

WELCOME TO OUR

Newsletter

Fern House Surgery



#NATIONALWELLNESSMONTH

National Wellness Month

Celebrate National Wellness Month during the entire month of August. It's time to prioritize your self-care, reduce stress, and create healthier habits to feel like your best self!

National Wellness Month was born out of the idea that if we are going to do big things in the world. In between building our careers, raising a family, furthering our education, creating new ideas, and nurturing our bodies, we need to take care of ourselves, too.

5 WELLNESS TIPS

Taking small steps to improve your personal wellness will lead to healthy habits in your lifestyle. In fact, wellness changes don't have to be life changing, even though the long-term results will be. You can improve your overall health by:

1. Adding more fruits and veggies to your meals.
2. Monitoring your sleep and making adjustments for better sleep habits.
3. Joining a yoga, walking, or aerobics class.
4. Learning to meditate.
5. Increasing your water intake.

National Immunization Awareness Month

GET BACK ON TRACK WITH ROUTINE VACCINATIONS

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life.

Parents: As your children head back to school this fall, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed well-child visits and recommended vaccines. Visit immunize.org to find more information about vaccines and immunization.

X-ray Bookings Online

If your Clinician refers you for a routine X-ray, you should be contacted within two working days.

If you have not heard from us after two working days, please contact the Hospital's Radiology - contact details can be found on the Mid and South Essex Hospitals' website: www.mse.nhs.uk/radiology-services.

SHUT DOWN DATES

TIME TO LEARN

All practices in Mid & South Essex will be closed from 12pm on the below date:

Tuesday 29th September 2025

We will be closed for Bank Holiday on
Monday 25th August 2025

URGENT HELP

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

Are you a Veteran or Carer?

YOU MAY BE ENTITLED TO FREE HEALTH CHECKS, PLEASE LET US KNOW IF YOU ARE BY LETTING RECEPTION KNOW OR CONTACTING THROUGH ACCURX

Online Services

PATCHS TO ACCURX

The practice has switched from PATCHs to Accurx. This is used for appointment and admin requests, this is the most efficient way to contact the practice and to avoid long queue times over the phone from 8am.

Accurx will be open from 8am – 6:30pm.

Currently, you cannot access Accurx via NHS App as we are still in transitioning period so we advise to go through our website. You do not need a login to make a request through Accurx

SYSTMONLINE

You are able to view medical records, make appointments and order medication through SYSTMONE. You can access this via our website.

NHS APP

You will still be able to view medical records, make appointments and order medications through the NHS App, you will need to download the app for this or login through their webpage.

PROXY ACCESS

If you require access to another patients account through online services, please fill in a proxy access/consent form found on our website or at the front desk at reception. Please note, we are not able to discuss medical information with you for another patient over 13 without their consent.

Patient Participation group

WOULD YOU LIKE TO BECOME A MEMBER OF THE PATIENT PARTICIPATION GROUP (PPG)?

The PPG are an important line of communication between the surgery and the patients.

The PPG are active in the surgery garden, hold coffee mornings for McMillan Cancer and other charities in the year. They also volunteer to help when needed with Flu/Covid Clinics.

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