

St James & Orchard Medical Centre

NEWSLETTER

February 2024

Is your child up to date with their MMR vaccinations?

Did you know more than 3.4 million children under the age of 16 years are either unprotected or not fully protected and at risk of catching these serious and completely preventable diseases. Please make sure your child is up to date with their immunisations.



Measles cases are rising in England

NHS

Make sure your child is up to date with their MMR vaccinations

The banner features an illustration of a woman sitting on a yellow sofa with a child, talking to a toy bear. The background is a solid blue color.



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

NHS

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

MMR vaccines protect Help us help you

The banner features an illustration of a wooden crate filled with colorful toys, including a toy car and a toy bear. The background is a solid light blue color.



You can now visit your local pharmacy for advice and treatment for seven common conditions without the need for a GP appointment or prescription.



If you are unable to attend your appointment please let us know as soon as possible so we can reschedule. Please think about others. Help us to help more patients.



Practice Website



Facebook



NHS App

The NHS App is run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

Once registered you will have easy, 24/7 access to a growing range of health services and information including:

- Access your GP health record
- Order repeat prescriptions
- Book & manage appointments
- Search symptoms, conditions and treatments.

Its easy to use, and, if you hit a snag, you can go to the 'Help' in the top right hand corner of the app or visit

<https://nhs.uk/helpmeapp>.

Registration can be completed from the comfort of your own home at any time via the App. Alternatively, please ask at reception for your login details.

HM Government **NHS**

**Found in
33.6 million
pockets across
England**

HM Government **NHS**

**People have
securely viewed
their health records
244 million times**

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

The NHS App now lets you receive direct, secure messages from your GP practice.

The benefits?

Messages are safe, reliable and are not limited or expensive like traditional SMS text messages.

Make sure to enable notifications in your NHS App.

Manage notifications

Turn on notifications to:

- act on messages quickly
- help NHS staff update you about your care

Send me notifications about new messages

To enable notifications:

- Log in
- Go to Account and then Settings
- Select Manage Notifications
- Use the toggle to turn notifications on or off.

Download on the **App Store**

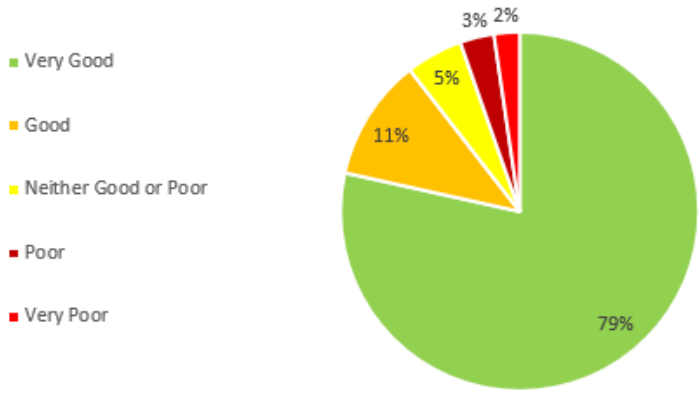
GET IT ON **Google Play**

To download the app, scan the QR code above or search 'NHS App' on the App Store or Google Play.



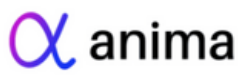
Our Month in Numbers - January 2024

Friends & Family Results



The practice continually welcomes feedback and any suggestions to help improve our services. Have your say via our website: <https://www.stjamesmedicalcentre.co.uk/practice-information/friends-family-test/>

If you need help with a non-urgent medical or admin request you can contact us online. 1929 requests were submitted last month via Anima. Why not give it a go and beat the telephone queues.



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](#)



Appointment Data



January was a busy time for the practice with over 9121 appointments of which 257 were DNA'd (Did Not Attend). If you need to cancel your appointment you can do this via the NHS App. You can also cancel your appointment on Anima however if the appointment is the same day then please call the surgery to let us know (01823 285400).



Op COURAGE

After serving in the Armed Forces, some people find it hard to adjust to civvy street. If you're struggling with your mental health and wellbeing, Op COURAGE: The Veterans Mental Health and Wellbeing Service is here to help. Available across England, Op COURAGE has helped nearly 30,000 people since 2017.

Find out more at <https://nhs.uk/opcourage>.

Eating Disorder Awareness Week - 26 February

In the UK it is estimated that 1.25 million people suffer with an eating disorder, many in secret. Eating disorders are a complex mental illness which can affect people of all ages, genders and backgrounds. For more information please visit this

<https://www.beateatingdisorders.org.uk/>.


Beat Eating disorders



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
For mental health support



ANIMA
Contact the surgery online

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Prescriptions: 01823 285401

Website:
www.stjamesmedicalcentre.co.uk

All calls are recorded for training and monitoring purposes

PPG Group

Our patient participation group now runs digitally.

Join our PPG on Facebook using the QR code below



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