

Newquay Health Centre Newsletter



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January 2026

Welcome to the January edition of our newsletter!

We're delighted to have you with us as we share the latest updates from our practice. Our goal is to keep you informed and connected with important news, helpful health tips, and insights to make the most of our services.

Be sure to look out for our quarterly newsletters in Spring, Summer, Autumn, and Winter for even more valuable content. Thank you for being an important part of our community—we look forward to keeping you updated and engaged throughout the year!

RENOVATIONS

EXCITING CHANGES AT NEWQUAY HEALTH CENTRE!

We're thrilled to announce that renovation work is now underway to make your health centre even better!

During this time, the front entrance will be closed, but don't worry — all patients attending in person can use the back entrance, which is fully accessible.

For our patients with disabilities, we've made sure there's a designated disabled parking space conveniently located near the back door, so your visit remains smooth and stress-free.

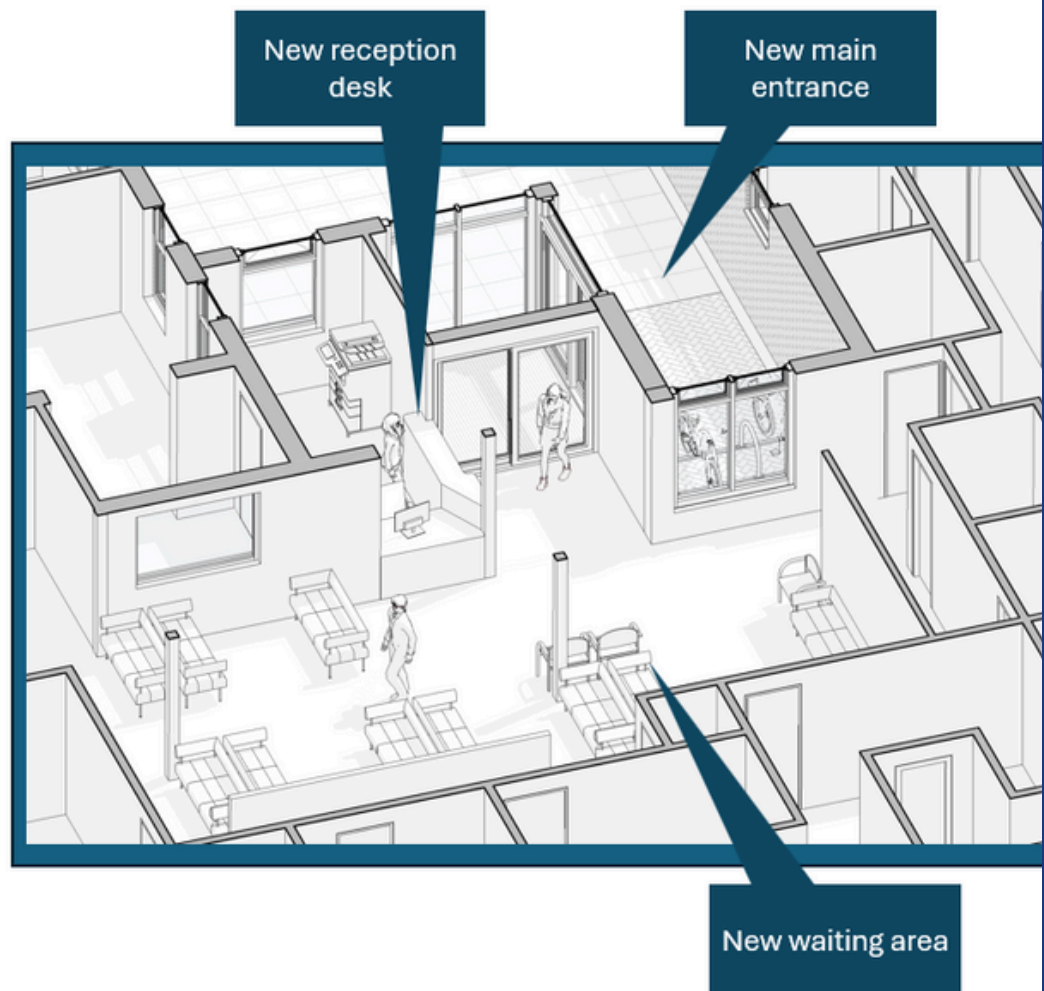
Thank you for your patience as we improve your health centre — we can't wait for you to see the results!

Newquay Health Centre – refurbishment project

We are excited to announce that we have starting work on upgrading & refurbishing the surgery. The date for completion of the project is the 31st March 2026 and will include:

- New main entrance, waiting area and reception desk
- Additional consulting and nurses rooms
- New offices to the first floor for the administration and pharmacy team
- Improvements to the outside of the building including new roof windows, doors and guttering
- Decoration and new flooring to the building

Apologies for the disruption during the construction of the new facilities.





**WE WANT YOUR
FEEDBACK**

Feedback



Feedback

The Nurse I see for my
COPD is absolutely
BRILLIANT

Feedback

I felt listened to and the Doctor made
me think logically about my problem
and kept me calm. He's brilliant and
I've taken his advice and I'm feeling
better already.

Google Review

ALLWAYS go the extra for me during a crisis
number of visits re MH issues. Obviously
practice is now so stretched with patient list
growing daily they still fit you in and im for ever
thankful for that

Feedback

I came in for a
minor op, Dr
Walker & your
lovely Nurse were
so kind, gentle &
caring. I felt in
very safe hands
with Dr Walker's
calm & kind
manner. Thank
you both for a
wonderful service.

Google Review

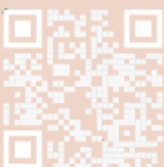
Extremely helpful
receptionist, great
service, nice waiting
area.

Toilets ok but not
fantastic.
Would recommend!

Feedback

Telephone appt very
kind and understanding

Leave a review



OUR MONTH IN NUMBERS: DECEMBER 2025



1,926 face to face appointments &
3,788 telephone appointments



76,796 medications were issued on
prescription



304 did not attend their appointment.



424 referrals for further care were
sent



193 sick notes were issued



4,550 Nurse appointments






7,404 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!

Do more with the NHS App!



-  Order repeat prescriptions
-  Use NHS 111 online
-  Find NHS services
-  View your GP health record
-  Book appointments
-  Get reminders and messages
- And much more...

Need help?
Get support in the app or
visit nhs.uk/nhs-app




You can also use these
services by logging in
through the NHS website



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☀ Did you know? ☀ You can effortlessly
manage your healthcare with the NHS App!



Here's what you can do:  Order repeat
prescriptions  View & Cancel your
appointments  Access test results & book
some nursing appointments

Just download the app from the App Store
or Google Play. To link your patient record,
fill out our online registration form and show
our reception team one form of photo ID and
proof of address. It's simple and quick! 😊



| January 2026

SOCIAL PRESCRIBING

Ramblers Wellbeing walks – Available in St Columb Major and Newquay. Taking place on Monday's, Tuesday's and Friday's. All start at 10am from either St Columb Library, Newquay Zoo or Newquay Boating Lake. [Ramblers Wellbeing Walks Cornwall - Restormal North](#) for more information.

Diabetic prevention programme. Face to face 9-month course in Perranporth for people who have been told they are pre-diabetic. (There are other options to complete this programme online) in Jan 2026 Contact Social Prescribing team for more information.

GEORGIA'S VOICE



Monday evenings
6:30 - 8:00pm
At The Newquay
Family Hub TR7 2LU
Next Meeting:
Mon 12th, 19th & 26th

MAN DOWN

Fortnightly on Wednesdays
7 - 9pm
At The Salvation
Army TR7 1JN
Next Meeting:
Wed 14th & 28th



NEWQUAY ORCHARD

Every Thursday
10am - 12pm
At Newquay Orchard



HeArt in Bloom sessions offer practical advice and support—from housing and mental health to budgeting and community connections.

NEWQUAY PAIN CAFE

Meet at 12:30pm on the third Monday of each month at Store House, Marcus Hill, Newquay TR7 1BP Learning to live well with pain

BLUE MONDAY COMEDY

Ansum Comedy have teamed up with Clean Sea Newquay and Steam Bar to ensure Blue Monday is filled with MEGA LOL's!
7.30pm on 19th January at Steam Bar Great Western - tickets available on steam bars website.

