

St James & Orchard Medical Centre

# NEWSLETTER

July 2024

## Whooping cough can cause complications

It's important to get the whooping cough vaccine between 16 and 32 weeks pregnant to protect your baby.

Speak to your GP or midwife.

Whooping cough (pertussis) cases continue to increase and babies who are too young to start their vaccinations are at greatest risk.

If you are pregnant, you can help protect your baby by getting the whooping cough (pertussis) vaccine. Vaccination during pregnancy boosts your antibodies which are then passed to your baby to help protect them from the day they are born.

You will normally receive your whooping cough vaccine around the time of your mid-pregnancy scan (usually 20 weeks) but you can receive it from 16 weeks. If you have reached 20 weeks of pregnancy and have not yet been offered the whooping cough vaccine, please ask your midwife or GP practice.

## Say You Served

Did you know that St James Medical Centre is a proud Armed Forces veteran-friendly accredited GP practice. Let us know if you've ever served in the UK Armed Forces. It could be relevant to your health and means you'll get the support that's right for you.

Find out more at:

[www.nhs.uk/veterans](http://www.nhs.uk/veterans)



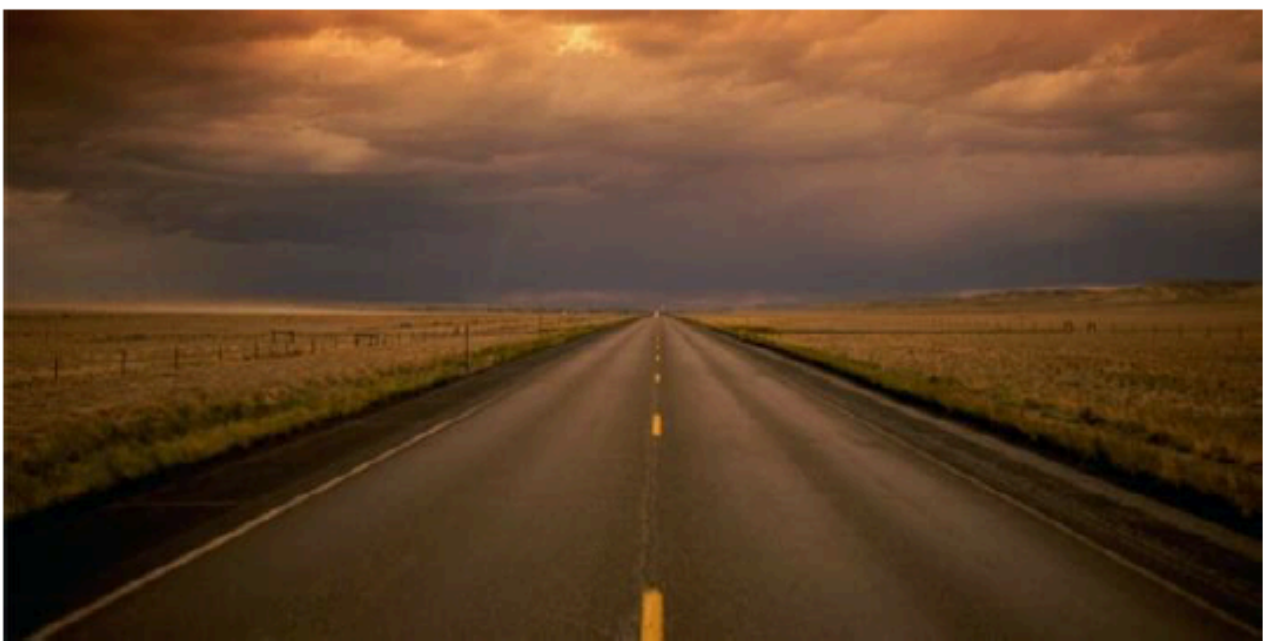
Practice Website



Facebook



# Do you want to stop drinking or reduce your alcohol intake?



IF YOU HAVE AN ALCOHOL PROBLEM AND WANT HELP STAYING SOBER, WE MAY BE ABLE TO HELP.

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WE ARE TESTING OUT A NEW TREATMENT AND ARE LOOKING FOR VOLUNTEERS.

If you have an alcohol use disorder and are ready to stop drinking or have already done so, you may be eligible to take part in the MORE-KARE trial.

The study involves having three infusions of the study drug, alongside psychological support.

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Interested?

See our trial website for further information

{<https://sites.exeter.ac.uk/morekare/>}



# DO YOU WANT TO HELP IMPROVE THE IDENTIFICATION OF EATING DISORDERS?

Then we might be looking for you!

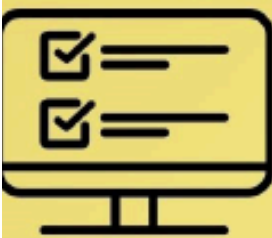


### What is it about?

We are looking to map out the current practices in primary care in relation to the identification and management of Binge Eating Disorder and Bulimia Nervosa

### Who is able to take part?

Anyone suffering with the symptoms of Binge Eating Disorder and/or Bulimia Nervosa and is above the age of 16.



### What is involved?

It is an **online survey** - all you need is a phone, tablet or computer! It will take you about **5 minutes!**



To take part **scan the QR code** or copy this **link** to a browser



[https://exe.qualtrics.com/jfe/form/SV\\_5C61nsvJm3BJi6i](https://exe.qualtrics.com/jfe/form/SV_5C61nsvJm3BJi6i)

**Study ends in February 2025**

For further information, please contact Stella Kozmér via email: [S.Kozmer@exeter.ac.uk](mailto:S.Kozmer@exeter.ac.uk)



# Stay Safe This Summer

Public Health England



Many of us enjoy the **hot weather** but remember to look out for others.

**Older people, young children and people with long term health conditions** may need help keeping cool.

While many people enjoy warmer weather, hot weather can cause some people to become unwell through overheating, dehydration, heat exhaustion and heatstroke. During periods of hot weather, it is important to:

- Keep out of the sun at the hottest time of the day between 11am and 3pm.
- If this is not possible, make sure you wear appropriate clothing, including a hat, seek shade and apply sunscreen.
- Drink plenty of fluids - water and diluted squash are good choices.
- Limit alcohol which has a dehydrating effect on the body.
- Check in on friends, family and neighbours who may be at higher risk of becoming unwell.

Know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else has them. You can find out more on [NHS.UK](https://www.nhs.uk).

## Practice Training Afternoons

Our team are committed to provide high quality patient care and staying up to date with the latest clinical guidance.

All clinical and non-clinical staff are required to complete regular mandatory training.

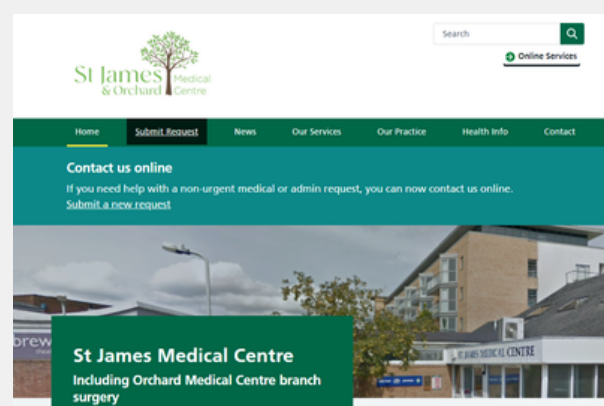
The practice will be closed 1.00pm - 4.00pm for staff training on the following dates:

- Thursday 25th July
- Friday 16th August
- Tuesday 24th September
- Wednesday 23rd October
- Thursday 21st November
- Friday 13th December



## Connect with us

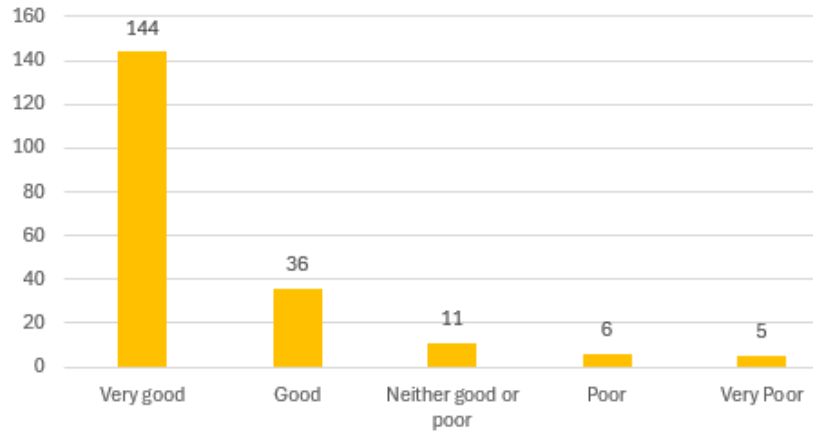
Did you know our website has a lot of useful information about our services and the wider NHS. You can also contact us via our website if you need help with a non-urgent or medical admin request. Why not check it out today.





# Our Month in Numbers

### Friends and Family Test



The practice continually welcomes feedback and any suggestions to help improve our services. Have your say via our website, or alternatively why not leave us a Google Review.

### F&F Test



### Google Review



If you need help with a non-urgent medical or admin request you can contact us online. Last week alone 665 patient requests were submitted online. Why not give it a go and beat the telephone queues.

## Contact your GP online

Get in touch with your GP online for a quick, easy way to get the help you need.



1

Send a request into your GP practice



2

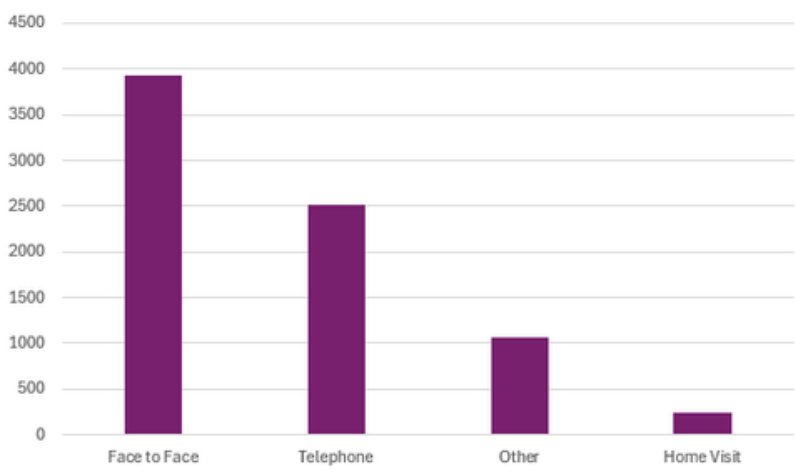
Your GP works out how best to help



3

You will be contacted soon

### Appointment Types




During June 7272 appointments were booked of which 338 were DNA'd (Did Not Attend). 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 by calling the surgery on 01823 285400.




**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



**PATIENT TRIAGE**  
Contact the surgery online

**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*

**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

Main Telephone: 01823 285400  
Prescriptions: 01823 285401

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

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