

St James & Orchard Medical Centre

NEWSLETTER

August 2024

Welcome to Dr Elsebaey

We are delighted to announce that Dr Ebraheem Elsebaey has now started at St James Medical Centre as a Salaried GP. He will be working three days a week. We wish him a very warm welcome to the team.

NHS Health Checks



If you are aged between 40 - 74 years, without a pre-existing condition, an NHS Health Check is available free of charge. The free NHS Health Check can lower your risk of developing type 2 diabetes, heart disease, stroke, kidney disease and (certain types of) dementia.

To find your nearest Health Check location please visit:

<https://healthysomerset.co.uk/health-checks/>



Please note the practice will be closed for staff training 1.00pm - 4.00pm on Tuesday 24th September 2024.

Connect with us

For all the latest practice updates please visit our website or Facebook page.



Practice Website



Facebook



LIVING WITH PAIN CAN BE A PAIN

Do you live with a long-term persistent pain condition?

Is it affecting your emotional wellbeing and getting you down?

Is it affecting your sleep?

Is it restricting your daily activities and stopping you enjoying your life?

You're invited to an informal morning session 'Live Well with Pain' to be held on:

Thursday 12 September 2024

The Cozy Club (The Den)

12pm - 1pm - Lunch

1pm - 3pm - patients

Session to include discussion on the planned launch of a new Pain Café in Taunton & Wellington/Wiveliscombe areas and support/resources available to help people to manage their pain

Please confirm your attendance to
lynne.carey@somersetft.nhs.uk



Have you received your RSV vaccination invite?

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. However every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

The best way to protect yourself is to have the vaccine. This is being offered to patients aged 75-80 years for the first time this year. A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection.

We are running a dedicated RSV vaccination clinic on Saturday 14th September 2024, and then will offer appointments for the RSV vaccination every month in the normal nurse appointments. For those patients who are eligible you should have now received an invite via text message or letter. If you have an appointment with a member of the nursing team already booked for another matter, you will be offered the RSV vaccine at that appointment so you don't need to book an appointment.

For more information about RSV please visit: <https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

Flu Vaccinations 2024/25

Don't worry we haven't forgotten flu!

The NHS has asked GP Practices and Pharmacies to start the main flu campaign in October this year. Usually we start this earlier but the evidence is that by vaccinating slightly later it improves immunity over Christmas and later in winter when flu is most widespread.

So, don't panic that we haven't yet contacted you to book. We will be sending invites out early September.

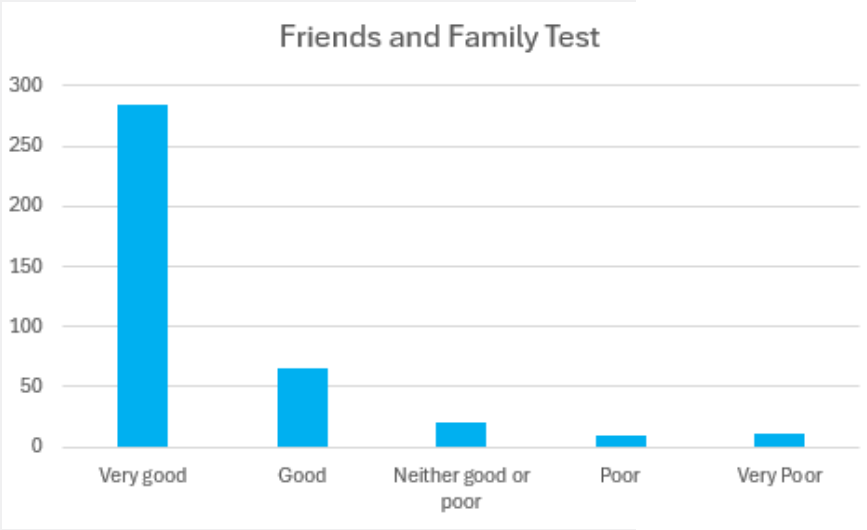
Back to school: are you ready?

Make sure your child is up to date with their routine vaccinations. If you're not sure, check their red book or contact your GP. Find out more: <https://bit.ly/3Z1zAD4>





Our Month in Numbers



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

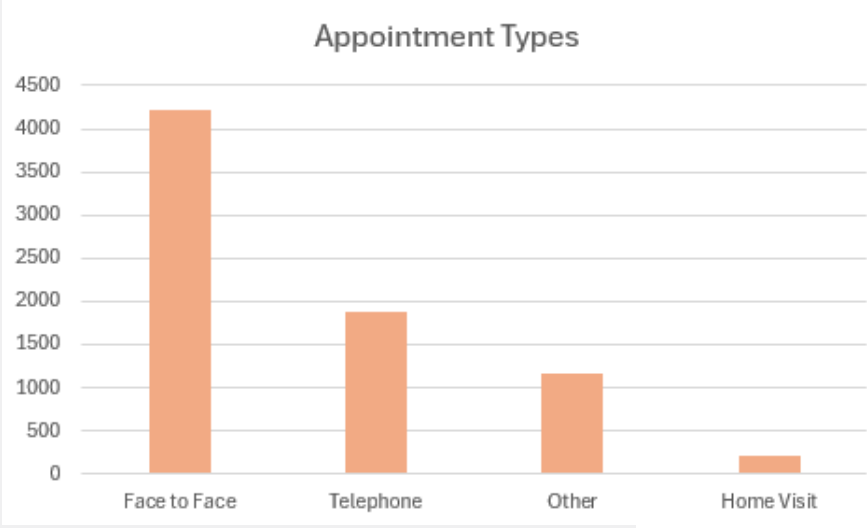


If you need help with a non-urgent medical or admin request you can contact us online. Last week alone 936 patient requests were submitted online. Why not give it a go and beat the telephone queues.

Contact your GP online

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

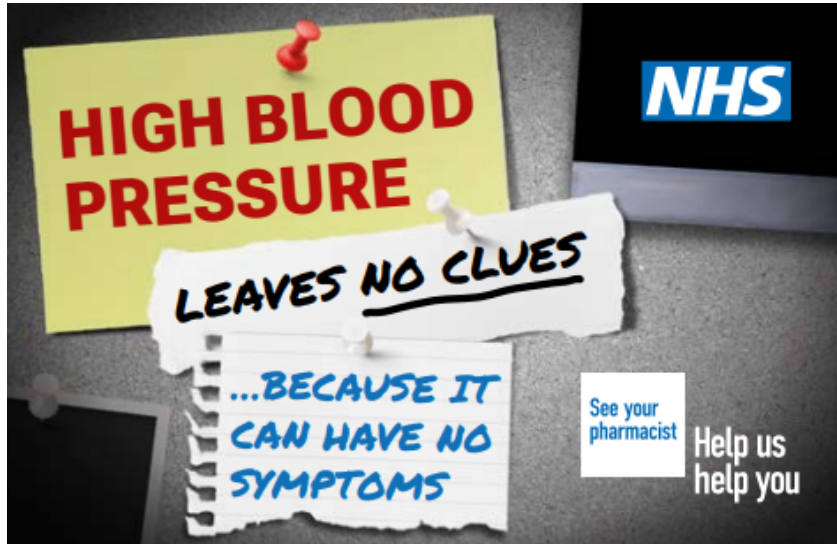
- Send a request into your GP practice
- Your GP works out how best to help
- You will be contacted soon



During July 7451 appointments were booked of which 261 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.



Over 40? Have you had your blood pressure checked?



An estimated 4.2 million adults in England are living with undiagnosed high blood pressure. Left untreated, it can significantly increase your risk of a fatal heart attack, stroke, kidney disease or vascular dementia.

High blood pressure usually has no symptoms. The only way to know if you have high blood pressure is to get a blood pressure test.

To find a pharmacy that offers free blood pressure checks near you, without needing to book, please visit <https://bit.ly/3XmouHM>. Alternatively, scan the QR code below.



Save time - do it online!

At home or on the move, with the NHS App you can conveniently order repeat prescriptions, view your GP medical records, manage appointments, set organ donation preferences, and check symptoms.

The app has been developed by the NHS and has been designed to help people get more information about their health and care - and more control of how they use NHS services. Why not download it and try it out?

You can use it wherever you are.

Is my information safe?

Just like a banking app, your identity will be carefully checked during the simple registration process. The app has been designed, built and tested so that your personal information is always safe and secure.

How to register through the NHS App

Download the app from your mobile device's app store and follow the easy step-by-step registration instructions. It will help if you know your NHS number (through this isn't essential) and you will need to have a form of ID (passport or driving license) to hand.





our SOMERSET
Together we care

NHS Somerset

Domestic violence or abuse can happen to anyone.

If it's happening to you it's important to tell someone and remember you are not alone.

THINK PHARMACY FIRST

NHS Somerset

Feeling under the weather?

Pop into a local pharmacy for advice and treatment for common illnesses, aches and pains that do not need a prescription

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

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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