

**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 19 – September 2019**



**NURSES**

Nurse Cherry and HCA Joanne, have both recently got married. HCA Ange is getting married in October. We wish them all lots of happiness for the future.



**MATRONS**

We welcomed James Woods to our team in July and are pleased that he is settling in well.

**EDUCATION**

We send congratulations to Rachel our Emergency Care Practitioner and Bonnie, our COPD nurse, both of whom have just finished their prescribing courses.



**DOCTORS**

Sadly, Dr Alison Cooke has decided to leave the surgery. She has worked with us for two years now and we wish her every happiness for the future. We are extremely fortunate to be able to welcome Dr Maria Parsons who will take over Dr Cooke's list of patients. Dr Parsons has been a local GP for 18 years.

As you may be aware, Dr John Lineen, retired from the surgery as senior partner last December. He has continued to work for us as a salaried GP until we found a replacement. We are now delighted to announce that Dr Riana du Preez, who is an experienced GP, will be joining us from 1<sup>st</sup> November 2019 and will be taking over Dr Lineen's list. We are, of course, very sorry to see Dr Lineen leave but we hope he will come back occasionally to do some locums for us.

**FLU CLINICS**

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.



Studies have shown that the flu vaccine will help prevent you getting the flu.

It will not stop all flu viruses and the level of protection may vary but if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.

**More Information available: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>**

**OUR FLU CLINICS ARE NOW AVAILABLE TO BOOK**

**To book an appointment please ask at reception or, if you are over 65 years, you can book online.**

## 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.

## 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 to the General Practice environment. Our first GP

Registrar is Dr Suhail Shah and he will be working with us until February 2020.

## WEIGHT MANAGEMENT [www.acelifestyle.org](http://www.acelifestyle.org)

This service is run by ACE Lifestyle and it is **FREE** to residents in our area. Losing weight can make a significant improvement to your health and wellbeing. This is a very successful (award winning) service with lots of support, e.g. one to one sessions, workshops and online programmes.

You can telephone them for more information, book an appointment on 0800 022 4524 or email [acecic.weightmanagement-adults@nhs.net](mailto:acecic.weightmanagement-adults@nhs.net)



## ONLINE ACCESS

More appointments are now available to book on line. These currently include minor illness, smear tests, blood pressure checks, NHS health checks, shingles vaccination, blood tests and flu vaccinations for those aged 65 or over.



To sign up to online access full details are available on our website or please ask at reception. This service is currently only available for over 18s.

## PROXY ONLINE ACCESS

Proxy Access is where someone is given access to another person's online medical record to help them book appointments or order medication. For example:

- A carer for a patient over the age of 18
- A family member for a patient over the age of 18
- A friend of a patient over the age of 18

The proxy does not have to be a registered patient at the same practice, but must be registered for online services on the GP system and always use their own login credentials.

To be given proxy access, a patient's representative must have the informed consent of the patient or, in cases where the patient does not have capacity to consent, the GP has decided that it is in the best interests of the patient for them to have proxy access. Please ask at reception for more information.

Thank you for reading our newsletter.

Heather Knappett  
Practice Manager