



AUTUMN NEWSLETTER 2026

Autumn Edition
November 2026

Your Health, Your Community — Keeping You Informed This Autumn



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Welcome to the Autumn edition of the Newquay Health Centre Patient Newsletter.

As we move into colder months, we are sharing practice updates, seasonal wellbeing advice and information about the services available to you. As the season changes, we want to keep you informed, supported, and connected with your practice and community.

We are committed to providing you with clear, accessible information and to making every interaction with our practice as smooth and positive as possible.

NEED HELP?

When the practice is closed

NHS 111
is available 24 hours a day for urgent medical advice when the practice is closed.

RENOVATION UPDATE

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Renovation works are almost complete!

We are pleased to share that our renovation project is nearing completion, with lots of improvements already in place for our patients and staff.



New corridor & Clinical Rooms

The new corridor is now up and running, with new, modern clinical rooms to support the care we provide.

Ongoing Improvements

Work is still underway to renovate, update and repaint all rooms throughout the building, so you may notice some areas still in progress over the coming weeks and months.

Admin Team Relocation

Our admin team are now upstairs in what was the loft space. This gives them a dedicated, purpose-built area to continue supporting our patients efficiently.

New Signage Coming Soon

We will be adding clear signage around the waiting room shortly to help you find your way around the updated building.

Car Park Updates

The car park has been re-surfaced and we have created a few more parking spaces.
Please do not park on the double yellow lines at the front of the practice and do not park around the back on the yellow marked area.



SEASONAL WELLBEING

Simple steps to look after yourself and others this autumn

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KEEP WARM

Keeping your home warm helps protect your health. Wear layers, keep doors closed to keep heat in, and ask for help with heating costs if you need it.



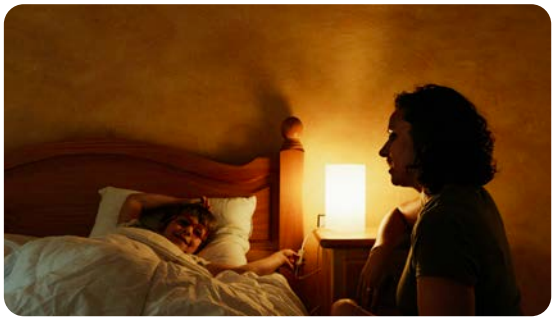
STAY ACTIVE

Regular activity can boost your mood, support your physical health and keep you warm. Even short walks can make a big difference.



REST WHEN UNWELL

If you feel under the weather, rest, drink fluids, and take things easy. Give yourself time to recover before getting back to normal.



CHECK IN ON VULNERABLE NEIGHBOURS

A friendly check-in can make a big difference. Look out for neighbours who may be older, living alone, or need extra support.



LOOK AFTER YOUR MENTAL WELLBEING

The darker, colder months can be tough. Take time for yourself, stay connected and do things you enjoy.



VACCINATIONS AND PREVENTION

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FLU VACCINATIONS ARE AVAILABLE

Flu vaccinations are now available — please book yours early, especially if you are over 65, pregnant, or have a long-term health condition.



FLU WHO IS ELIGIBLE?

- Pregnant
- Aged 65+
- People with long-term health conditions
- Aged 2 or 3 on 31 August 2026
- Aged 6 months to 18 years in a clinical risk group
- A carer

If you are housebound and unable to attend the surgery, please contact us on 01637 850002. Home visits will take place later in the season.

If you're unsure whether you're eligible, please contact the practice.

COVID VACCINATIONS ARE AVAILABLE

COVID vaccinations are now available. Please book yours early, especially if you are over 75 or immunosuppressed.

COVID WHO IS ELIGIBLE?

- **Everyone aged 75 or over by 31 March 2027**
- **People who are immunosuppressed**

HOW TO BOOK

You can book your flu and/or COVID vaccination appointment:
Online via the NHS App
Using the booking link sent via SMS
By phone on 01637 850002
At reception

If you need medical advice when the practice is closed, contact NHS 111 or visit 111.nhs.uk



CHOOSING THE RIGHT SERVICE

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Getting the right care, in the right place, helps you and your family receive the most appropriate support.

Self Care

Care for yourself at home

- Minor cuts & grazes
- Minor bruises
- Minor sprains
- Coughs and colds

Pharmacy

Local expert advice

- Minor illnesses
- Headaches
- Stomach upsets
- Bites & stings

NHS 111

Non-emergency help

- Feeling unwell?
- Unsure?
- Anxious?
- Need help?

GP Advice

Out of hours: Call 111

- Persistent symptoms
- Chronic pain
- Long term conditions
- New prescriptions

UTCs

Urgent Treatment Centres

- Breaks & sprains
- X-rays
- Cuts & grazes
- Fever & rashes

A&E or 999

For emergencies only

- Choking
- Chest pain
- Blacking out
- Serious blood loss



NHS APP & REPEAT PRESCRIPTIONS

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MANAGE APPOINTMENTS

Book, view and cancel appointments

ORDER REPEAT PRESCRIPTIONS

Request your repeat medication

VIEW YOUR HEALTH RECORDS

See test results and vaccination details.

GET TEST RESULTS

View your results as soon as they're available.



DOWNLOAD THE NHS APP

ORDER YOUR PRESCRIPTION ONLINE

If you need medical advice when the practice is closed, contact NHS 111 or visit 111.nhs.uk

01637 850002

www.newquayhealthcentre.co.uk/

SOCIAL PRESCRIBING

Support beyond medical care

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Our social prescribing service can help you access practical and emotional support in the community.



Adult Lantern Making Workshop

- Thursday 19th November
- 5:30 – 7:00pm
- C-Space, 5-7 The Crescent, Newquay
- £15
- Book on blystraarts.org

Community Lantern Workshop

Free family friendly workshop

- Saturday 14th November
- 10:30am – 3pm

Learn how to make your own willow lantern and join the parade on 20th November in Trenance Valley.

Creative Connections

at the Oasis Centre
14 Pargolla Road, Newquay

- Thursdays
- 1:30 – 3pm

Help to create a bright community garden mural, celebrating friendship, kindness and belonging.

£2 or pay what you can.

Crystal Blue Adventures CIC

Get out, get active, get involved!

Coastal walks, sea swimming and surf socials all **completely free.**

Tuesdays
Coastal walks
10am – 12:30pm
Starting at Red Lion Pub, Newquay

See their Facebook page for future dates and events.

Newquay Zoo Wellbeing Walk

- Every Friday
- **Meet at 9:45am for a 10am start (Main entrance to the zoo)**

A slow paced 30–40 minute weekly walk around the 13–acre site. The path is fully accessible for those with mobility issues and users of mobility aids.

A friendly social group organised by the health coaches and social prescribers at the two Newquay Surgeries. Enjoy spending time outdoors, looking at the animals, socialising with others and meet new people.

Please note that the walk may be cancelled if weather warnings are in place. It will not run during school holidays.

Senior Multi-Activity Sessions

at Newquay Leisure World

Our senior multi activity sessions are just what you need in the middle of your week. Specifically designed for individuals wanting to become active or stay active. A relaxed environment to socialise, take part in activities and enjoy a drink and a chat.

- Wednesdays
- 10am – 1pm

Activities include:

Dance fitness · Mindfulness · Group cycle basics · Gym sessions · Swimming (2–3pm only) · Board games

> Sometimes the best support isn't medical treatment; it's connecting people with the right services.

NOTICEBOARD

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Seasonal Health Reminder

As we head into the colder months, it's a good time to make sure you're up to date with your vaccinations, manage long-term conditions and look after your health and wellbeing. Please contact the practice if you have any concerns or are due a review.



Carers Support

If you care for a friend or family member, please let us know so we can record you as a carer and help direct you to local support services.

Online Services

You can use the NHS App to:

- Order repeat prescriptions
- Update your personal details
- Access test results
- See your health record
- View and cancel appointments



Using online services helps keep our phone lines free for those who need them most.

If you've changed phone number or address,

please let us know so we can keep your record up to date.

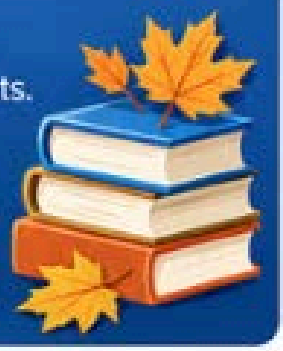
Please continue to cancel any unwanted appointments — it helps us offer them to other patients.

Book Donations

We are pleased to be donating to Your Wellbeing Services Ltd and their therapeutic gardening and community wellbeing projects. @yourwellbeingservicesltd

So far this year our book sales have raised:

£244.26



WHAT'S ON in NEWQUAY

| Autumn 2026

MAN DOWN

Fortnightly on Wednesdays
7 - 9pm
At The Salvation Army TR7 1JN
Next Meeting:
Wed 25th November

GEORGIA'S VOICE

Monday evenings
6:30–8:00pm
The Oasis, Methodist Church, TR7 1RW
Next meeting:
Mon 23 November

SOCIAL PRESCRIBING

Ramblers Wellbeing Walks – Available in Newquay. Visit Ramblers Wellbeing Walks Cornwall – Restormel North for more information.

Boating Lake & Trenance Gardens Wellbeing Walk – Join a friendly, gentle 25–40 minute walk every Monday, meeting at 9:45am behind Lakeside Café for a 10am start. Suitable for all abilities, including mobility aid users, with dogs on leads welcome. Enjoy a cuppa and chat afterwards! Organised by Ramblers Wellbeing Walks Cornwall.

NEWQUAY LANTERN PARADE 2026

Friday 20 November 2026
5:30–8:00pm

Following the success of the 2024 and 2025 Lantern Parades, which took place in the picturesque Trenance Valley, we're now looking forward to the third Newquay Lantern Parade and Trenance Cottages Lights Switch-On 2026. The event returns on Friday 20 November from 5:30pm. This year is slightly different, as Newquay BID and Newquay Town Council will take on the management of the schools' activity, while Blystra Arts will concentrate on the community aspects of the event, running their ever-popular Community Lantern-Making Workshop and adding an Adult Lantern-Making Workshop for 2026 too.

WREATH MAKING



Christmas Wreath Making Workshop – Trerice
Get into the festive spirit and create your own beautiful Christmas wreath using natural foliage and decorations from the Trerice gardens. All materials provided, plus hot drinks and mince pies! Dates: 28 and 29 November, 5 and 6 December 2026. Times: 10:30am–12:30pm or 2pm–4pm. Booking essential – call 0344 249 1895

THANK YOU FOR READING! For further information on anything in this newsletter or to give feedback, please email newquay.healthcentre@nhs.net