



# Newsletter

## The Practice Team

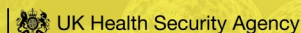
A recent national survey found that over a third of the public are unaware that general practice reception teams are specially trained to direct them to the right health professional for their needs.

When you contact us, a member of the reception team will ask you some questions about your medical needs.

It is important to give the reception team as much information as possible and any information you share will be treated in confidence.

The reception team is specially trained to direct you to the right care from the right health professional.

While we maintain continuity of care where possible with your named GP, we also have a number of specialists roles for various queries and conditions, this includes Clinical Pharmacists, Long Term Condition Nurses, Advance Care Practitioners, Physiotherapists, Health Coaches, Cancer Care Co-ordinators and several other teams.



**GET WINTER STRONG**

Get your flu and COVID-19 vaccines this winter. Your symptoms will be milder and you will recover faster.

Check your eligibility and book online at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

**NHS** Get vaccinated

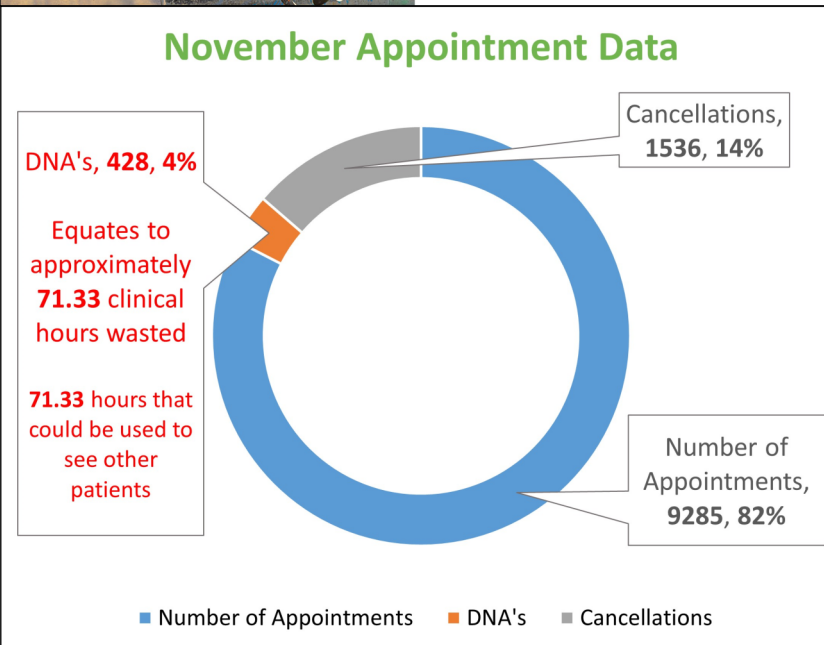
**Just think 111 online first**

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

**111** Help us help you

**NHS**

“I just didn't think I'd feel happy again”

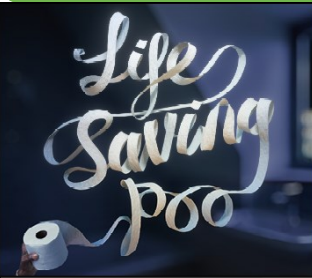


**NHS Talking Therapies can help**

Mental health matters Help us help you

### Somerset Talking Therapies

Wide range of treatments for those with Anxiety, Depression, PTSD, trauma or coping with long term conditions. Take your first step by self referring [www.somersetft.nhs.uk/somerset-talking-therapies/](https://www.somersetft.nhs.uk/somerset-talking-therapies/)



### The bowel cancer screening kit can save your life

Put it by the loo. Don't put it off.

### Grief and Bereavement

This time of year can be a difficult for anyone who has experienced or is experiencing grief.

There is no timetable for how long grief lasts, or how you should feel at a particular time of year. But remember, you aren't alone.

For help and support <https://www.nhs.uk/.../feelings.../grief-bereavement-loss/>



### Don't let Measles, Mumps and Rubella into your child's world



Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at [nhs.uk/MMR](https://nhs.uk/MMR)



# Dry January

An opportunity to recover and feel healthier after the festive period.



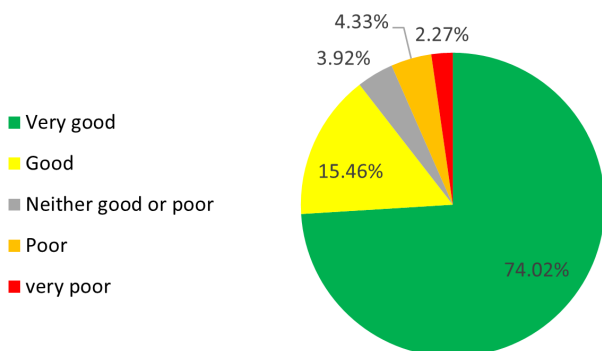
### What's your score?

<https://service.somerset.gov.uk/dryjanuary>

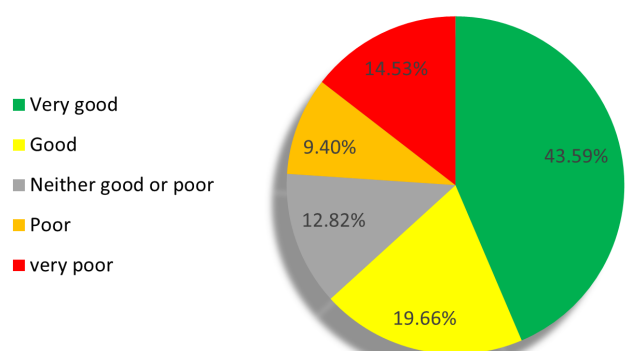


For tips, tools and more information, visit: [www.dryjanuary.org.uk](http://www.dryjanuary.org.uk)

### Friends & Family results for November



### Anima (Online Triage) Feedback





# Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



## 1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

## 2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

## 3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

## 4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

## 5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

## 6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



**Better Health** every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit [www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/) for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.



### Stay Alive App

The [Stay Alive app](#) is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

**STAYALIVE**

Download the award-winning #StayAlive app. It's free and can help you and others stay safe from suicide.



- 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

### St JMC Practice Links

<b>Practice Website</b> All Practice Info and policies	<b>Facebook</b> Stay up to date with practice updates	<b>NHS App</b> Appointment info and order repeat prescriptions

### Self Help & Care Links

<b>GetUBetter</b> For MSK injuries and conditions	<b>ACES</b> For new eye problems and minor injuries	<b>HANDi-App</b> For helping with unwell children	<b>Mind</b> Somerset mental health hub and helpline	<b>Stay Alive</b> Suicide prevention App	<b>Talking Therapies</b> Somerset Talking Therapies

**111 help us help you** Just go to [111.nhs.uk](https://111.nhs.uk) first **NHS**

<p><b>St James Medical Centre</b></p> <p>Coal Orchard, Taunton, Somerset, TA1 1JP</p> <p>Main Telephone: 01823 285400</p> <p>Prescriptions: 01823 285401</p> <p>Website: <a href="http://www.stjamesmedicalcentre.co.uk">www.stjamesmedicalcentre.co.uk</a></p> <p>All calls are recorded for training and monitoring purposes</p>	<p><b>St JMC PPG</b></p> <p>Our patient participation group now runs digitally.</p> <p>Join our PPG on Facebook using the QR code below</p> 	<p><b>Orchard Medical Centre</b></p> <p>Morse Road, Norton Fitzwarren, Taunton, TA2 6DG</p> <p>Main Telephone: 01823 285400</p> <p>Prescriptions: 01823 285401</p> <p>Website: <a href="http://www.stjamesmedicalcentre.co.uk">www.stjamesmedicalcentre.co.uk</a></p> <p>All calls are recorded for training and monitoring purposes</p>
--	---	--