



Newquay Health Centre



Patient Newsletter

May 2025

Welcome to the May edition of our newsletter. We're thrilled to have you join us on this journey to keep you informed and engaged with the latest updates from our practice. We'll regularly be sharing important news, health tips, and insights to help you stay connected and make the most of our services. Thank you for being a valued part of our community, and we look forward to bringing you valuable content!

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Do more with the NHS App!



Here's what you can do:

- **Request GP Appointments:** Use the new system to request your GP appointments with ease.
- **Book Blood Tests:** Schedule your blood tests directly through the app.
- **Asthma Reviews:** Keep on top of your asthma management by booking reviews.
- **Smear Appointments:** Book your cervical screening appointments quickly and conveniently.
- **View Results :** Access your test results at your convenience.
- **View Documents :** Keep track of important health documents.
- **View Your Health Record and Consultations :** Review your health records and past consultations. This feature is particularly helpful if you've forgotten what the GP advised or need to check your treatment plan.

Getting Started with the NHS App:

1. Register Online : You can register for the NHS App online.
2. Link to GP Records: To connect your NHS App to your GP records, please come to the surgery in person. You'll need to fill out our online access request form and bring along:
 - Photo ID & Proof of Address

This ensures your records are securely linked, giving you access to a range of services at your fingertips.

We hope you find these new features helpful in managing your health more effectively.

HAY FEVER and other allergies

Items
Recommended
for patient
Self –Care

Medicines to treat hay fever and seasonal allergies are readily available to buy from local pharmacies and other retail outlets.



Have you thought about talking to your pharmacist about hay fever and allergies and buying what you need?

Prescribing readily available medication like antihistamines costs the health service millions every year, adding unnecessary strain to local GPs and the health service. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or retail outlet.

Before you speak to a GP, or make a request for a prescription , please talk to your pharmacist and see what's available over the counter.

If you take care of the little things, your health service can keep taking care of you.

HSC Health and Social
Care Board



**WE WANT YOUR
FEEDBACK**

Feedback



Feedback

Dr Walker and team
were great

Feedback

First class treatment. very
informative on recovery
procedures. Well done to the
team on duty. Excellent

NHS Review

Service from getting an appointment to seeing the
doctor is easy and not time consuming. You're
welcomed by a smiling receptionist then seen by the
doctor almost immediately. The doctor was kind and
listened attentively after which medicine was
prescribed. We are very lucky in Newquay to have this
outstanding surgery.
Visited April 2025

Feedback

The lady who
saw me was
excellent, very
kind and
helpful. Very
punctual and
totally
professional,
therefore the
visit was a
pleasure and
very productive

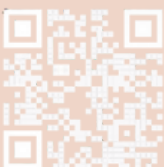
Google Review

Really well-run with
friendly staff and
professional doctors
that really care and
listen to you.

Feedback

Excellent service from
Dr Denwood

Leave a review



What were the Newquay Health Centre team doing in April?



1,718 face to face appointments &
3,278 telephone appointments



75,769 medications were issued on
prescription



255 did not attend their appointment.



494 referrals for further care were
sent



212 sick notes were issued



4,965 Nurse appointments



8,134 telephone calls answered by
our admin team

Here's a snapshot of last month's activity here at Newquay Health Centre. We hope this provides assurance to our patients about the hard work our team puts in each day to meet the full range of clinical and administrative needs. While there's much more happening beyond the summary above, it gives you an idea!

SOCIAL PRESCRIBING

Wellbeing Walks

Why not join one of our wellbeing walks for some gentle exercise and get to know new people?

Social prescribing helps improve your health by connecting you to local, non-medical services — such as support for loneliness, weight management, and staying active — based on your social and emotional needs.

Contact your social prescribers via the surgery for help accessing this service

Scan the QR code
to sign up for
wellbeing walks





Mental HEALTH

— AWARENESS MONTH —

May is Mental Health Awareness Month — a time to prioritise your well-being and remind yourself that you are not alone. Whether you're feeling low, overwhelmed, or just not yourself, it's okay to ask for help. Taking care of your mental health is just as important as your physical health.



NEWQUAY

FORTNIGHTLY ON MONDAYS 6.30 - 8PM
LOCATION: THE SALVATION ARMY, 20
CRANTOCK STREET, NEWQUAY TR7 1JN
MONDAY MAY 12& 26TH

At Georgia's Voice we provide free, friendly, safe spaces for young women to talk, listen or just be. Working together to ensure every young woman in Cornwall feels safe, understood, supported, and empowered.



Lets  talk about it

NEWQUAY



MAN DOWN UK

TALKING GROUP MEETING FOR MEN (18+)
WITH MENTAL HEALTH CONCERNS

FORTNIGHTLY ON WEDNESDAYS 7 - 9PM

LOCATION: THE SALVATION ARMY, 20 CRANTOCK STREET, NEWQUAY TR7 1JN
WEDNESDAY MAY 14& 28TH

Mental Wellbeing - Self Help Info

Three Main Supports for Mental Health:

- Self-help
- Talking therapies (CBT, counselling – self-refer via [Outlook South West](#))
- Medication in some cases – Think of it as "armbands" to support therapy and self-care, not a standalone fix.

Self-Help Lifestyle Tips

Balance key areas of life for mental wellbeing:

- Sleep – Aim for 7 hours, wind down before bed.
- Diet – Stay hydrated and eat balanced meals. Avoid processed food.
- Exercise – Start small (walks, yoga), aim for 15–30 mins/day.
- Relaxation – Spend time in nature, listen to music, meditate, read.
- Connection – Talk with friends/family.
- Mindset – Be kind to yourself. Speak to yourself as you would to a friend.

Struggling to start? Break goals into tiny steps. Use “5-4-3-2-1-GO” to beat procrastination.

Managing Stress, Anxiety & Overthinking

- Breathe slowly, longer exhale (through nose in, mouth out).
- Focus on the present – say “I am safe right now.”
- Worry time – Schedule time to think through issues. Don’t let them dominate the whole day.

Accept that some stress is good – it builds resilience.

Coping With Change, Grief, and Overload

- Grief takes time. Focus on survival – eat, sleep, move, connect.
- Let go of what doesn’t matter. Say no to things that don’t align with your values.
- Take accountability – it empowers you to change.

Overthinking? Interrupt with: “What’s my next thought?”

Helpful Techniques

- Meditation – Try 5 mins daily
- Breathing – Try deep double inhale + long exhale.
- Use breathing in transitions (e.g. arriving home) to reset.
-

Mental Health Crisis?

If you or someone you know is struggling: Call 0800 038 5300 (24/7 mental health crisis line)
Call 999 in emergencies.

Further Resources

Books

Happy Mind, Happy Life – Rangan Chatterjee

The Power of Now – Eckhart Tolle
Why Has Nobody Told Me This Before? – Julie Smith

Apps

Headspace | Calm | Headway

Whats on in Newquay...

Newquay Library

Newquay Library Gardening Group

Pop along for handy hints & tips, share your ideas and be inspired! Just turn up. Every 2nd Wednesday of the month.
1pm – 2.30pm – upstairs in the library.

Children's Groups (All term time except for board games & Chess club).

Mondays 11am–1pm Home Edders Group –A space for home educated Children and Parents/Guardians to socialise and do work together.

Tuesdays 10am – 10.30am Storytime for under 5's & carers – stories, rhymes & crafts

Tuesdays 3.30pm – 4.30pm Lego Club for 4 to 11 year olds

Fridays 10.30am – 11am Bookstart Rhyme Time – Songs, rhymes & fun for under 5s and carers

Saturdays 10am – 4pm Board Games and Chess Club – An opportunity for families to drop into the library and play some old-school board games together, have a game of chess, or learn to play chess with the help of our in-house chess teacher (teacher available 10-12 and free of charge) all ages and abilities are welcome.

Did you know at Newquay Library you can also...

Borrow a Blood Pressure Monitor - You can now borrow a blood pressure monitor with your library card at Newquay Library. Speak to a staff member for details.

Orchard Voices

Singing community! A weekly group with a drop in feel, so new music each week & no commitment.

Most Tues in 2025 @
7:30 pm – 9:00 pm

**At: Newquay Orchard,
Trevenson Road,
Cornwall TR7 1BL**

Tel:01637 877182

The Microsuction Clinics

Julie and Becky are clinical audiologists, they hold clinics in Truro, Newquay, Bude, Exeter and offer home visits.

info@themicrosuctionclinics.com

Newquay/Bude/Exeter
07811 809504

Newquay Pain Café

The Pain Café is a peer support group for people with pain. The aim is to create a space (either in-person or online) to meet, learn and share tips and experiences.

Monday, 19th May 2025 at 12:30

**At: Store House, Seymour Avenue,
Newquay, Cornwall TR7 1BL**
julie@storehousenewquay.co.uk

Heart in Bloom @ Newquay Orchard

Newquay Orchard run weekly health and well-being sessions. Chat to the team about anything that is on your mind and they will work to see if they can help and support you.

Every Thursday 10am -12pm