

Your Doctors

**HOLSWORTHY &
HATHERLEIGH**
t: 01409 253692

Dr. Diana Stone
Dr. Harpreet Jones-Pahdi
Dr. Sean Whitaker
Dr. Abi Jones-Pahdi
Dr. Matt Garcia
Dr. Richard Tingay
Dr. Ebram Zaki
Dr. Lawrencia Azas
Dr. Lorraine Hutchinson-Gale
Dr. Paul Wong
Dr. Suarabh Kumar

STRATTON
t: 01288 352133

Dr. Charlie Morwood
Dr. Vic D'Ambrogio
Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
Dr. Emma Godson
Dr. Leo Giamvrias
Dr. Mike Trowbridge
Dr. Wisdom Aziegbe
Dr. Rebekah Gibbons
Dr. Jonathan Barron

OPENING TIMES

Monday to Friday. Please check individual practices for times as they vary for each site.

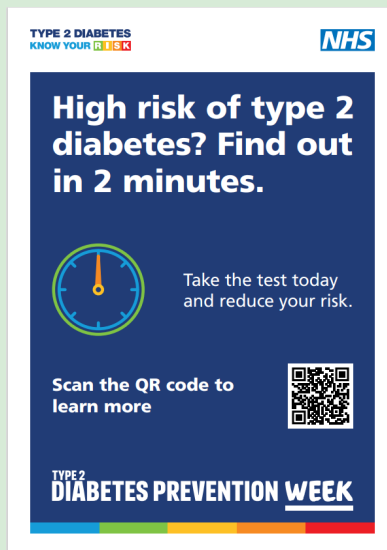
EXTENDED ACCESS

Evening and weekend clinics available for pre-booking. Please call your practice to be advised of availability.

Please call 111 for medical advice & direction or 999 for life-threatening emergencies when we are closed.

Type 2 Diabetes Prevention Campaign

This National campaign during the last week of May, ending beginning of June, is aimed to raise awareness of type 2 diabetes, how to prevent it, the complication risks and the groups at high-risk of developing the condition.



TYPE 2 DIABETES
KNOW YOUR RISK

High risk of type 2 diabetes? Find out in 2 minutes.

Take the test today and reduce your risk.

Scan the QR code to learn more

TYPE 2 DIABETES PREVENTION WEEK

KNOW YOUR RISK!

If you are at risk of developing Type 2 diabetes then making some straightforward lifestyle changes can significantly improve your long-term health outcomes.


You can check your personal risk online if you know your height, weight and waist measurement:

<https://riskscore.diabetes.org.uk/start>

Or contact your surgery to arrange an appointment with Rowena, our PCN Diabetes Care Coordinator, for a fifteen minute check. No needles involved!

Our Diabetes Care Coordinator is an integral part of a multidisciplinary team, supporting people with a diabetes diagnosis or helping them with steps towards diabetes prevention.

We offer one-to-one clinics for patients with raised blood glucose levels to help them manage their condition, improve glucose control, choose healthier foods and build the new habits that create a healthier, happier lifestyle.



TYPE 2 DIABETES
KNOW YOUR RISK

If you've hit the big 4-0, it's time to check for the big type 2.

If you're white and over 40, you're at higher risk of type 2 diabetes.

TYPE 2 DIABETES PREVENTION WEEK



TYPE 2 DIABETES
KNOW YOUR RISK

Type 2 diabetes: Don't lose sight of the facts.

Type 2 diabetes is a serious health condition that can lead to sight loss.

TYPE 2 DIABETES PREVENTION WEEK



TYPE 2 DIABETES
KNOW YOUR RISK

A healthy weight means a healthier you.

Achieving a healthy weight means a lower risk of type 2 diabetes.

TYPE 2 DIABETES PREVENTION WEEK



REMINDER! SORRY WE'RE CLOSED

Practices will be closed on **Wednesday 11th June** from 1pm onwards for staff training.

For life-threatening emergencies call 999.

For urgent medical advice call your usual practice number so you can be directed.

On-site pharmacies (Boots & Avicenna) will remain open; Hatherleigh Dispensary and practise will close at 12.30pm.

Holsworthy, Stratton & Hatherleigh Medical Centres

WE THANKYOU...
for taking the time to
thank us!



“how wonderful the
PSA team are at
Holsworthy. Always
very helpful and
positive.”

“ I would just like to say how
much I appreciated your time
and advice on the telephone this
morning, which cleared up a lot
of my worries, and gave me a lot
of re-assurance”

Patient ECG appt -

“Patient was very impressed with
her appointment conducted in a
lovely and professional manner”

Dr Richard Tingay will be leaving the
practice on 12th June 2025.

Whilst we are very sad to see him go, we
understand his decision to accept a new role
closer to home and fully support this next
step in his career.

He has been a valued member of our clinical
team, and we know many of you have greatly
appreciated his care, compassion and
dedication.

On behalf of us all we would like to extend
our sincere thanks to Dr Tingay for his
contribution and commitment during his time
with us.

We wish him all the very best for the future.

Dr Harpreet Jones-Pahdi, one of our
Partners at Ruby Country Medical Group and
a current PCN board member, will be taking
on the role of interim Clinical Director from
12th June 2025.

We are very pleased to welcome back
Victoria Whitehouse who will be returning to
her role of Care Coordinator Administrator at
the beginning of June. A very welcome
addition back to our PCN team.



Prescriptions email: rcmg.prescriptions@nhs.net

Cervical Cancer Screening

It's your
turn now

I've had my cervical screening,
now it's your turn.

- You can ask for a female nurse
- If you have had the HPV vaccine, cervical screening is still important.
- Anyone with a cervix aged 25 - 64 should attend when invited.

Cervical screening saves lives.
When you get your letter, contact your GP.



June includes the National week campaign 17th—23rd highlighting the importance of **Cervical Cancer Screening**.

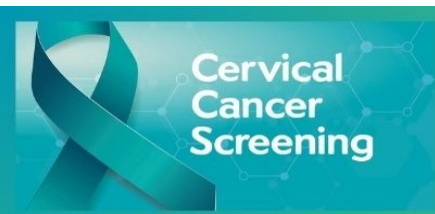
Early Detection via regular screenings can detect abnormal cells before they turn into cancer.

Increased Survival Rates when early-stage cervical cancer is highly treatable.

Prevention of Cancer using screening, helps to find and treat abnormal cells early, preventing the development of cervical cancer.

Critical Preventive Healthcare = Cervical cancer screenings, including Pap smears and HPV tests, are essential for women's health.

Easier Treatment is required when precancerous changes are discovered early making treatment easier and more effective.



Cervical Cancer Screening

June 17th to 23rd June 2025

The week aims to highlight the importance of regular cervical screening for women's health.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease.

Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year.

Nearly 1 in 3 don't attend their cervical screening test.


What to do if you are worried about cervical screening :

Share your feelings - It can be helpful to share any worries you have with people you know, a friend or family member you can trust.

Ask your GP or nurse any questions you have and let them know if you are worried about the appointment.

<https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week>

<https://www.nhs.uk/tests-and-treatments/cervical-screening/>



Don't ignore your cervical screening invite


Two women die every day from cervical cancer, but getting your screening can help stop it before it starts.

So remember, if you missed your last one, book an appointment with your GP practice now.

To find out more visit nhs.uk/cervicalscreening


Help Us Help You – Screening saves lives

Information from the NHS.





Don't ignore your cervical screening invite



The NHS is pledging to eliminate cervical cancer by 2040. If you were invited for cervical screening but missed or did not book an appointment, you can contact your GP surgery or local sexual health clinic to book now.

#CervicalScreeningAwareness Week

More Information



[Cervical Screening Awareness Week](#)

[Cervical screening - NHS](#)

[How to book cervical screening - NHS](#)



Cervical screening saves lives

If you missed your last cervical screening appointment contact your GP practice



June Health Campaigns

National Carers Week

Raising awareness of caring and highlighting the challenges unpaid carers face from
Monday 9 June to Sunday 15 June 2025.

Juggling work and unpaid care

"60% of carers report a long-term health condition or disability compared to 50% of non-carers"

"Unpaid carers in the UK provide care worth a staggering £184 billion a year"



carersUK



Theme is 'Equality: today and tomorrow.'

WORLD BLOOD
DONOR DAY
GIVE BLOOD
SAVE LIFE



The theme for
World Blood
Donor Day
2025 is "Give
blood, give
hope:
together we
save lives."

14 TH JUNE
WORLD BLOOD



Proud to support
our Armed Forces.

We're a Veteran
Friendly GP practice.

Sign up today at: www.rcgp.org.uk/veterans

NHS



Armed Forces veteran
friendly accredited
GP practice



Royal College of
General Practitioners

#VeteranFriendlyGP



Armed Forces Day falls
on 28th June 2025.

Men's Health Week

Join us in ensuring mental
health and physical health
are equally valued

Mates
in Mind

9 - 15
JUNE

Samaritans
Call Samaritans
for free 24/7 on
116 123

Be A Mate
Text "BEAMATE" for
free 24/7 support at
85258

Scan for more
information

Let's

TALK

About it!



HOLSWORTHY

NEW LOCATION
ANNOUNCEMENT



"BALANCING THE TIME
YOU SPEND WITH OR
WITHOUT PEOPLE IS
CRUCIAL FOR MENTAL
HEALTH."



Lets talk about it

Find out more

[Support](#) | [Man Down Cornwall](#) | [Cornwall](#)

[Armed Forces Day - 28 June 2025](#)

[About our donation venues - NHS Blood Donation](#)

Stratton email: letters.rcmg-stratton@nhs.net



Healthy Eating Week

Healthy Eating Week is an annual event that takes place in the UK in June.

The event aims to encourage people to make healthier food choices and to raise awareness about the importance of a balanced and varied

There are many benefits to eating a healthy and balanced diet. Here are just a few:

1. Improved overall health: Eating a balanced and varied diet can help reduce the risk of chronic diseases such as heart disease, stroke, and certain cancers.
2. Increased energy: Eating a healthy diet can help you feel more energised throughout the day, which can improve your productivity and concentration.
3. Better mood: Eating a healthy diet has been linked to improved mental health and mood.
4. Improved digestion: A diet that includes plenty of fibre can help promote healthy digestion and reduce the risk of constipation and other digestive issues.

Better weight management: Eating a healthy diet can help you maintain a healthy weight, which can reduce the risk of obesity and related health problems.

Healthy Eating Week 12th - 16th June 2025

Is an annual event created by the British Nutrition Foundation (BNF). It's all about celebrating healthy living and encouraging people to make positive changes to their lifestyles and promoting healthy eating, drinking and physical activity.



- **Monday: Know the facts, information, health advice and myth-busting.**
- **Tuesday: Make healthier choices.**
- **Wednesday: Plan for success by planning meals.**
- **Thursday: Stay hydrated - fill up from the tap.**
- **Friday: Keep moving.**

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

It's making those small changes that can make a big difference..



Eat at least 5 portions of a variety of fruit and vegetables a day



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates



Eat some beans, pulses, fish, eggs, meat and other protein foods



Have some dairy or dairy alternatives (such as soya drinks and yoghurts)



Drink plenty of fluids

This important week event is to raise awareness about the importance of healthy eating all over the UK.

It's all about the balance



<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Time to think

National Health Campaigns

IN YOUR COMMUNITY: stay connected

Bude Sensory Nature Group

Meeting on 2nd and 4th Friday of the month

11-1pm

13 June Wander at the Weir
Meet in lower car park, meeting in bottom car park just after bridge, The Weir, EX23 0JD

27 June Seaweed workshop at Summerleaze
Meet at pay&display, Summerleaze beach carpark, EX23 8HN

11 July Biodiversity walk with Friends of the Earth Bude, finishing at Neetside community apple orchard.
Meet Tourist Info car park, EX23 8LE

25 July Beach clean at Crooklets, with the '2 minute foundation'
Meet at Crooklets car park by the pay and display machine, EX23 8NE

Please get in touch if you require transport.

To book and for more details
Tel: 01726 222900
email: creativespaces@sensorytrust.org.uk

Sensory Trust COMMUNITY FUND Creative Spaces

Creative Spaces supports people living with dementia, their families



BUDE PAIN CAFE

A well-being space to learn to live well with pain
Neetside Community Centre, Leven Road,
Bude EX23 8LB

Thursday 13th March - 10-12pm

Thursday 10th April - 10-12pm

Thursday 8th May - 10-12pm

Thursday 12th June - 10-12pm

Thursday 10th July - 10-12pm

Thursday 14th August - 10-12pm

IMPROVING HEALTH AND WELLBEING IN THE BUDE AREA Monthly relaxation session. Refreshments provided. Booking not required for more details contact Stuartsocialprescribing@pcnh https://www.facebook.com/CornwallandDevonPainCafes/



CONNECTED By Pain



The Fern Centre from North Devon Hospital will be holding a regular information & support group in Holsworthy Memorial Hall

First Meeting-
12th June 2pm-4pm

Open to all
cancer patients,
family &
carers

Every 2nd Thursday of the Month



WHAT'S ON

AT THE PEARL EXCHANGE

JUNE

BOOK HERE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD WATER DIP 2 9-9:30AM YOGA 4:30-6PM & 6:30-8PM	LEVEL UP YOUR FINANCES 3 6-7:30PM	CO-WORKING 4 10-4PM OPEN MIC 6-9PM		FEEL GOOD COOKING 6 11AM-1PM CO-WORKING 1-5PM ARTY FRIDAY: SCREEN PRINTING 2-5PM	SMALL BUSINESS MASTERCLASS 7 1-4PM	POTTERY 8 11AM-1PM
YOGA 9 4:30-6PM & 6:30-8PM		CO-WORKING 11 10-4PM	DJ EXCHANGE 12 6-8PM	CO-WORKING 13 1-5PM ARTY FRIDAY: MAKE A BUCKET HAT 2-5PM		RUN CLUB 15 10AM
YOGA 16 4:30-6PM & 6:30-8PM		CO-WORKING 18 10-4PM	COLD WATER DIP 19 6-7PM	CO-WORKING 20 1-5PM ARTY FRIDAY: CYANOTYPES 2-5PM		POTTERY 22 11AM-1PM
YOGA 23 4:30-6PM & 6:30-8PM		CO-WORKING 25 10-4PM	DJ EXCHANGE 26 6-8PM	CO-WORKING 27 1-5PM ARTY FRIDAY: LINO PRINT TEE'S 2-5PM		RUN CLUB 29 10AM
YOGA 30 4:30-6PM & 6:30-8PM						

ALL WORKSHOPS AND EVENTS ARE FREE FOR 18-35 YEAR OLDS IN CORNWALL & DEVON
www.thepearlexchange.org.uk
Registered Charity No: 1203240

Bude

Fortnightly on a THURSDAY

7:00 pm - 9:00 pm

///drummers.rent.limelight

Google Maps Directions

Next Meeting
Thursday, June 5th

Men's Health Week
Join us in ensuring mental health and physical health are equally valued

Mates in Mind
9 - 15 JUNE

Summaritans
Call Samaritans for free 24/7 support at 116 123

Be A Mate
Free 30 MINUTE for free 24/7 support at 82555

Scan for more information

Holsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

3 receive.brittle.irrigated

Google Maps Directions

Next Meeting
Monday, June 9th

COAST & COUNTRY

at Holsworthy Livestock Market in 2025 at the Market Cafe on Wednesdays:

January 22nd
February 19th
March 19th
April 23rd
May 21st
June 19th

July 22nd
August 20th
September 17th
October 15th
November 13th
December 17th

Coast & Country Primary Care Network staff, from local practices, are offering a number of free checks to monitor your health and to keep you fit and active.

* BLOOD PRESSURE CHECK
* BLOOD SUGAR TEST
* HEIGHT & WEIGHT

Healthcare where you are NHS

SUPPORTING

PRIDE

MONTH

2025



THRIVING TOGETHER

A COMMUNITY HEALTH AND WELLBEING DAY

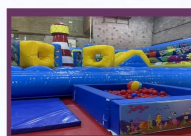
HOLSWORTHY LEISURE CENTRE

SATURDAY 2ND AUGUST 10:00 AM - 01:00PM

- VISIT THE NEWLY REFURBISHED CENTRE!
- FIND OUT WHAT TAKES PLACE IN AND AROUND HOLSWORTHY!
- CHAT TO LOCAL ORGANISATIONS
- FREE SWIMS AND MEMBERSHIP OFFERS AVAILABLE
- FREE REFRESHMENTS
- FREE BOUNCY CASTLE FOR CHILDREN!

ALL WELCOME - COME ALONG AND SUPPORT YOUR LOCAL COMMUNITY!

Enquiries: alisons@ttvs.org.uk



ACTIVE ORRIDGE

WELL PARK, WESTERN ROAD, EX22 6DH

