



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



PATIENT NEWSLETTER NUMBER 22 – April 2023

CLINICAL TEAM

We are extremely pleased to welcome Dr Mohan Pun to our surgery team as a GP Partner from 1 April 2023, he has worked as Salaried GP at the surgery since last year and has an established patient list.

We currently have 7 Matrons who can see, assess and prescribe for a wide variety of conditions, carry out home visits and they also conduct chronic disease reviews and care plans.



Our Nurses and Healthcare Assistants provide a wide range of treatment including, dressings, chronic disease health checks, warfarin management, vaccinations, immunisations, minor illness such as urine infections and cytology.

MONDAY MORNINGS AND THE DAY AFTER A BANK HOLIDAY

These are always much busier than any other time so the wait for your call to be answered will be longer, 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.

ELECTRONIC PRESCRIPTIONS



Paper prescriptions are gradually being phased out nationally by the NHS and being replaced by the electronic prescribing system (EPS)

Be prepared! – nominate your chosen pharmacy now to have your prescription sent to them electronically.

You can change you nominated pharmacy easily by letting us know before you order your next prescription.

COVID SPRING BOOSTER CAMPAIGN – 17 APRIL – 30 JUNE 2023

COVID-19 is more serious in older people and in people with certain underlying health conditions. For these reasons, people aged 75 years and over, those in care homes, and those aged 5 years and over with a weakened immune system are being offered a spring booster of COVID-19 vaccine

To book online visit [Book, cancel or change a COVID-19 vaccination appointment - NHS \(www.nhs.uk\)](https://www.nhs.uk) or call 119.

Local walk-in clinics will be available, check for updates on the Suffolk and



North East Essex (SNEE) site: [Location of clinics - SNEE NHS COVID-19 Vaccination Service \(sneevaccine.org.uk\)](https://sneevaccine.org.uk)



ONLINE ACCESS – The quickest and easiest way to access your records is to download the NHS APP

<https://www.nhs.uk/nhs-app/>

Use the NHS App to:

- check 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 GP medical record securely
- register to be an organ donor
- choose how the NHS uses your data



TENDRING PRIMARY CARE NETWORK (PCN)



We are a member of Tendring PCN which comprises of three surgeries, Mayflower Medical Centre, Great Bentley Surgery and us. We work together on many projects including extended access and employ staff who work across the PCN.

We currently have the following staff working under the PCN;

A Business Development Manager

2 Care-coordinators

A Pharmacy Technician

A Safeguarding Care Coordinator

2 GP Assistants

A child and Young Persons Counsellor

An Operations Manager

2 Clinical Pharmacists

A Cancer Care Nurse

2 Mental Health Nurses

A Digital Transformation Lead.

We also work with a physiotherapy company who provide each surgery with physiotherapy assessment sessions. We have access to a Social Prescriber and Care Advisor.

GP TRAINING PRACTICE



St James Surgery is 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 to the General Practice environment.

We currently have 2 GP Registrars in their final year of training who started with us August 2022.

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.



Thank you for reading our newsletter.

Julie Leggett

Deputy Practice Manager