

FHC Newsletter

Falmouth Health Centre GP Practice - Issue 17, June 2025



Men's Mental Health Week

Celebrated between the 10-16th June with the aim of encouraging men to prioritize their well-being. Top tips from the *NHS* include: connecting with others, trying to live a healthy lifestyle, by getting good sleep and avoiding unhealthy habits. As well as, reframing any unhelpful thoughts you may experience, and turning your hand to a new skill / activity.

Diabetes Week 14th-20th

This focuses on raising awareness about the importance of regular health checks for people living with diabetes. Did you know that 90% of people with diabetes have type 2? Visit your GP if you're losing weight or muscle bulk and if you're feeling very tired and urinating more frequently.



Patient Participation Group

The four practices host a quarterly forum to address health issues in the area. The forum discusses ongoing projects, including a new mental health hub and support for care homes, and invites local stakeholders like councillors and representatives from the voluntary sector. For more details, please see our website www.faldoc.co.uk

Carers week 9th-15th

The theme for the week is "Caring About Equality," which aims to highlight the challenges and inequalities faced by unpaid carers. The week is a national event to recognize and celebrate the contributions of unpaid carers across the UK.





Reception

Please be kind to our reception team who are trying their best to navigate the ever-changing demands of general practice.

Please appreciate that they are limited in what they can do and if they are unable to do something, it is not because they are being difficult.

Please bare in mind that here are rules that are in place for staff and patient safety.

World Sickle Cell Day 19th

Sickle cell is the UK's fastest growing genetic disorder, with around 17,500 people having the condition.

Many people with sickle cell rely on regular blood transfusions to manage their symptoms. For the best results, they need blood that's closely matched to theirs, which is most likely to come from a donor of the same ethnicity - they urgently need more people of Black heritage to donate blood. One blood donation can help save the lives of up to 3 people.

See www.blood.co.uk for information on how to give blood today.



Cervical Screening Week

From July 2025, eligible individuals aged 25 to 49 who test negative for HPV will be invited for cervical screening every 5 years instead of 3.

Wear a skirt or long jumper.

Ask to lie in a different position.

Request a smaller speculum.

Bring someone along.

TIPS

Try relaxation techniques like deep breathing.