



November

Stratton Newsletter 2026

issue 11

Winter Wellness

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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.

Colder weather and winter illnesses can take their toll, particularly on older people and those with long-term health conditions. A few simple steps can help you stay well – keep warm, eat well, stay active, check your winter vaccinations, order medicines in advance and look after your mental wellbeing.

❄️ WINTER SELF-CARE

Simple steps to help you stay well this winter:

Keep warm – dress warmly and keep your home comfortable.

Eat well – enjoy a balanced diet and drink plenty of fluids.

Keep moving – stay active every day, even with a short walk.

Stay protected – check if you are eligible for winter vaccinations.

Plan ahead – order repeat prescriptions before you run out in case of bad weather.

Prevent infections – wash your hands and cover coughs and sneezes. Avoid contact with others if you or they are unwell.

Look after your wellbeing – Stay connected with others, get outside when you can and make time for activities you enjoy. Ask for help if you are struggling.

Look after your health - Keep an eye on your blood pressure and other health checks. If you have a long-term condition, continue taking your medication and attend routine reviews.

🏠 NEED NHS HELP?

Use the NHS App or NHS 111 online for advice.

Call 111 for urgent medical help.

Call 999 in a life-threatening emergency.

Stay warm • Stay well • Stay connected



Cornwall's energy advice charity providing free, independent advice and support to householders in Cornwall helping to provide warmer, energy efficient homes as part of a more sustainable future.



Community Energy Plus provides energy advice and practical help for vulnerable householders in Cornwall to achieve warmer, healthier homes.

They help people living across all housing tenures. Visit [↓](#) for more information

<https://cep.org.uk/>



We've added

'Your Cornwall guide to Winter Wellbeing' to our website [↓](#)

<https://strattonmedicalcentre.co.uk/category/news/>



Why does winter affect our mental wellbeing?

Reduced Sunlight Exposure -

- Less sunlight in winter months can lead to:
- Lower serotonin levels, a brain chemical that affects mood.
- Disruption of circadian rhythms, which regulate sleep, mood and energy.
- Vitamin D deficiency, which is linked to depression.



Seasonal Affective Disorder (SAD)

SAD is a form of depression that follows a seasonal pattern—usually starting in Autumn or Winter and improving in Spring.

Symptoms include: Low energy, Social withdrawal, changes in appetite (especially craving carbs) difficulty in concentrating and feeling hopeless or worthless.

Shorter Days and Longer Nights -

Early darkness can make people feel like **the day is “over” too quickly leading to:** Less time spent outdoors, reduced physical activity, less social interaction and a sense of isolation if you live alone.

Cold Weather and Limited Mobility can discourage outdoor activity and exercise both important for mental health. It can worsen symptoms for people living with chronic pain, which can contribute to depression.

Social Isolation during bad weather, shorter days can lead to more time spent alone in doors, reducing social interaction.

Holiday Season Stress -

Winter includes important holiday dates—Christmas and New Year which can be emotionally triggering for those who are grieving, lonely, or estranged from family. This time can also be stressful due to financial pressure, social obligations or unrealistic expectations.



Winter can be life and breath

When you live with a lung condition, winter can be life and breath. But breathing easier starts with the right support – and we’re here for you. At Asthma + Lung UK, we know how difficult winter can be – which is why we’ve created your free, personalised Winter Guide.



<https://www.asthmaandlung.org.uk/winter-can-be-life-breath#quiz>

Remember that older neighbours, friends and family members, may need **extra help** over the winter. Keep in touch with them, especially if they **live alone**.

Make sure they’re **stocked up** with enough food supplies for a few days, in case cold, ice or snowy weather stop them from going out.

If they do need to go out in the cold, **encourage** them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

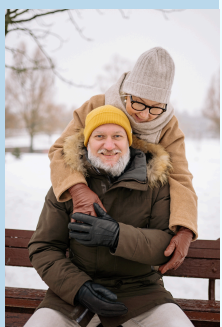
Make sure they get any prescription medicines **before the Christmas holidays start** and if bad weather is forecast.

If they need help over the holiday period when the GP practice or pharmacy is closed or they’re not sure what to do, **NHS 111 can help. The service is available online at 111.nhs.uk and also by phone.**

By answering questions about their health problem they will be told what to do and where to go.

For further advice on how you can help, visit

<https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/>
or call 0800 169 6565



Men's health. Let's talk about it.

Life doesn't always go to plan. But even when things seem tough, there's a lot we can do to look after ourselves and each other.

Research tells us that men are dying too young, too often from preventable causes. At **Movember**, they are working to change that. Whether you're navigating something yourself or want to show up for someone else, their resources are here to help. ↓

<https://movember.com/mental-fitness>



Prostate cancer is the most diagnosed cancer in men worldwide, especially over the age of 50. More than 1.4 million men are diagnosed with prostate cancer each year. Many more are living with the effects of treatment. <https://movember.com/prostate-cancer>

Visit <https://www.nhs.uk/conditions/prostate-cancer/> for further information and support.

Testicular cancer is the most common cancer in young men. The good news? With a survival rate of more than 95%, it's highly curable when caught early.

Whether you want to learn how to give your nuts a feel, understand what's normal and what's not, when to see the doctor, and how to find support after a diagnosis, check out ↓

<https://movember.com/testicular-cancer> and <https://www.nhs.uk/conditions/testicular-cancer/>

The 'male menopause' Some men develop depression, loss of sex drive, erectile dysfunction, and other physical and emotional symptoms when they reach their late 40s to early 50s. To read more please visit → <https://www.nhs.uk/conditions/male-menopause/>

Local Men's Support Groups



The **Bude Wellness Warriors** has been set up to provide the men of Bude with opportunities to connect with nature and other likeminded warriors. Through group walks, cold water therapy, social events and sharing experiences and educational resources, we hope to provide **a supportive and non judgemental** forum where men can come together to get some fresh air, explore new places, make new friends and learn about life enhancing techniques that can help them live a happier, healthier and more fulfilling life.

<https://budewellnesswarriors.org/>



Man Down UK is a non-profit Community Interest Company founded in Cornwall, dedicated to supporting men with mental health challenges. We run informal, peer-led talking groups across the UK, providing a safe, judgment-free space for men to share their struggles and connect with others who understand.

By fostering open conversations, we aim to break the stigma surrounding men's mental health and reduce the number of male suicides.

Together, we can end the silence and save lives.

<https://mandown.org/>



MANWISE is a suicide prevention & peer support group based in Otterham, North Cornwall. We help men with mental health & wellbeing by talking, listening & finding ways forward.

<https://www.facebook.com/manwiseorg>



November Health Campaigns

During **Mouth Cancer Action Month** the message is clear - **'if in doubt, get checked out'**.

We encourage everybody to be mouth aware and pay close attention to what's going on with their mouth. If you notice anything out of the ordinary, make an appointment with your dentist or doctor to get it checked by a professional. - <https://www.dentalhealth.org/mouthcancer>

Signs and symptoms of mouth cancer include



Mouth ulcers
that don't
heal



White
patches in
the mouth



Red patches
in the mouth



Persistent
sore throat



Bad breath



Pain or
difficulty
swallowing

Mouth cancer, also called **oral cancer**, can affect any part of the mouth, including the **gums, tongue, inside the cheeks, or lips**.

Anyone can get mouth cancer, but the risk increases with age. Most people are **diagnosed between the ages of 66 and 70**.

Read more information at [↓](https://www.nhs.uk/conditions/mouth-cancer/)

<https://www.nhs.uk/conditions/mouth-cancer/>



Unexplained
weight loss



Lumps in the
mouth, head
or neck



Speech
problems

World
**Pancreatic
Cancer Day**
19 NOV 2026

World Pancreatic Cancer Day

Early Detection Saves Lives.
Know Your Risks. Know the Symptoms.

Pancreatic cancer is one of the **world's deadliest cancers**.

It is the sixth leading cause of cancer-related deaths globally among major cancers, with a five-year survival rate that remains in the single digits in many parts of the world.

This year alone, an estimated 531,000 people worldwide will be diagnosed with pancreatic cancer, and nearly 490,000 will lose their lives to the disease.

Sign and Symptoms



Early detection matters. Knowing the **signs and symptoms of pancreatic cancer** can make a difference. While pancreatic cancer is **often difficult to detect early**, recognizing the warning signs and seeking medical attention promptly may lead to an **earlier diagnosis**, when more treatment options may be available. **Take time to learn the signs and symptoms**, listen to your body and speak with your healthcare provider if something doesn't feel right.

Risk Factors



The exact cause of most pancreatic cancer cases is unknown. However, research has **identified several risk factors** that may increase a person's likelihood of developing pancreatic cancer.

Understanding these risk factors can help people have informed conversations with their healthcare provider and better understand their personal risk.

[→ https://www.nhs.uk/conditions/pancreatic-cancer/](https://www.nhs.uk/conditions/pancreatic-cancer/)

How to keep antibiotics working



- Don't take antibiotics for colds and flu. They won't work.
- Don't save leftover antibiotics for later, they don't work.
- Take them as directed by your GP, nurse or pharmacist



Scan the QR code to find out more



Antimicrobial resistance (AMR) happens when bacteria, viruses, fungi and parasites change over time and become resistant to the medicines used to treat infections.

Why does it matter?

- Infections become harder to treat.
- Illnesses can last longer and become more serious.
- Some treatments may no longer work effectively.



Shout out to our local community support groups 😊

For the next few months we are giving a 'shout out' to one of the many community support groups in Bude. **Our first featured group is Bude Cancer Support Group**



Bude
Cancer
Support

...offer a mutually supportive group for anyone affected by cancer - recently diagnosed, living with and after treatment. They provide a safe space for people to meet, chat and attend any of the free monthly events (timetable can be found at <https://www.facebook.com/budecancersupport>)

Bude Cancer Support Cancer Cafe

Where: Room 1 The Parkhouse Centre
When: 2nd and 4th Monday of each month
Time: 1.30pm - 3.30pm



Contact:

Email: hello@budecancersupport.org

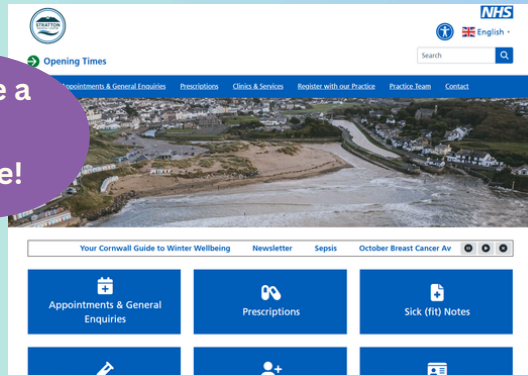
Tel: 07961 146573

Website: <https://www.budecancersupport.org/>

Geographically, Bude is one of the furthest places from a hospital, in any direction across the UK with cancer support groups over an hours drive away.

Stratton TEAM News

We have a
new
website!



Why visit our website?

- Find out how to book, cancel or rearrange appointments.
- Access information about prescriptions and medication.
- Find out how to use the NHS App and online services.
- Read trusted health advice and self-care information.
- Keep up to date with practice news, services and important announcements.
- Check our opening hours and how to contact us.

Your GP practice information, all in one place!

We're pleased to introduce our new practice website, designed to help you find the information and services you need more easily. Using our website can help you find answers quickly and make the most of the services available to you. Visit our new website today! ↓

<https://strattonmedicalcentre.co.uk/>

Stratton Medical Centre is an **Armed Forces Veteran Friendly accredited GP practice**, awarded by the RCGP - Royal College of General Practitioners. To read what this means please visit our website ↓



<https://www.strattonmedicalcentre.co.uk/about-the-surgery>

Planning ahead to keep yourself and your family well over the festive period

CHRISTMAS & NEW YEAR OPENING HOURS

Our surgery will be closed on:

Friday 25 December 2026 – Christmas Day
Monday 28 December 2026 – Boxing Day bank holiday
Friday 1 January 2027 – New Year's Day

For urgent medical help when we are closed, visit 111.nhs.uk or call NHS 111.
In a life-threatening emergency, call 999.



- Order repeat prescriptions early.
- Check pharmacy opening times.
- Keep essential medicines stocked.
- Know where to get help if you, family or friends become unwell ↓

Contact NHS 111 online at <https://111.nhs.uk/> or call 111 if you need urgent medical advice when our practice is closed.

Pharmacists provide advice and treatment from common illnesses, opening times will differ over Christmas and New Year. <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>
Call 999 or attend A&E for life threatening emergencies.

Use the **NHS APP**

For non-urgent matters, please contact us when we re-open.