

St James & Orchard Medical Centre

# NEWSLETTER

September 2024



## Farewell to Dr Upton

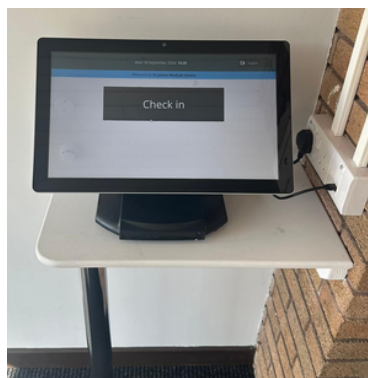
Dr Upton is transferring to the Dermatology Service Devon and sadly this means that he will be leaving St James Medical Centre on the 30th September. Dr Upton is an extremely valued member of the team and we are sorry to see him go. We wish him all the very best for the future.

## Do you have a long term condition?

Do you have a long term condition such as asthma, COPD, diabetes, heart disease, heart failure, had a stroke and it is your birthday month? If so you should have received an invite for your annual review. This may involve a long term condition blood test appointment. If so please make sure to bring an early morning urine sample with you to this appointment.

## Our check in screen has now moved

We have moved the booking in screen at St James Medical Centre into the foyer. If you are attending the practice for a booked appointment you can let us know you have arrived by booking in on this screen.



## Are your contact details up to date?

It's important to make sure we have your current phone number and email address. This helps us to contact you quickly with important information about your care. If your contact details change, please let us know as soon as possible so we can keep our records up to date.



## Connect with us

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



Practice Website



Facebook



# Flu Clinic Dates

Protect yourself and others this flu season. Get vaccinated and reduce the risk of flu related complications.

## Upcoming Flu Clinic Dates

- Friday 11th October - St James Medical Centre
- Saturday 12th October - St James Church
- Wednesday 16th October - Orchard Medical Centre
- Thursday 31st October - Orchard Medical Centre
- Saturday 9th November - Orchard Medical Centre

Invites have been sent via SMS and letter. To book please call our flu line on 01823 285433. The line is open between 2pm and 4.30pm Monday to Friday.

Please note flu clinics are by booked appointments only.



# Stay Well This Winter

It's important to get your winter flu and COVID-19 vaccinations if you are eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

You may also be eligible for other vaccinations, including the:

- pneumococcal vaccine (if your aged 65 or over).
- RSV vaccine (if your pregnant or aged 75 to 79 - if you turned 80 on or after 1 September 2024, your also eligible for the vaccine until 31 August 2025).

# COVID Vaccinations

You can now book, change or cancel a COVID-19 vaccination appointment online. To book please visit:

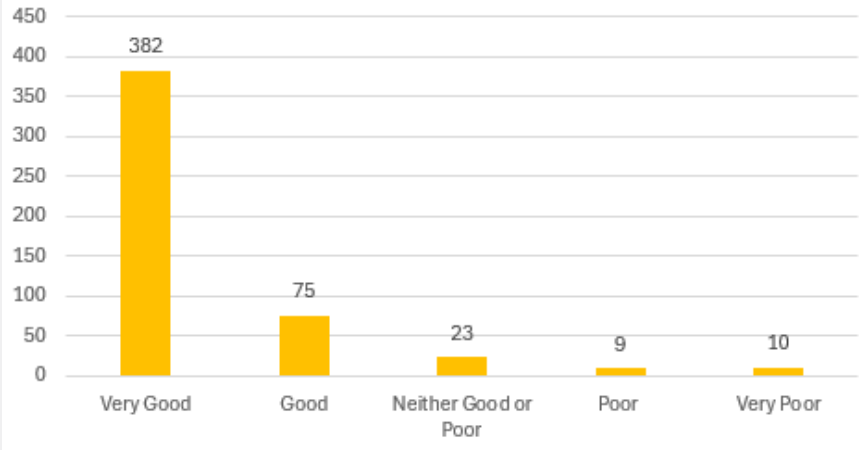
<https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>

Alternatively you can call 119 free of charge to book over the phone if you cannot book online. You can speak to a translator if you need to.



# 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



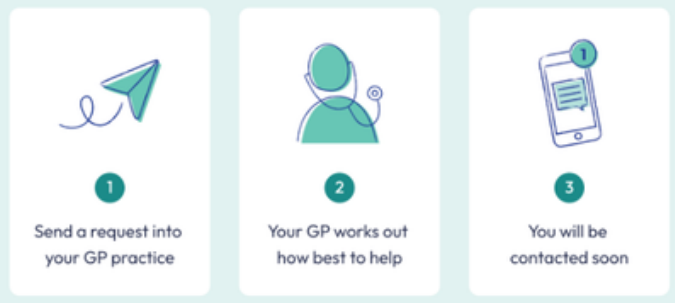
### Google Review



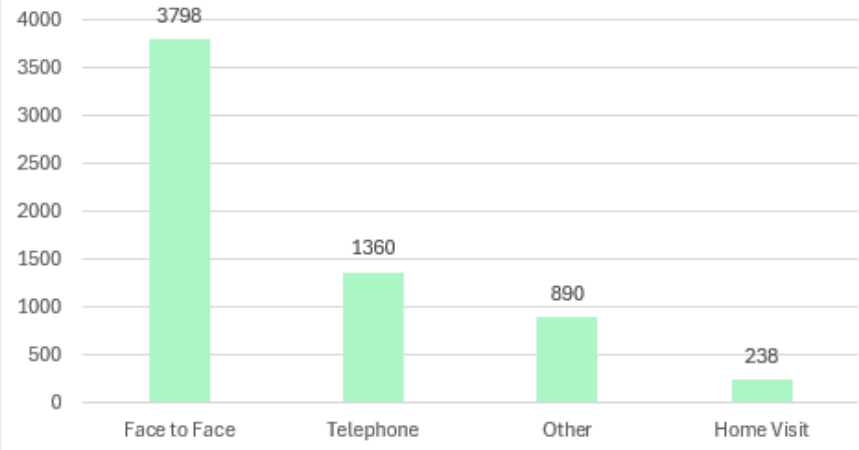
If you need help with a non-urgent medical or admin request you can contact us online. Last week alone 973 patient requests were submitted online. Why not give it a go and beat the telephone queues.

## Contact your GP online

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



### Appointment Types



During August 6286 appointments were booked of which 190 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.





# Childhood Illnesses

Is your child unwell? Should you keep them off school or nursery? It can be difficult to know. NHS Somerset have produced this handy quick reference guide to help you make the right decision.

## Do I need to keep my child off school?

**NHS**  
Somerset

<b>Chicken Pox</b> Until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhoea &amp; Vomiting</b> 48 hours from last episode	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	<b>Hand, foot &amp; mouth</b> No need to stay off but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 Hours after starting antibiotics
<b>Measles or German Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>Scabies</b> Until after first treatment	<b>Scarlet Fever</b> 24 hours after starting antibiotics	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Whooping Cough</b> 48 hours after starting antibiotics
<b>Flu or Covid-19</b> Until recovered	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> No need to stay off but school or nursery should be informed		

Remember you can use the NHS HANDi App to help care for your children whenever they are experiencing unusual health symptoms, from a high temperature to skin conditions - and everything in between. Download the Handi App here:





**Better Health** every mind matters



# Discover simple steps to help look after your mental wellbeing



**Search Every Mind Matters**



### 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

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Prescriptions: 01823 285401

Website:  
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