

THE CLAYS SURGERY NEWSLETTER

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CLAYS PPG PATIENT PARTICIPATION GROUP



Autumn 2025

Paediatric Special

With children going back to school and the evenings still light enough to play out - there will be some bumps, scrapes and illnesses going around so this newsletter will hopefully provide some advice for parents and carers.



Meet our paediatric nurse

Jody Snell joined the team a few months ago and is specialised in children's illnesses and healthcare. Jody is able to see under 16s, and help with their 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.

My child is poorly
...should they go to school?

YES

BUT make sure you tell the school or childcare provider

- Hand, foot and mouth.
- Tonsillitis
- Glandular fever
- Threadworms
- Head lice.
- Slapped cheek

NO

Until


NO	Until
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Mumps	5 days after the swelling started
Cold and flu-like illness (including COVID-19)	They no longer have a high temperature and feel well enough to attend.
Scarlet fever	24 hours after they started taking antibiotics

Websites for further information

www.nhs.uk/symptoms/rashes-babies-and-children/ Information and visual pictures of rashes
www.cambspborochildrenshealth.nhs.uk/common-illnesses/
An A-Z of common diseases and what to do

What service should I use if my child is poorly ?

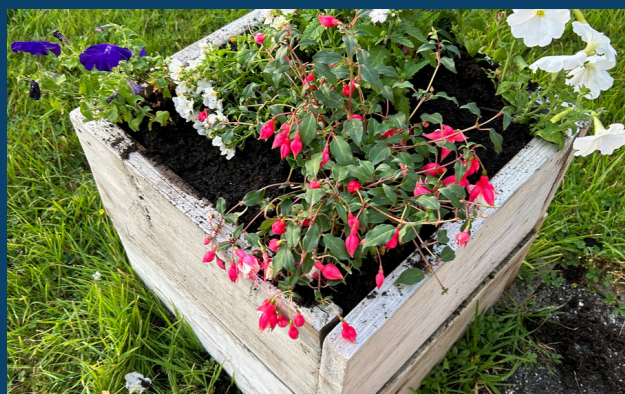
As we enter the new school year and children are in close contact, germs will inevitably spread and accidents will happen - below is a guide to what services are available for you to get help

Grazed knee, Sore throat Coughs and colds, Mild tummy pain or headache	Self care	You can treat minor illnesses and injuries at home by using the recommended medicines and making sure they get plenty of rest www.nhs.uk .
As a parent if you are: Unsure Confused Need help	 NHS 111 For 24 hour health advice and information.	Call NHS 111 when it is less urgent than 999 www.nhs.uk/111
Mild diarrhoea Mild skin irritations (including spots/rash) Mild fever	Pharmacist For advice on common illnesses, injuries and medication.	To find your local pharmacy and its contact details visit: www.nhs.uk/chemist
High temperature Head injuries not involving loss of consciousness Persistent cough Worsening health conditions (inside GP hrs)	Doctor/GP For the treatment of illnesses and injuries that will not go away.	Write your GP's (family doctor) telephone number here: 01726 890370
Minor bumps, cuts and possible fractures (during 9-5) Dehydrated Headache Tummy pain	Health Centre For treatment of minor illnesses and injuries without an appointment.	Local GP/GP out-of-hours or NHS 111 See page 4
Unexpected and sudden sickness Severe pain Worsening health conditions	Urgent Care When you need healthcare in a hurry 24 hours a day.	A&E
Choking Loss of consciousness Fitting Broken bones	A&E or 999 For very severe or life threatening conditions.	A&E

NHS 111 is free to call from any landline or contract mobile phone. Pay-as-you-go mobile phones require 1 pence credit to make a call.

SURGERY NEWS

- We are pleased to welcome two new care coordinators to the practice, Verity and Laura. Our Care co-ordinators will be able to help co-ordinate care across the health and care system, helping people make the right connections, with the right teams at the right time. Care co-ordinators are effective in bringing together multidisciplinary teams to support people's complex health and care needs. Welcome to the Clays Practice!
- We would also like to welcome Claire and Madison to the HCA team. Madison and her colleague Tanya will also be furthering their skills by going to university to train as Nursing Associates
- The telephone system at the surgery has been improved so the average wait time should be shorter than before - there is also a callback function available for those patients who would prefer not to wait



Hopefully some of you have been able to visit and make use of our outdoor area at the rear of Roche surgery. Thanks again to 'Men in sheds - Gorran and Mevagissey' - our planters are giving some much needed colour! we now have some outdoor seating and a new hedgehog hotel to encourage the wildlife. If anyone would like to help with the planting or has more ideas for the garden please email us or message us on facebook - info on the front page

The Clays PPG are desperately seeking new members to the team, especially a new Treasurer. Without patients joining the team, we are unable to put your ideas forward for a positive patient experience from our practice. If you can spare a couple of hours every other month or would like more information please contact us (contact info on the front page)

