

MAY 2025

FERN HOUSE SURGERY



NEWSLETTER



- **Please be reminded the practice holds a Zero tolerance policy. Please be kind to our staff.**
- **Please use PATCHs for appointment requests (also for non urgent requests). This is the quickest and most effective way to contact the practice. PATCHs is monitored from 8am – 6pm. For more information please visit our website.**
- **Please be reminded the carpark is for staff and blue badge holders only. Please use Mill Lane carpark.**

Are You a Carer?

Parent Carer, Adult Carer, Young Adult Carer. Do you look after a friend or family member either Adult or Child who is frail, elderly, has a physical illness, disability or mental health problem? Is somebody struggling with an addiction and cannot manage without you?

If the answer is “YES”, THEN YOU ARE A CARER!

If the Practice knows you are a carer, we can help you to:

- Look after your own health
- Look out for signs that caring is having an impact on your health
- Receive certain vaccinations
- Find useful information to help you feel supported

How do I register?

Contact reception for a carer registration form.

IMPORTANT INFORMATION FOR THE MAY BANK HOLIDAY'S

Monday 5th May – Closed
Monday 26th May – Closed

Read More on our website

www.fernhousesurgery.co.uk

Community News:

- **The Surgery will be closed for staff training on Thursday 15th May. The doors will shut at 12pm and resume normal opening hours on the following day. If you need assistance that cannot wait, please contact 111 or go to A&E. If it is an acute problem, please try Pharmacy First.**
- **The practice holds a 'Did not attend' policy. If you miss 3 appointments, you will be at risk from being removed from our list. To cancel please call the practice and click option 4. OR contact us on PATCHs.**
- **Need help with the NHS app? Witham Library hold sessions every week to help set up NHS app. Please contact them for details. 0345 603 7628**
- **Need help with a new or ongoing muscle, joint or tendon problem? Please download the getUbetter app. Scan the QR code below.**



- The re-launch of the Freshwell Low-Carb Drop-In at Witham Leisure Centre. Alternate Fridays from 10:30 to 12:30 – Free of charge. The first Friday group will take place on the 16th of May.
- Dementia action week – w/c 19th May. Thursday 22nd May & Friday 23rd May 10am – 3pm at Braintree Village. If you support vulnerable people, especially those living with dementia please email mike.sheehy@braintree.homenstead.co.uk
- Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking. For further information and meeting details contact the General Service Office on 020 7593 2070 (10am–5pm Mon–Fri)
- Mid and south Essex are launching an "Invincible Feeling, Invisible Danger" campaign. The goal is simple: To encourage everyone aged 40 and over to get their blood pressure checked.

Where can you get checked?

- 175 local pharmacies across mid and south Essex offer FREE blood pressure checks for people aged 40 and over.
- No appointment needed – just walk in.
- The check takes just a few minutes.