

The Clays Practice Newsletter

In association with the Clays Patient Participation Group

Spring 2025



Keeping Active Special

Thank you to all those who have engaged with the Clays Newsletter last year and if you would like to give any suggestions for a future focus please email the PPG at the email address overleaf.

The New Year has started and Spring is just around the corner which will be a relief for many with the evenings getting brighter.

Some healthy resolutions may have waned and others see Spring as a 'prod' to think about that summer healthy body, so this issue would like to focus on getting out and about, seeing and chatting to others and enjoying some healthy exercise – there are also signposts for some local groups if transport is an issue.

Getting Started

If you're not currently physically active, think about why that might be. Do you feel like you lack time, energy, or motivation? Having a long-term health condition might also make you feel more cautious. Or, it may just be that you don't know what to do – or how to go about it.

Try to make exercise a part of your normal routine. If you work, can you fit exercise in first thing in the morning, at lunchtime, or later in the evening? Think about how you could move more throughout the day.

If you find exercise boring - think about what you can do to make it more enjoyable. You might find it helps to 'couple' your exercise with something you want to do – such as listening to music or a podcast while walking or running.

If you don't feel confident about exercising – Start with small steps. You'll gradually build up your confidence as well as what you're able to do. If a friend/relative is available, try exercising together!

'I can't afford exercise classes' - you don't need to spend a lot of money to keep fit. For walking or running, for instance, you'll just need a decent pair of walking shoes or trainers and clothing to keep you warm and dry.

I have a long-term health condition- It needn't mean that you can't exercise. In fact, it's often beneficial for your health. You might just need to take it slower, or adapt what you do.

Local Exercise Groups

These are some of the local groups that happen around the Clays area

CLAYS CRUSADERS- wellbeing exercise group- held in the Chapel Rooms in Roche – Mondays 1pm – 3pm

SECOND WIND – Chair exercise suitable for everyone Victory Hall in Roche – Tuesdays 10am – 11am -£3.50 per session including a cuppa and biscuit after!

TREVERBYN CHAIR EXERCISE – Treverbyn Hall in Stenalees Suitable for all abilities Thursdays 9.30am – 10.30am £5 per session

ROCHE RAMBLERS – walking groups with local routes – see facebook for details

LOVELY YOGA CORNWALL – FREE yoga classes for 55+ - Polkyth Leisure Centre Sundays 10.30am

Other exercise classes are available

Surgery News – WELCOME!

A very warm welcome to our new Paediatric Nurse, Jody Snell who has arrived at the practice this month

Jody will be working with patients under 16, helping with medical needs. She will also be seeing parents and baby for 8 weeks check.

As a Paediatric Nurse, Jody will also be able to advise parents with children who have milk intolerances and allergies.

Welcome to the Practice Jody we hope that you will be very happy in your new job and sure that you will make a difference to all the new mums and young people that seek your advice.

GARDEN NEWS –we need your help!

With spring just starting, we are looking forward to sprucing up the outdoor area and creating a space where patients and staff can sit and reflect, relax and enjoy what nature has to offer.

We have already been kindly gifted some seating with disabled access.

We are in need of some raised planters, plants or seedlings that will give some colour in the garden so if you are a keen gardener and have a few spare please contact us on our email – theclays.ppg@nhs.net

We are also looking for volunteers that would be willing to give a couple of hours to do some weeding, planting and generally giving the space a spruce up. Again, if you would be willing to meet with new people, have a natter and a cuppa (cake will also be provided!) to work towards creating an outdoor space that people can enjoy please contact us on the email above.

PPG BOOK SHELVES

Following our successful fundraising with pre loved books and puzzles at our Roche and Bugle surgeries we will be putting some books and puzzles at the St Dennis Surgery.

If you have any good quality pre loved books or puzzles (for either adults or children) that you would like to donate please leave them at reception.

Get-In-Touch

If you have any suggestions or comments or have a question you'd like to ask the PPG, please write us a note and hand into reception

You can also drop us an email

theclays.ppg@nhs.net

Useful Telephone Numbers

NHS Out of hours service –
111

St Austell Minor Injuries Unit

(8am – 10pm)

01726 291 199

Bodmin Minor Injuries Unit

(8am – 10pm)

01208 251 577

Dental helpline (urgent treatment)

0333 405 0290

Department for Adult Social Care

0300 1234 131

Stop smoking service

01209 313 419

Sharps bin collection

(Cornwall Council)

0300 1234 131