

Falmouth Health Centre

NewsLetter

January, 2024



Paramedic clinics

We often have clinics with our practice paramedics, Graeme.

Our paramedic Graeme can deal with problems in relation to breathing, coughs, sore throats, ear pain / discharge, abdominal pain, UTI's, faints and funny turns and children over the age of one with an acute illness. Unfortunately, he is unable to deal with complex / routine illnesses, women's' health, medication queries, problems relating to cancer, genital complaints and children under the age of one. You may be booked into one of his clinics or you may see him face to face after a consultation with our urgent duty doctor.

Parental Support

Contact the Early Help Hub on **01872322277** for support, advice & guidance. If you have immediate concerns, are worried about a child or young person's safety, call **0300 123 1116 (MARU)**.

Awareness Days

- Parental Mental Health Day
- Blue Monday & Brew Monday
- The Great Big Hearing Test
- Cervical Cancer Prevention Month

Paramedic clinics

You may be booked in with our paramedic Graeme. If you would like to find out what he can deal with please see here.



Parental Mental Health Day



Thursday, January 30, 2025, marks Parent Mental Health Day. The day aims to get parents and carers to take a moment to reflect on the balance they have in their lives, as well as how they balance looking after their family's mental health and to take steps to make positive change and 'balance out'. For further parenting support, including self-help support please visit www.cornwall.gov.uk/parenting. There are interactive parenting programmes on the website, such as, 'Living with Parents' for teenagers and 'Me, You & Baby Too' for new parents.

Blue Monday & Brew Monday



Blue Monday 2025 is a day to acknowledge and address feelings of sadness and depression that some individuals may experience, especially during the winter months. It serves as a reminder to prioritize mental health and seek support if needed. On the same day, Monday 3rd January it's 'Brew Monday'. It's an annual initiative in the United Kingdom that encourages people to connect with others over a cup of tea or coffee. It aims to combat loneliness and provide emotional support. There's always time for a cuppa and a catch-up. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right!

The Great Big Hearing Test



This awareness month aims to encourage people across the UK that are experiencing symptoms of hearing loss to act sooner. This is a new campaign as it was found that one in six Brits with hearing loss reveal it took them over 10 years to get their hearing tested, after first noticing issues with their ears. If you are worried that you or someone you love is suffering with their hearing, the best thing you can do is book a free hearing test. Common symptoms of hearing loss may include, asking people to repeat themselves, listening to music or watching TV with the volume higher than other people need, difficulty hearing people over the phone and finding it hard to keep up with conversations.

Cervical Cancer Prevention Week

To find out more about cervical screening tests under the NHS, please look under 'C' on the NHS website / app 'Health A - Z'. If you are feeling particularly nervous about coming in for your screening, you can request to book extra time with the nurse, bring a friend or family member with you for support or request a chaperone from the practice to supervise the appointment. If you're unsure when you're due, just ask a member of the reception team.