

St James & Orchard Medical Centre

# NEWSLETTER

March 2024

## Building works

The practice is having some building work taking place at St James Medical Centre. This will see the creation of three additional consulting rooms. This work is likely to last until the end of May. We aim to keep disruption to a minimum and thank you for your support during this time.

## Do you use the NHS App? - If not think about giving it a go!

The NHS App is a simple and secure way to access a range of NHS services. Everyday tasks such as reordering your repeat medication, cancelling an unwanted appointment or checking a test result couldn't be simpler using the NHS App. This means no unnecessary phone calls or visits to the practice. For more information please see overleaf.

## MMR Vaccinations - 2nd dose

On Saturday 6th April the practice is holding another MMR vaccination clinic at Orchard Medical Centre for patients aged 17-30 who are needing their second MMR dose. SMS invites will be sent out over the coming days. If you have not received your invite please get in touch.

## Old or unwanted meds? - take them to your local pharmacy

Medicines that are past their expiry date, or are no longer required can be taken to your local pharmacy to be disposed of safely. Unfortunately, the practice is unable to dispose of medication.



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**

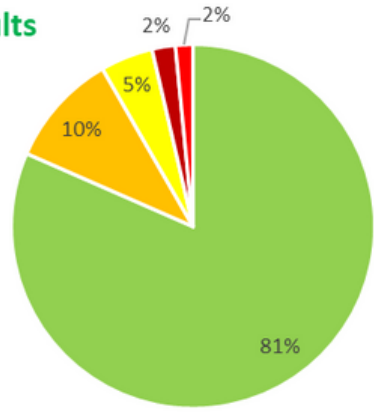
To download the app, scan the QR code above or search 'NHS App' on the App Store or Google Play.



# Our Month in Numbers - February 2024

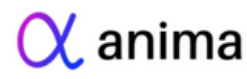
## Friends & Family Results

- Very Good
- Good
- Neither Good or Poor
- Poor
- Very Poor



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. 1669 requests were submitted last month via Anima. Why not give it a go and beat the telephone queues.



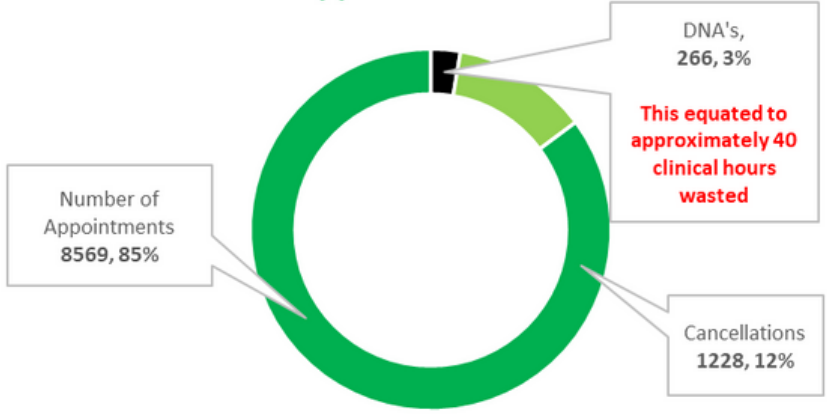
### The fastest way to get the care you need

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

[Submit a request](#)

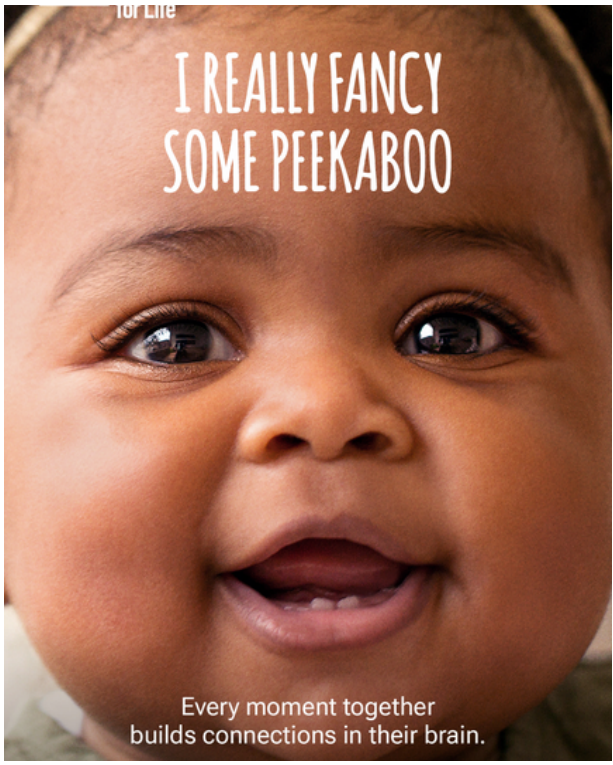


## Appointment Data



During February 8569 appointments were booked of which 266 were DNA'd (Did Not Attend). This was slightly more than in January. If you need to cancel your appointment please do so at the earliest opportunity. 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).







Building strong connections during the first two years of your baby’s life makes them feel loved and secure, laying the foundations for their future mental health and happiness.

Looking, listening, and warmly responding to your baby makes a big difference. To interpret cues and build strong connections with their baby, parents can mirror their baby’s reactions, comfort them, play face-to-face and let them take breaks when they need it.

The Department of Health and Social Care (DHSC) has launched a new Better Health Start for Life - If They Could Tell You campaign, which aims to support parents to build a strong bond with their baby. For tips and advice visit the [Start for Life](#) website.

 <p><b>GetUBetter</b> For MSK injuries and conditions</p>	 <p><b>ACES</b> For new eye problems and minor injuries</p>	 <p><b>HANDi-APP</b> For helping with unwell children</p>	 <p><b>MIND</b> Somerset mental health hub and helpline</p>	 <p><b>Stay Alive</b> Suicide prevention app</p>	 <p><b>Talking Therapies</b> For mental health support</p>	 <p><b>ANIMA</b> Contact the surgery online</p>
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**St James Medical Centre**

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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*

**PPG Group**

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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Prescriptions: 01823 285401

Website:  
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