



Newsletter

September 2023

NHS App Messaging

There has recently been an update to allow us to send appointment reminders and the occasional message, if we need to contact you about your care, directly to your NHS App. We may continue to send you some information by SMS (text) message while we transition to using the NHS App Messaging Service.

To check your messages

Log in to the NHS app > Go to View your messages > Select View messages from your GP surgery and other NHS Services > Then select St James Medical Centre

To get NHS App notifications when we send you a message

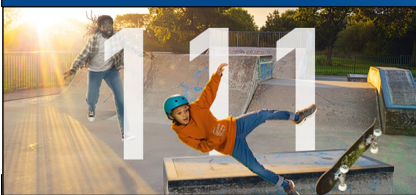
Log in to the NHS app > Go to More > Select Account and settings > Then select Manage notifications. > Use the toggle to turn notifications on or off.

For more info go to <https://www.nhs.uk/nhs-app/msg-service>

Receive messages from your surgery in your NHS App, instead of by SMS text or letter

MORE SECURE AND MORE RELIABLE

Download the NHS App and turn on notifications



Just think 111 online first

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



Better Health Start for Life



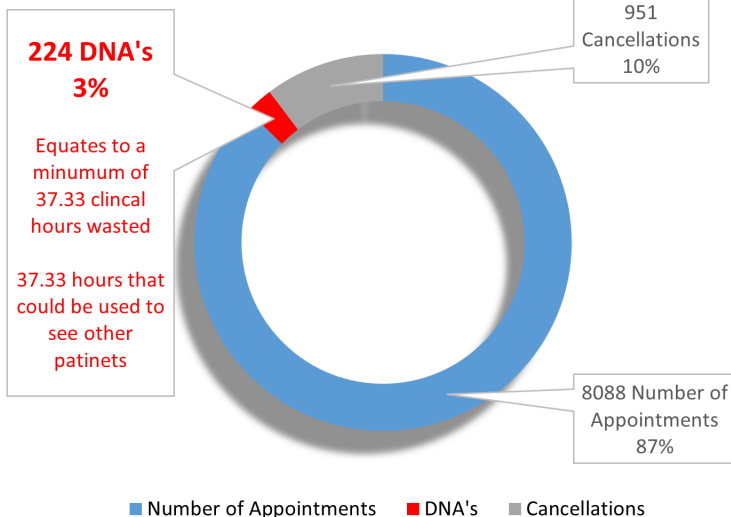
Top tips for supporting breastfeeding

- 1 Attend antenatal or breastfeeding sessions
- 2 Make them comfortable with extra pillows
- 3 Bring them something to drink and a snack
- 4 Share being involved in baby's care e.g. bath time and cuddles



@BetterHealthStartforLife

Appointment Data



National Breast Feeding Week

NBW is running from 18th - 24th If you have any breastfeeding worries or concerns, it is best to speak to your midwife, health visitor, or join a local breastfeeding support group.

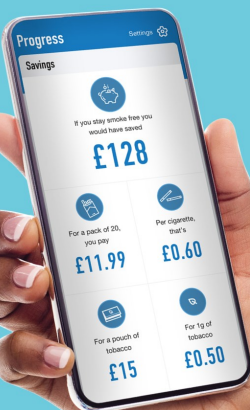


Better Health Let's do this



Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.



Download the free NHS Quit Smoking app to get started.
GET IT ON Google Play | Download on the App Store

Getting ready for Stoptober

Want to quit smoking this Stoptober?

Stopping smoking is one of the best things you will ever do for your health. Quitting is much easier when you get the right support and there are lots of options to choose from.

Even if you've tried before, maybe more than once, you can still succeed. What you've already learned will help you reach your goal of becoming an ex-smoker.

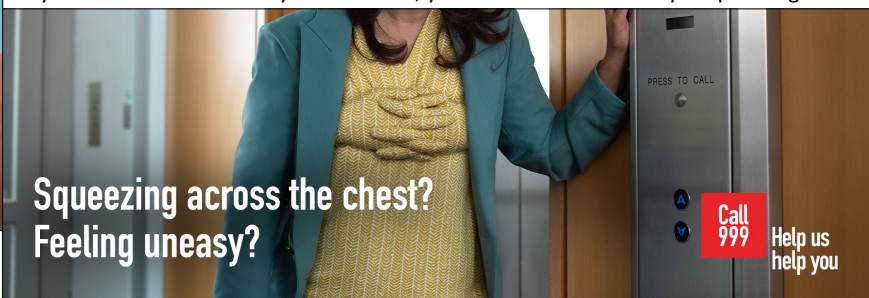
Check out the NHS advice, tools and tips. Let's do this!

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

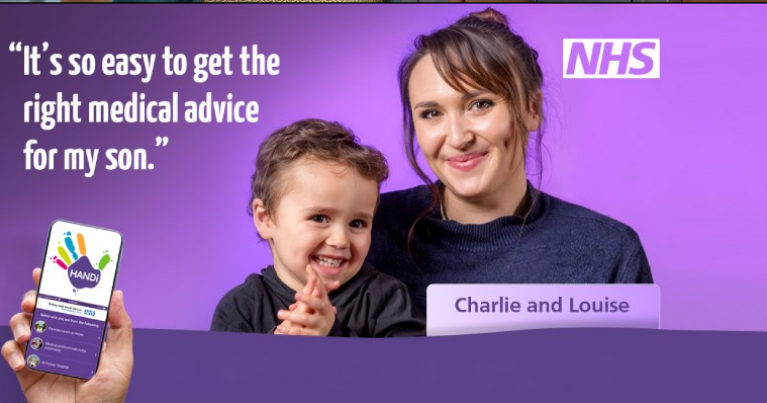


Squeezing across the chest? Feeling uneasy?

Handi app

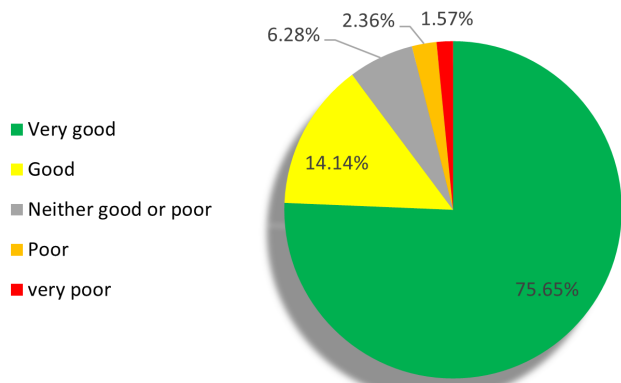
HANDi Paediatric has been developed by the paediatric team at Musgrove Park Hospital to provide expert support to parents/carers and medical professionals looking after children with the most common childhood illnesses:

To download HANDi for free, go to [HANDi Paediatric - St James Medical Centre](#)

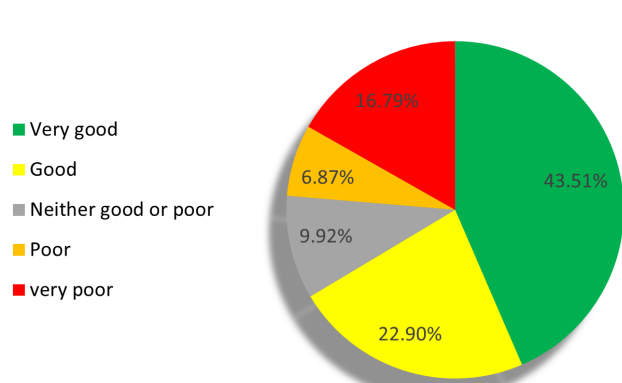


Charlie and Louise

Friends & Family results for Aug



Anima (Online Triage) Feedback





Guidance for one-to-one conversations with young people around addiction or substance use

- Try to keep one-to-one conversations non-judgmental, supporting the young person and understanding they have agency and choice.
- Thank the young person for being open and honest.
- Explore their understanding of addiction and if they think they are addicted, or a family or friend is experiencing addiction (they cannot control their use of it and are dependent on it).
- Explore possible options for support with the young person (family, friends, pastoral staff in school, local services) and help empower the young person to decide what the best next steps may be. **The FRANK support service search tool** can be helpful. Search 'services for young people' and your school postcode to find a list of local services that you may be able to signpost students to if they are struggling with addiction.
- Addiction can often correspond with mental health issues, so it might be worth checking in with the student about how their mental health is and then referring to the appropriate local services (GP, CAMHS, etc.).
- Be aware of any safeguarding disclosures or risks and ensure you follow your school's safeguarding policy.

Signposting

It is important that students are shown the signposting slide at the end of each session which includes the following:

- If you or a friend are currently vaping and want some support to stop, you can visit the FRANK website, call their helpline or use their text service (Text 82111) <https://www.talktofrank.com/drug/vapes>
- If you want any support around resisting peer pressure, Childline offer some excellent tips: <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

Other lesson resources available on smoking and vaping

- **BBC Bitesize** – a range of free KS3 biology resources which cover the effects of smoking, passive smoking and electronic cigarettes.
- **Oak National Academy** – a multitude of resources, all aimed at KS3, on the effects of smoking, how to combat addiction and where to seek help.
- **PSHE Association** – a wide range of resources to support planning/teaching about alcohol and drugs (membership is required).





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 even lets you directly book some 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



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TA1 1JP

Main Telephone: 01823 285400

Prescriptions: 01823 285401

Website: www.stjamesmedicalcentre.co.uk

All calls are recorded for training and monitoring purposes

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

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