



St James  
& Orchard  
Medical Centre

# Newsletter

## Every Mind Matters

For World Mental Health Day 2023 (Tuesday 10th October) Every Mind Matters is launching a campaign to encourage people to 'find your little big thing' to highlight that 'doing the little things can make a big difference to your mental health.'

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us.

This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

Or maybe you want to learn about CBT, watch video guides and try techniques to deal with worries, solve problems and boost your mental wellbeing.

Learn more at [Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**NHS** Little things like a daily walk make a **big difference** to your mental health

**Better Health** every mind matters

[Learn more](#)

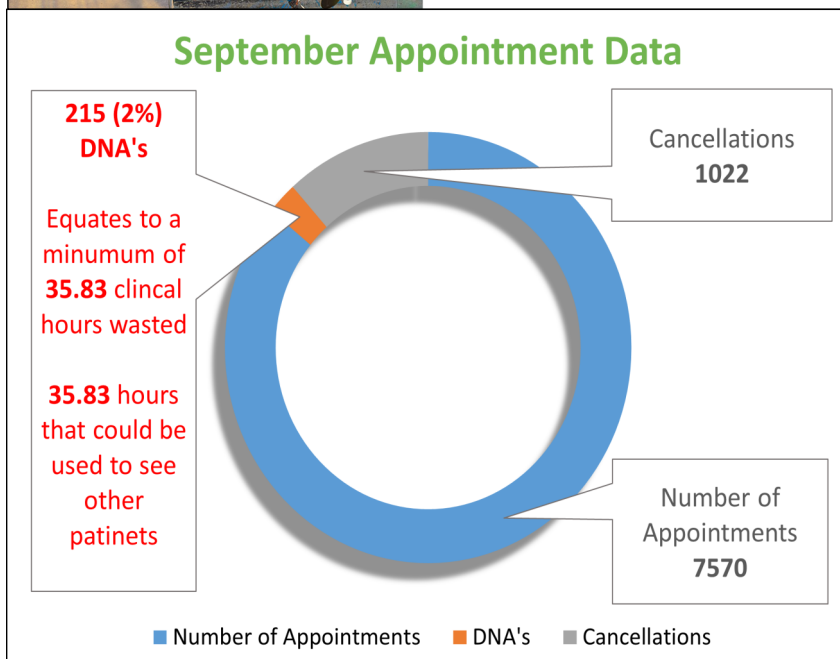
**Just think 111 online first**

When you think you need A&E, go to [111.NHS.UK](http://111.NHS.UK)

**NHS** 111 Help us help you

**Order repeat prescriptions on the NHS App**

**NHS App**



### Repeat Prescriptions

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

Find out more about the NHS App at [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp)



**STOP SMOKING AND GOOD THINGS HAPPEN**

Search 'STOPTOBER'



### Stoptober

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're 5 times more likely to give up for good.

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

Check out our free tools, tips and support to help you stay on track. Let's do this!

<https://www.nhs.uk/better-health/quit-smoking/>



Somerset  
NHS Foundation Trust

# If you have gone through the menopause, it is important to get any **unexplained bleeding** or **unusual discharge** checked to rule out womb cancer



**Menopause** is defined as 12 or more consecutive months without a period



If you are registered with a GP in Somerset, you can access our **new service directly** and if you are eligible we will contact you with an appointment.

**9 out of 10** referred **will not be** diagnosed with womb cancer

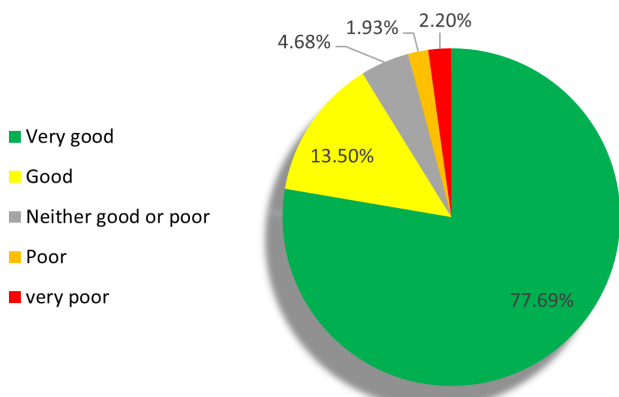
For more information or to access the **Bleeding After Menopause service**:

**Text** the word **bleed** to **82228**, standard network charges apply.

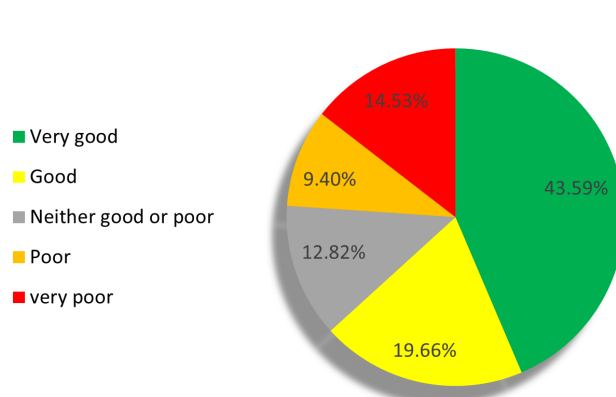
**Scan the QR code** or Call 01823 213 567



### Friends & Family results for Sep



### Anima (Online Triage) Feedback





HM Government



## Don't carry the worry of cancer with you

If something in your body doesn't feel right,  
talk to us. Tests could put your mind at rest.  
Until you find out, you can't rule it out.  
**Contact your GP practice.**

**Clear on  
cancer**

**Help us  
help you**





### 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](http://patients.animahealth.com)

## **anima** 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](http://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](http://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

Main Telephone: 01823 285400

Prescriptions: 01823 285401

Website: [www.stjamesmedicalcentre.co.uk](http://www.stjamesmedicalcentre.co.uk)

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