



**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 DECEMBER 2025**



With the colder weather approaching it is important to stay warm and well over the winter period. Age UK has lots of helpful information and a Winter Wrapped up Information Guide on their site.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/winter-guide/>

**Flu Vaccinations** are still available at the surgery for patients aged 65 or over or in a clinically at risk group. Contact us to book your appointment.

**CVST Tendring –Winter Resilience** - <https://www.cvstendring.org.uk/what-we-do/resilience/>



CVST keep Tendring people warm through winter with their annual project.

The Winter Project, run by CVST and supported by a number of other organisations, has received funding from the Suffolk and North East Essex ICB to carry out its work.

It's flexible and innovative. It aims to prevent illness, help people stay warm during the winter, and give easier access to information and services that will support the community to be more resilient.

We ensure people are warm and well-fed, access resources and products, and get help during severe weather. We also train staff and volunteers within community organisations to give practical support to keep people well. With the rising cost of living and more residents facing fuel poverty, the service is crucial more than ever.

As in previous years, vulnerable people will get items of warm clothing and a hot water bottle. The project supports those living with COPD/respiratory conditions, hypertension, mental health issues, those at risk of falls and residents living in poor housing conditions.

If you need assistance or know people who need help, call CVST on 01255 425692 or email them at: [resilience@cvstendring.org.uk](mailto:resilience@cvstendring.org.uk)

**FoodCycle Clacton** – Every Monday 12.00 at Pier Avenue Baptist Church, 117 Pier Avenue, Clacton  
Free hot meal – no need to book. [clacton@foodcycle.org.uk](mailto:clacton@foodcycle.org.uk)

**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)**

**Impetigo ( 1 year and over)**

**Sore throat (5 years and over)**

**Shingles (18 years and over)**

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

**Sinusitis (12 years and over)**

[www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/](http://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/)

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

**Red eye/eyelids**

**Dry eye, or gritty uncomfortable eyes**



**Irritation and inflammation of the eye**

**Recently occurring flashes or floaters**

**Significant recent sticky discharge or watery eye**

**Ingrowing eyelashes**

**Recent and sudden loss of vision**

**Foreign body in the eye**

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

#### **Christmas and New Year Opening Hours**

Monday 22 December 2025	08.00 – 18.30
Tuesday 23 December 2025	08.00 – 18.30
Wednesday 24 December 2025	08.00 – 18.30
Thursday, 25 December 2025	CLOSED
Friday, 26 December 2025	CLOSED

Monday 29 December 2025	08.00 – 18.30
Tuesday 30 December 2025	08.00 – 18.30
Wednesday 31 December 2025	08.00 – 18.30
Thursday, 1 January 2026	CLOSED
Friday, 2 January 2026	08.00 – 18.30

Thank you for reading our newsletter, we wish all our patients a healthy Christmas and New Year



**Julie Leggett**  
**Deputy Practice Manager**