

The Clays Practice Newsletter

In association with the Clays Patient Participation Group

Winter 2023



Well how quickly this year has gone! With the winter weather arriving, there may be an increase in winter related ailments, please remember pharmacists can offer advice on minor ailments and for out of hours advice please call 111.

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.

Wishing all of the Staff and Patients of the Clays Practice a peaceful and Happy Christmas and very best wishes for the New Year.

Meet the team...

Jeni Endean – Advanced Care Practitioner

We would like to give a warm (if a little belated) welcome to Jeni Endean who is our new Advance Care Practitioner.

Many patients may wonder what Advanced practitioners (ACPs) are.

ACPs are healthcare professional educated to a very high level who have developed the skills and knowledge to allow them to take on expanded roles and scope of practice caring for patients. ACPs practice with autonomy and expertise to ensure the best possible outcomes for patients across the Practice.

This means Jeni can assess patients, diagnose and prescribe any medications required – her professional specialism is with respiratory issues. She is also undertaking extensive professional qualification training to specialise in women's health.

Welcome to the Clays Practice Jeni!



The Clays Practice Christmas Bank Holiday Opening Times

*All surgeries will be running normal hours until 22nd December
(please remember 23rd and 24th December is the weekend)*

*All surgeries will be closed for Christmas on the 25th and 26th December
Normal hours resume at all surgeries from 27th December*

Social Prescribing – The Clays Area

Active Cornwall have launched the [Time2Move Holiday Programme](#) for Christmas 2023. Funded by the Department for Education under the Holiday Activities and Food Programme, all children eligible for benefits related free school meals can access a funded place to attend where they will also receive a hot meal.

For children eligible for benefits related to Free School Meals, you can access the code they require here:

<https://www.cornwall.gov.uk/time2move>

To book provision please visit:

<https://www.activecornwall.org/T2MHolidayProgramme/>

St Dennis ClayTAWC runs a dementia group open to anyone, known as the Memory Café, it is a fantastic opportunity for those living with Dementia and carers to speak to a range of local services who can provide advice and support. Enjoy free refreshments whilst chatting with others.

Wednesdays 1:00 pm to 3:00 pm. There is also parking on site.

Websites to help over Christmas and Winter

The websites below contain some advice on coping with the winter festive period and also keeping safe and warm in the colder weather - Enter the web addresses online to download this advice.

Mind – Coping with Christmas and your mental health

Tips to cope with the Christmas period when you may be struggling with the festive period

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips>

British Heart Foundation

Winter wellness: how to keep healthy and warm

<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/winter-wellness>

The Self Kindness Toolkit from the Red Cross

Tips on promoting wellbeing, coping skills, first aid and coping with anxiety

https://www.redcross.org.uk/-/media/documents/self-kindness-toolkit/download_self-kindness_toolkit.pdf?sc_lang=en&hash=6F1844D3CAA40CA4AF2FD4E88D099CFE

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