could spread the illness to others.

immunisation
the safest way to protect your child

For more information contact your local GP surgery or visit: www.nhs.uk/mmr

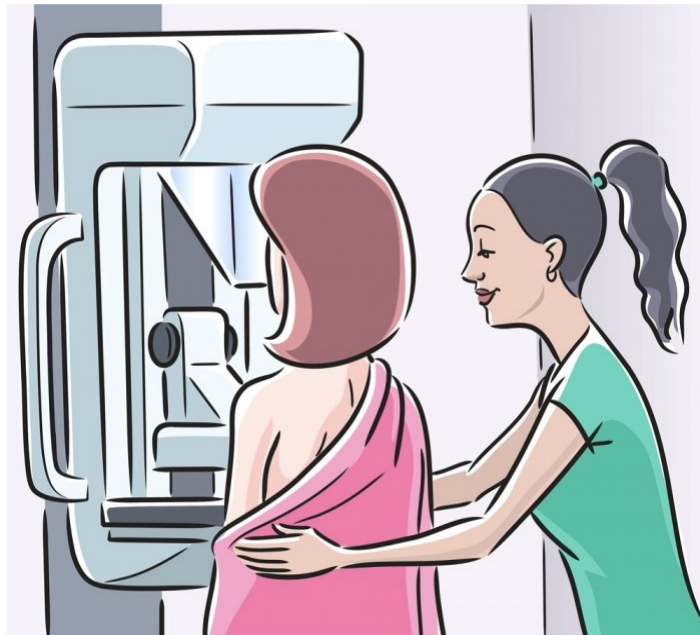
BREAST SCREENING

Breast cancer happens when cells in the breast begin to divide and grow abnormally.

It's the most common type of cancer in women in the UK. 1 in 7 women may get breast cancer in their lifetime.

How serious breast cancer is depends on how big the cancer is and if the cancer has spread.

Early detection and better treatments have led to improved recovery and survival from breast cancer.



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 (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.

