

St James Medical Centre

PATIENT NEWSLETTER

May 2011



MAKING YOUR LIFE EASIER!!

EMIS ACCESS

This is quicker, easier way to book/cancel appointments and request your prescriptions.



EMIS Access is a secure internet facility that uses a unique user ID providing a 24/7 service that includes Appointments, Prescriptions, Pre-registration and Update for personal data.

The benefits to you are a secure valuable service which will allow you to use these services in the comfort of their own home, or the convenience of your office avoiding the delays of phoning at busy times and the advantage of using the system 24 hours per day 7 days per week.

How do I register?

All patients must produce the following ID

1 x passport size photo

And 1 utility bill.

Under 16s can only register with parental consent.

Please be aware that when registering you should create your account within 24/48 hrs of obtaining your unique registration details.



Patient Participation Group

Get involved to help shape the way health services are delivered by your practice

We are currently assisting with obtaining views from a sample of St James' patients regarding the co-ordination and effectiveness of their care "package" involving occupational therapists, care workers, physiotherapists etc. The surgery needs to know how effectively the various agencies are working together, if patients are happy with the services provided, how they can be improved, etc. The results will be used to enhance provision of future care "packages".

Rheumatoid Arthritis Group

at Taunton Rugby Club. It was organised by the National Rheumatoid Arthritis Society and Musgrove Park hospital.

The launch was very well supported, illustrating the need for this group, offering support, information and the opportunity to contribute to the future development of long term patient care.

The next meeting is on Tuesday 10 May

7-9pm at Taunton Rugby Club
(tel. 0845 458 3969 for more details)

If you're interested and would like to find out more, please contact:

Jeff Chiswell (Chairman):-

jeffreychiswell@btopenworld.com

or

Guy Patey (Practice Manager)

01823 285400

CAN WE HELP YOU?
Do you have a new partner?
Are you worried about
Chlamydia?
Concerned about HIV?
Sexual Health Problems?

For advice tests and treatment
come and visit the
SPECIALIST SEXUAL HEALTH
TEAM

For more details and appointments
ring the GU Clinic at MPH on:

01823 344888

Are you hungry... or thirsty?



It's worth remembering that
sometimes we eat because
we think we're hungry,
whereas actually we're thirsty
instead – it can be hard to tell the
difference. So we eat snacks when
actually, what our bodies want is a
drink.

Just a simple glass of water can
take away that feeling and can also
make you feel more full. What's
more, it doesn't have any calories,
so there is less chance of piling on
the pounds

SUN SMART



As the weather is now
changing and the sun is
beginning to shine. We need
to be aware of sun burn. Getting
painful sunburn just once every two years,
can triple the risk of the most serious type
of skin cancer. Be 'sun smart' whilst at
home or on holiday. Use shade,
sunscreen and clothing to protect from
sunburn. For further information visit
www.sunsmart.org.uk

STAFF TRAINING 2011



The surgery will be closed
for staff training between
1.00pm and 4.30pm on the
following dates:

Thursday 19th May
Wed 8th June
Fri 26th June
Tues 19th July
Wed 17th Aug

**SOMERSET STOP SMOKING
SERVICE**

Remember you are up to 4
times more likely to stop
smoking with help and the
service is run by a friendly
supportive team.



If you would like to book an
appointment at this surgery there
are clinics on Thursday morning and
Thursday afternoons.
Please ask at reception for details.

At your first appointment we will
explain what the service can offer
you. There are a number of
products to help you stop smoking.

You can contact the service by
ringing:

03030339840 9am to 5pm

Monday to Friday

Or Text MYQUIT 80010.

Or visit

www.somersetstopsmoking.nhs.uk.