



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



SPRING/SUMMER PATIENT NEWSLETTER 2026

The **hay fever** season is upon us, please read the NHS Guidance at <https://www.nhs.uk/conditions/hay-fever/>
You can go to the pharmacy if you have hay fever, they can give you advice and suggest the best treatments to help with symptoms, such as:

[antihistamine](#) drops, tablets or nasal sprays



- steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

RSV Vaccinations : the cohort has changed from 1 April 2026 and now includes those aged 80 and over and those who live in a care home for older adults.
<https://www.nhs.uk/vaccinations/rsv-vaccine/> Please contact us to book an appointment.



Spring Covid Vaccinations: These are available to book at your local pharmacy from 13 April 2026:



- adults aged 75 years and over (by 30 June 2026)
- residents in a care home for older adults
- individuals aged 6 months and over who have a weakened immune system

Book via the website:

<https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/>
use the NHS App or call 119



Childhood Immunisations

There has been a recent change to the childhood immunisation programme with the introduction of the new MMRV (measles, mumps, rubella and chickenpox) vaccination. Children will be invited to an appointment when they are eligible but if you would like to find out more information please read the NHS guidance at



<https://www.nhs.uk/vaccinations/mmr-vaccine/>

Travel Vaccinations

If you are travelling abroad, please visit our website and complete the form. Once we have received the information required, we will book a telephone assessment for you. We recommend doing this at least 6-8 weeks before you are due to travel

<https://www.stjamesandstosythsurgery.co.uk/services/clinics/travel-health/>



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

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)

Pharmacy First

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).

Impetigo (1 year and over)

Shingles (18 years and over)

Sinusitis (12 years and over)

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

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



Community Health and Wellbeing Fair



Tending PCN in collaboration with St James Surgery are hosting a community health and wellbeing fair on Wednesday 29th April from 10am until 2pm at Clacton Town Hall, Station Road, CO15 1SE.

There will be representatives from local charities and screening services, family and carers, mental health and long-term condition support and much more. There is no need to register, just pop along

Proactive Care Team

The surgery offers a Proactive Care Service designed to support patients living with or at risk of frailty, complex needs or long term conditions who may be finding it difficult to manage independently at home. The team can arrange home visits to assess your needs and provide appropriate support to you and anyone who cares for you. The aim of this service is to help you maintain your independence, reduce the risk of unnecessary hospital admissions, and support earlier discharge from hospital where possible.

If you feel you would benefit from a home visit by the Proactive Care Team, please contact the surgery to discuss this further.

Hospice Project



St James Surgery is also working in partnership with St Helena Hospice to support patients and carers in understanding My Care Choices and Advance Care Planning.

My Care Choices is a shared register that can be accessed by the hospice, hospitals, GPs, and other relevant healthcare organisations. It records a person's preferences for future care should they become unwell, including their preferred place of care.

Planning ahead is important, as it helps ensure your wishes are known, shared, and respected when the time comes.



For more information, please visit: <https://sthelena.org.uk/what-we-offer/for-patients-and-families/my-care-choices> If you would like to find out more, please contact the surgery. We can arrange a conversation with Emma, our Specialist Nurse, who is working with us on this project.



Team St James

Dr Tatavarthi completed the Brighton Marathon recently and we have one of our HCAs, Vicki due to run in the Edinburgh Marathon in May. We are also looking to get a team together to run the Clacton half marathon and 10K in August, if you are there watching please look out for us and give us a cheer!

NHS Changes

From the 1st April 2026 practices within North East Essex have moved from Suffolk and North East Essex (SNEE) Integrated Care Board to NHS Essex Integrated Care Board.

We are unsure what changes this will mean for primary care in Tending but will keep you updated. Information on Essex ICB can be found at www.essex.icb.nhs.uk

The first full meeting of Essex ICB will be held on 23rd April from 2pm until 3.30pm at Moot Hall, Town Hall, Hight Street, Colchester, CO1 1PJ. All residents are welcome.



Thank you for reading our newsletter

Julie Leggett
Deputy Practice Manager