



**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 JUNE 2025

NHS APP or Digital Support/understanding: The IT Digital Support Team from Tendring District Council are at the surgery on the last Tuesday of every month alternating at St James and Church Square St Osyth to help with anything digital you need help with.

@St James Surgery 08.30 – 10.30

24 June 2025 26 August 2025 28th October 2025

@Church Square Surgery 08.30 – 10.30

29 July 2025 30 September 2025 25th November 2025



Who is Tendring PCN:



Tendring PCN is made up of 3 practices, Great Bentley Surgery, Mayflower Medical Centre, Harwich and St James Surgery. We work together as individual practices and also share PCN staff and services that work across the three surgeries.

We have non-clinical roles: Care Co-ordinators, Specialist Social Prescribers, Pharmacy Technicians and Social Prescribing Link Workers and clinical roles such as Adult Mental Health Practitioners, Cancer Care Nurse Specialist, Child and Young Persons Counsellor, Child and Young Persons Mental Health Practitioner, Clinical Pharmacist, First Contact Physiotherapists, Health and Wellbeing Coaches and GP Assistants.

St James Patient Participation Group (PPG) Our PPG have been supporting us at our vaccination clinics and also at our recent PCN Wellbeing Event, our PPG currently hold regular meetings via Teams, please let us know if you are interested in becoming an active member and we can put you in touch with them.

Healthier Habits Hub – Essex County Council [Healthier Habits Hub](http://www.essex.gov.uk/news/2025/healthier-habits-hub)
www.essex.gov.uk/news/2025/healthier-habits-hub Essex County Council

Free non-judgemental guidance will be available for wellbeing topics including mental health, weight management, substance misuse and sexual health. Each event will have free giveaways and free tea and coffee available too.



Next Clacton Event: Friday 20 June, 9am to 5pm
The Sunspot, Jaywick Sands, Brooklands, Clacton-on-Sea, CO15 2JG

Home Visits – Polite Request

These are for housebound patients only and 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.



Give Blood <https://my.blood.co.uk> Donor helpline: [0300 123 23 23](tel:03001232323)



Blood stocks are critically low, to donate blood or plasma you will need to:

- be in good general health
- be aged between 17 and 65 (you can register at 16)
- weigh at least 7 stone 12 lbs (50kg)

Make your pharmacy the first port of call for minor health concerns. The Pharmacy First Service is also available for prescription medicine without seeing a GP for certain health conditions including:

earache (age 1 to 17 years)

sore throat (5 years and over)

Uncomplicated urinary tract infections (women 16-64 years).

www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/

Impetigo (1 year and over)

Shingles (18 years and over)

sinusitis (12 years and over)

Minor Eye Conditions Service – No need to see your GP first



Red eye/eyelids

Irritation and inflammation of the eye

Significant recent sticky discharge or watery eye

Recent and sudden loss of vision

both Buizier and Cole and Specsavers have clinics in Clacton, please click on the QR for more information

Dry eye, or gritty uncomfortable eyes

Recently occurring flashes or floaters

Ingrowing eyelashes

Foreign body in the eye



Summer is Coming! <https://www.nhs.uk/live-well/seasonal-health/>

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know especially the very young or elderly.



Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Surgery Training Afternoon Closures

Along with all other surgeries in the area we will be closed from 12 noon on the following dates for staff training. If you require urgent care on this afternoon, then please contact 111 for assistance.

Thursday 26 June 2025

Tuesday 29 July 2025

Tuesday 30 September 2025

Thank you for reading our newsletter.

Julie Leggett

Deputy Practice Manager