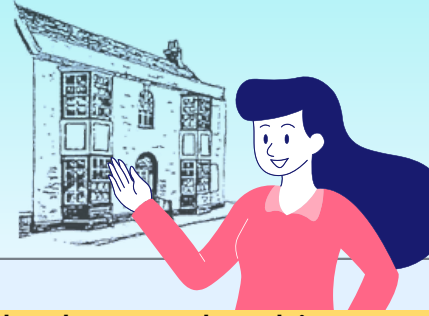


# WELCOME TO OUR Newsletter

*Fern House Surgery*

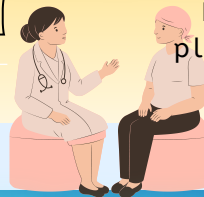


## MARCH IS ENDOMETRIOSIS

AWARENESS MONTH

Endometriosis is a complex hormonal and immune disease affecting an estimated 190 million women and individuals worldwide

For detailed information about endometriosis, please visit the **Endometriosis Awareness Month WEBSITE:** [endometriosisassn.org/](http://endometriosisassn.org/)



# March PROSTATE CANCER AWARENESS The Month



Walk or wheel 11,000 steps a day throughout March and raise money to help save men's lives. [MARCHTHEMONTH.PROSTATECANCERUK.ORG](http://MARCHTHEMONTH.PROSTATECANCERUK.ORG)



For more information, please visit:

## Reminder for Patients

Routine appointments cannot be booked over the desk, please call from 8am or request for appointments on our website through **ACCURX**. You can also book appointments via **NHS APP**



## SHUT DOWN DATES TIME TO LEARN

All practices in Mid & South Essex will be closed from 12pm on the below date:  
**Tuesday 10<sup>th</sup> March 2026**

## Important Information

PROPOSED CLOSURE OF OWLS HILL SURGERY, TERLING

Owls Hill Surgery, Terling is proposed to close due to the building being unsuitable for modern healthcare; patients will remain with the same practice, with appointments moving to **Fern House Surgery**, which offers better facilities, more services, and the same booking options, with travel support available if needed.

Please share your thoughts by scanning the QR code



## REASONABLE ADJUSTMENTS

If you need any adjustments to attend your appointments (for example, longer appointments or communication support), **please let the surgery know.**

We can record this on your medical record to help ensure the right support is in place



# New Wellbeing Group



## SUPPORT AND FRIENDSHIP FOR FAMILIES

For parents with children aged 0-5.

Are you experiencing anxiety, stress or low mood?

**Home-Start Essex** have a group running in the **MALDON** area to help with your wellbeing. This online group runs over 5 weeks (*with one face to face meet up*) and is all about supporting you to feel better.

This is a *non-judgemental, safe and supportive place* where you can meet others with similar feelings.

It's okay to not be okay.  
You are not alone, we can help.

To join, please get in touch **01245 847410** or email [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk) to find out more information



## AgeWell EAST

EMPOWERING PEOPLE TO AGE WELL

For housebound individuals  
60+ living across Essex

## DIGITAL FRIENDS

Learn useful digital skills- from downloading the NHS app to online shopping, video calls, GP bookings and more



To find out more

[enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)  
0300 373 3333  
[www.agewelleast.org.uk](http://www.agewelleast.org.uk)



Personal support at home- One-to-one help with your device, in the comfort of your own home



*Thank you for visiting our newsletter*



## Patient Participation group

If you would be interested in becoming a member please email: [fernhouse.patientgroup@nhs.net](mailto:fernhouse.patientgroup@nhs.net) or message reception through Accurx on the front page

## URGENT HELP

Please note, we are not an emergency service. If you require urgent help during our closing times, please contact **111** out of hours. In an emergency, call **999**

## AccurX via NHS App

Please be aware, **Accurx** is not accessible through NHS app as it is still transitioning and will be available soon. **AccurX** is found on our website