



ST JAMES SURGERY, 89 WASH LANE, CLACTON-ON-SEA CO15 1DA
THE SURGERY, CHURCH SQUARE, ST OSYTH CO16 8NU
<https://www.stjamesandstosythsurgery.co.uk/>

PATIENT NEWSLETTER NUMBER 21 – December 2021

DOCTORS

Dr Ashraf Ali, who has been working with us since 1 July 2021 as a Salaried GP, is becoming a GP Partner from 1 January 2022, we are extremely pleased to welcome him to the partnership. We are also delighted to welcome Dr Mohan Pun who will become a salaried GP from 1 January 2022.

COVID 19

Thank you for your continued support as the pandemic evolves. The increased workload continues and we still require staff and patients to wear face coverings. If you are unable to do so, please make this known when booking your appointment so that alternative arrangements can be made. **ENTER COVID INFORMATION HERE**

MONDAY MORNINGS

These are much busier than any other morning. In order to save you holding on the phone too long, unless you are ringing for a same day appointment or urgent enquiry, it might be better to try later in the day or a different morning.

HOME VISITS – Polite Request

Could we please request that if a clinician visits your home, would you kindly shut any pets away for the duration of the visit and have a smoke free, well ventilated room available for the consultation.



ONLINE ACCESS



NHS App <https://www.nhs.uk/apps-library/nhs-app/>

The new, simple and secure way to access a range of NHS services on your smartphone or tablet. What you can use the NHS App for:

- Checking your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- view your Covid Vaccination Pass
- view your GP medical record securely
- register/ manage your organ donation decision

**HELP US
HELP YOU**

STAY WELL THIS WINTER

FLU CLINICS

The flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illnesses. It will not stop all flu viruses and the level of protection may vary. **Our flu clinics are now coming to an end however we do still have some appointments available to book.** To book an appointment please asks at reception.

DO YOU OR SOMEONE YOU KNOW NEED HELP WITH:

Please see below a list of FREE local services that are available to help you.

- **Struggling to keep warm?** Contact CVST on 01255 452692 for a FREE winter warmer goodie bag.
- **Help with receiving Benefits?** Contact 01255 377080 or email supervisor@cabtending.org.uk
- **Bereavement?** St Helena Bereavement support, www.sthelena.org.uk/referral-area/bereavement-services or call 01206 984274
- **Need help with food?** Clacton food bank can help, call 01255 431760 or

Visit

<https://clacton.foodbank.org.uk/>

- **Carers support?**

Contact Carers UK on 0800 808 7777 or visit Carers direct at

www.carersdirect.org

- **Loneliness?** Age UK (01268 525 353) offers weekly home visits or telephone companionship sessions



If you find yourself, or a Samaritans for FREE on You can also visit their



friend, feeling overwhelmed please call the 116 123 or email them at jo@samaritans.org. website for FREE help <https://www.samaritans.org/>

GP TRAINING PRACTICE



St James Surgery is now an accredited Training Practice. Being a Training Practice is a mark of quality and practices have to go through a rigorous selection process before they can receive GP Registrars. GP Registrars are experienced doctors who have decided on a career in General Practice. Before they come to the practice they have worked for several years as hospital doctors and are learning to adapt their medical skills and knowledge into to the General Practice environment. We

currently have three GP Registrars, Dr Sara Alsaad, Dr Zafar Khuwaja and Dr Marwa Mansour.

Thank you for reading our newsletter and for your continued support throughout this year. On behalf of myself and everyone here at St James Surgery we wish you all a very Merry Christmas.

Julie Leggett

Deputy Practice Manager



Ideas

With Christmas just around the corner, for many Christmas can be an exciting time, however for others it can be a lonely and difficult time of year. Tendring District Council's Careline run a helpline for people in the community who are suffering from the colder weather, such as heating failure. Careline can provide vulnerable people with warm clothing, a hot water bottle and electric heaters. If you or someone you know would like some extra help over the winter months, please call 01255 425692 or email winter@cvstendring.org.uk.

Winter Warmer CVS Tendring ? ECC, Food banks

Holly