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, Preregistration 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.



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

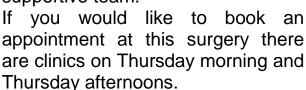
STAFF TRAINING 2011

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.



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.