

MAY 2026



WELCOME TO OUR Newsletter *Fern House Surgery*



Melanoma and Skin CANCER AWARENESS MONTH — MAY —

Sun Awareness Week



Promoting sun safety is more important than ever as skin cancer rates continue to rise. This campaign, led by the British Association of Dermatologists (BAD), encourages people to protect their skin and enjoy the sun safely.



Want to learn more about staying safe in the sun?
Visit www.skinhealthinfo.org.uk/sun-awareness/ for helpful tips and advice



MAY IS

MENTAL HEALTH AWARENESS Month



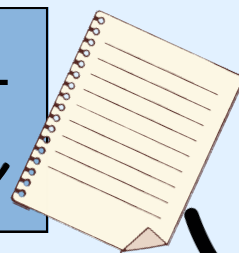
May marks **Mental Health Awareness Month**, focused on raising awareness, reducing stigma, and promoting mental wellbeing through support and resources.



Find out more at
www.time-to-change.org.uk/support/mental-health-awareness

**THE FOLLOWING DAYS ARE
BANK HOLIDAYS SO WE WILL
BE CLOSED AS STANDARD**

4th May 2026
25th May 2026



**TRAINING DAY
TIME TO LEARN**

All practices in Mid & South Essex will be closed from 12pm on the below date:
Thursday 14th May 2026



Reminder!!! For Patients

Blood test appointments cannot be booked at the front desk. However, you can easily arrange an appointment via the **NHS app** or **SystemOnline**, by submitting a request on our website via **ACCURX**, or by calling reception.

TEST RESULTS and **TASK MESSAGES** sent from Fern House Surgery cannot be discussed at the front desk. You will need to message us on the website or call through to reception. This is to reduce queuing and for confidentiality reasons



TO CONTACT US PLEASE USE ACCURX ON OUR WEBSITE

FERNHOUSESURGERY.CO.UK

INTERNATIONAL NURSES' DAY 12TH MAY 2026



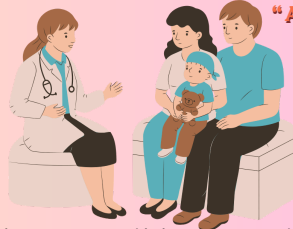
Nursing is a skilled and safety-critical profession across the world. Despite their vital role, many nurses face shared challenges, including workforce shortages and increasing pressure on health systems.

Global support and recognition are more important than ever. This year, we're helping to amplify the voice of nursing worldwide.

WWW.ICN.CH/HOW-WE-DO-IT/CAMPAIGNS/INTERNATIONAL-NURSES-DAY

Kindness helps us care for you 

RESPECT MAKES A DIFFERENCE



"A LITTLE KINDNESS GOES A LONG WAY."

"WE'RE IN THIS TOGETHER"

"A KIND WORD CAN MAKE A BUSY DAY BETTER."

Our staff are here to help you and provide the best possible care. Like many healthcare services, we are experiencing high demand and increasing pressures.

We understand that this can sometimes be frustrating, but we ask all patients to treat our team with kindness and respect. Our staff are dedicated professionals working hard to support you and your community.

We have a **zero-tolerance approach** to abusive or aggressive behaviour. By working together with understanding and respect, we can ensure a safe and supportive environment for everyone.

COVID SPRING BOOSTER



IF YOU ARE ELIGIBLE FOR YOUR COVID JAB, PLEASE CONTACT RECEPTION BY MESSAGING THROUGH OUR WEBSITE OR CALLING THE SURGERY TO SEE OUR AVAILABLE DATES.

ALTERNATIVELY, CONTACT YOUR LOCAL PHARMACY

ELIGIBILITY

- 75+
- RESIDENTS IN CARE HOMES FOR OLDER ADULTS
- IMMUNOSUPPRESSED 18+



Thank you for visiting our newsletter



Patient Participation group

If you would be interested in becoming a member please email: 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 accesible through NHS app as it is still transitioning and will be available soon. **AccurX** is found on our website