



Newsletter

Managing Repeat Prescriptions

Did you know you, the fastest way to manage your repeat prescriptions is in the NHS App?

You can easily choose where your prescriptions are sent. So, if you know you'll be away from home or you are moving home, you can change your nominated Pharmacy from within the app.

You can also order your prescription at any time that suits you. There is no need to wait to join a telephone queue or wait until the GP Surgery opens.

It's easy to use and if you hit a snag, you can go to 'Help' in the top right-hand corner of the app or visit nhs.uk/helpmeapp.

Find out more about the NHS App at www.nhs.uk/nhsapp

Order repeat prescriptions on the NHS App



Flu Vaccines

Flu booking line will be **opening on Tuesday 15/08/23** and running every Tuesday, Wednesday, Thursday and Friday between 4pm and 6pm.

Flu Line: 01823 285433

Please do not call our main line number as we are exceptionally busy.

Letters to those without mobile numbers on our records will also follow soon, these will contain details on how and when to book.

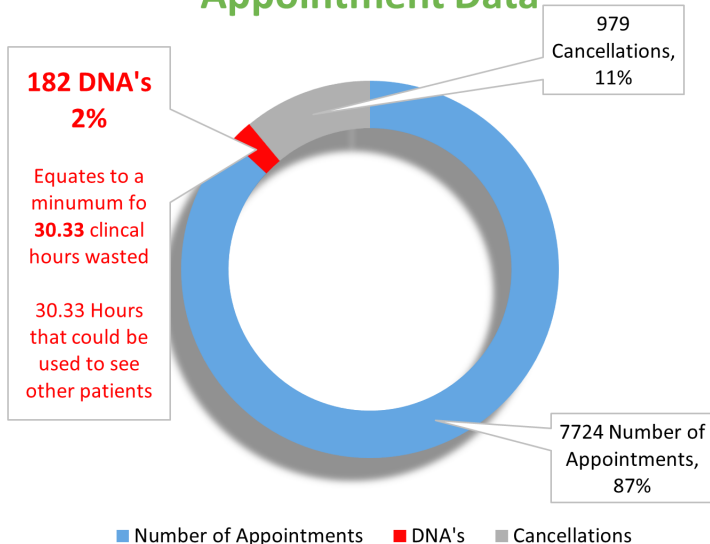


Just think 111 online first

When you think you need A&E, go to 111.NHS.UK



Appointment Data



Nurse Appointments

Our appointment books are now open 13 weeks ahead so if you are attending for a 3 monthly injection or bloods you will be able to book your next appointment while you are in the practice.



New PPG Community Lead

St JMC Patient Participation Group has elected a new PPG Community Lead. The volunteer role is a modernised PPG chairperson who will help represent our patients interests and help organise PPG meetings and other community events for our patients.

We are very happy to welcome Alix into this role and look forward to a collaborative relationship with our patients.

A message from Alix

“My name is Alix and I have been a patient at St James Medical Centre for 10 years.

I have also worked for the NHS for 6 years, starting as Data & IT Lead in a local GP Practice, I then went on to work at Musgrove Park Hospital as Endoscopy Admissions Manager, and I now work for Devon ICB as Primary Care Digital Envoy – supporting 47 Practices in East Devon to increase utilisation of existing systems and digital capabilities, increase digital accessibility for patients, reduce digital inequality between practices and reduce the demand on practice staff through more effective use of technology.

In my spare time I enjoy walks with my 3 dogs, yoga, holidays and seeing my friends and family.

I am an extremely organised and proactive person, and I am confident we can build a strong, resourceful PPG which will become an asset to St James Medical Centre”

Join our PPG at [St James Medical Centre PPG | Facebook](#)

Join Our Facebook Group

Free NHS Somerset MSK app

GetUBetter app is now available to all patients. It’s a FREE, easy-to-use tool helping you to self-manage your muscle, bone, and joint (MSK) injuries and conditions.

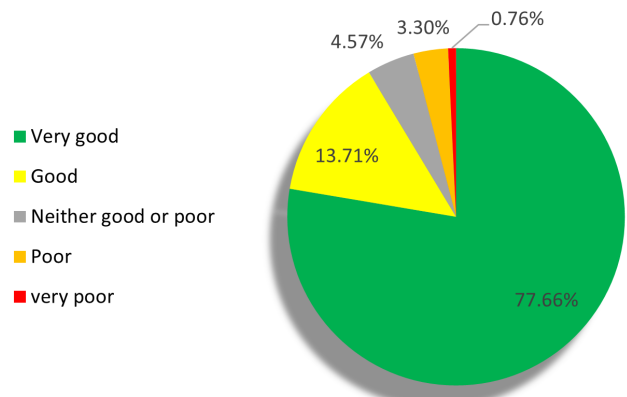
- No need to wait for an appointment
- Instant access to a personalised plan
- Safe and effective

Sign up and download here: [getUBetter - Request Access](#)

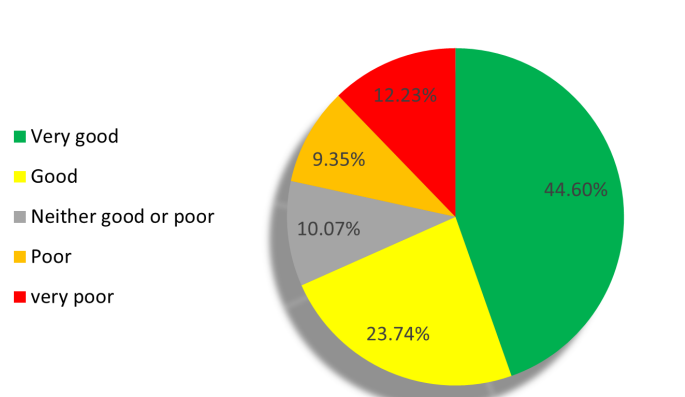
Need help with your **muscle or joint problem**? Use our free support app!

- Back
- Back & Leg
- Neck
- Shoulder
- Hip
- Knee
- Ankle
- Lower Limb

Friends & Family results for July



Anima (Online Triage) Feedback





Need For Support

It can be particularly hard to deal with death by suicide. As well as the difficult feelings of bereavement, you may have increased feelings of shock and trauma due to the suddenness and nature of the death. You may feel:

- Guilty
- Rejected
- Confused /Numb / Despair
- Mentally, physically and emotionally unable to cope
- Angry / Frustrated
- Distressed/Panic
- Reluctant to talk
- Finding someone/thing to blame
- Worried about thoughts of suicide for yourself or for others
- That you encounter stigma
- The need for answers



Help is at Hand
A national guide for support after someone may have died by suicide. You can find a copy on the resource section of our website.

How we can help

All our services are free, and some are non- time limited- you can come back to the service whenever needed. We support anyone 5+ that is bereaved or affected by suicide or supporting someone at any time during the bereavement.



Support options available

- ~ Up to 12 sessions 1:2:1 support which we can offer remotely or face-to-face.
- ~ Specialist listening support or specialist counselling provision.
- ~ Bereavement Buddies – Trained volunteers who have lived experienced of suicide loss offering listening support.
- ~ Practical information and support around issues such as the Inquest and funeral.
- ~ Professionals – confidential guidance and support following the suicide of a client.
- ~ Specialist organisational and leadership guidance about how to navigate suicide in the workplace.

Local Support Services

Mindline 24/7 Helpline

Offering 30mins of emotional support each day. 0800 138 1692

Crisis Safe Space

can be accessed via Mindline or <https://www.mindinsomerset.org.uk/get-support/crisis-space/>

Rosie Crane Trust

Supporting bereaved parents contact@rosiecranetrust.co.uk 01460 55120

Farming Community Network

Providing pastoral and practical support help@fcn.org.uk 03000 111 999

Silverline

24 hour support for older people info@thesilverline.org.uk 0800 470 8090

In Charley's Memory

Helping children with mental health hello@incharleymemory.com 01278 557490

Winston's Wish

Offers support to children and families after a suicide ask@winstonswish.org 08088 020 021

Papyrus Debrief Service

For professionals to debrief trained professionals who have recently encountered a suicide. Call 0800 068 4141 or text 07860 039967

Somerset Suicide Bereavement Support Service

Whatever you're facing, we'll face it with you.

Bereavement by suicide is usually shocking and unexpected.

This can increase the level of distress and trauma experienced by the bereaved.

The grieving process is often more complicated than other types of bereavement.

We are a specialised project to help you and your loved ones through this difficult time.

0300 330 5463

24 hour service

bereaved@mindinsomerset.org.uk

<https://www.mindinsomerset.org.uk/our-services/somerset-suicide-bereavement-support-service/>



Peer Support Groups 18+

Our monthly groups involve exploring emotions linked to being bereaved by suicide, in a relaxed and confidential environment. We aim to create a safe space where peers can share their experiences with one another without fear or judgement alongside an experienced facilitator

Taunton - 1st Thursday

Mind in Somerset, Sussex Lodge, 44 Station Road, Taunton, TA11NS Time: 6:30-8PM

Bridgwater - 2nd Monday

St Mary's church, St Marys Street, Bridgwater, TA63EQ Time: 1-2:30PM

Street - 3rd Thursday

Crispin Community Centre 4 Leigh Rd, Street BA16OHA. Time: 6:30-8PM

Yeovil - Last Monday

Mind in Somerset, Yeovil Foyer, Peter Street, BA201PN Time: 1-2:30PM

Words from people bereaved by suicide

- Avoid being too busy
- Be with people who you can talk to honestly and openly
- Express what you need from others
- A listener who is not a friend or family
- Connect with others who have been bereaved by suicide for support
- Look after yourself as best you can
 - Read "Help is at Hand" booklet



Supporting Children

Children grieve differently to adults. It is important to let children and young people know that grief is normal.

- Let children talk
- Abrupt changing from tears to play is not unusual
- Don't be afraid to show your real emotions with them,
- Any out of character behaviour such as anger, sleep disturbance and increased attachment can all be normal reactions
 - Express support and affection appropriate to the age of the child
 - It is important to try and continue activities that they enjoy



Anima

Anima asks you all the triage questions our GP's need to know and they go straight to the relevant staff so we can quickly respond to your enquiry.

The system also lets you directly book certain procedures.

Best of all you will have a history of your requests so you can track and refer back to them at a later date.

Submit a request on patients.animahealth.com



The fastest way to get the care you need

Submit a **medical** or **admin** request and get the **help you need** - without waiting for an appointment

[Submit a request](#)



St JMC Practice Links

STEP 1: Open the Camera App from your device's Home Screen, Control Center, or Lock Screen.

STEP 2: Hold your device so that QR code appears in the viewfinder and you see a notification with a link.

STEP 3: Click on the notification to open the link associated with the QR code



Practice Website

All Practice Info and policies



Facebook

Stay up to date with practice updates



NHS App

Appointment info and order repeat prescriptions

Self Help & Care Links



GetUBetter

For MSK injuries and conditions



ACES

For new eye problems and minor injuries



HANDi-App

For helping with unwell children



Mind

Somerset mental health hub and helpline



Stay Alive

Suicide prevention App



Talking Therapies

Somerset Talking Therapies



Just go to 111.nhs.uk first



St James Medical Centre

Coal Orchard,
Taunton,
Somerset,
TA1 1JP

Main Telephone: 01823 285400

Prescriptions: 01823 285401

Website: www.stjamesmedicalcentre.co.uk

St JMC PPG

Our patient participation group now runs digitally.

Join our PPG on Facebook using the QR code below



Orchard Medical Centre

Morse Road,
Norton Fitzwarren,
Taunton,
TA2 6DG

Main Telephone: 01823 285400

Prescriptions: 01823 285401

Website: www.stjamesmedicalcentre.co.uk