

The Clays Practice Newsletter

In association with the Clays Patient Participation Group

Spring 2024



By the time you read this the Spring flowers will be blossoming, a lovely sight that makes most feel like the weather will become more gentle and warm.

This year, we are hoping to develop a new garden within the grounds of Roche Surgery, so if there are any enthusiastic gardeners out there, we may be asking for your help and advice!

Thank you to all those who have engaged with the new Clays Newsletter and if you would like to give any suggestions please email the PPG at the email address overleaf.

Information Hubs ...

There are information Hubs happening in Roche, Bugle and St Dennis

These information Hubs are free events and many patients in the local community may find support through accessing information, advice and guidance from a range of services including...

[Adult social care](#), [Home group](#), [Disability employment advisor](#), [CAP debt advisor](#), [South West Water Care Team](#), [Macmillan Cancer support](#), [Age UK](#), [Citizens Advice](#), [Community Energy Plus](#), [Cornwall mobility](#), [Healthy Cornwall](#) and [Cornwall Housing](#)

Bugle Information hub is at Bugle village Hall from 11am – 1pm (Bugle Library of Things will be also running a 'Tea and Chat' session) on the following dates:

Tuesday 2nd April, Tuesday 7th May, Tuesday 4th June, Tuesday 2nd July, Tuesday 6th August, Tuesday 3rd September, Tuesday 1st October, Tuesday 5th November and Tuesday 3rd December.

St Dennis information hub is the first Wednesday of every month from 11am – 1pm at ClayTawc

Roche Information Hub is available on Mondays from 1.30pm – 3.30pm (except Bank Holidays) at Roche Victory Hall with The Clays Crusaders (Long-term health Support group) running from 1pm – 3pm

The Clays Practice Easter Bank Holiday Opening Times

All surgeries will be running normal hours until Thursday March 28th

All surgeries will be closed for Easter on Friday 29th, Saturday 30th, Sunday 31st March and Monday 1st April

Normal hours resume at all surgeries from Tuesday 2nd April

Patient Survey – your opinion counts!

The Clays Practice would like to hear your views – over time the practice would like to know your opinion on many aspects of the practice.

This Spring, we would like as many patients as possible to answer the available questionnaire focusing on access to the surgeries.

The questionnaire will be available on the Clays website, paper copies at reception, or if you would like to be emailed a copy please contact theclays.ppg@nhs.net. The survey will close on 31st May and we would like as many patients as possible to complete the questionnaire so we can gain as much opinion as possible.

Book and Puzzle Sale

Thank you to all that have supported the PPG through purchasing at our secondhand book and puzzle shelves. This money will be put towards improving the surgery, including our new community garden that we hope to create this year. If any patients have any books or puzzles in good condition (including books that you may want to re-donate) please drop them into Reception

Helpful websites and awareness

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The websites below contain some advice - Enter the web addresses online to download this advice.

March - Prostate and Ovarian Cancer awareness month

These websites offer help and advice on prostate and ovarian cancer and fundraising opportunities

<https://prostatecanceruk.org/?gclid=CILe66ry57UCFeXKtAodGU8AEQ>

<https://targetovariancancer.org.uk/get-involved/ovarian-cancer-awareness-month>

March 13th – No smoking day

We know quitting smoking is a challenge but it's the best thing you can do for your health. Increase your chance of success by downloading the free leaflet today. It's never too late to quit, and you might notice the benefits sooner than you think.

<https://www.bhf.org.uk/informationsupport/publications/smoking/understanding-smoking>

April- Stress Awareness Month

Increasing public awareness about both the causes and cures for our modern stress epidemic.

<https://www.stress.org.uk/>

May - National Walking Month

National Walking Month encourages people to walk more throughout May. Initiatives include Walk to Work Week and Walk to School Week.

<https://www.livingstreets.org.uk/>

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