



Blackwater Medical Centre Newsletter

October 2024

Clinical Staff Update

Dr Abeyratna will be joining us this month as a Salaried GP.

Leave a Review about Blackwater Medical Centre

Patients are strongly being encouraged to leave a review about their experience at our surgery for us to improve the service we provide to you. Please use your google account to leave a review, or alternatively click and paste the link below.

<https://www.nhs.uk/services/gp-surgery/blackwater-medical-centre/F81099>

New Facebook Page has now been launched and can be found at

[The Blackwater Patients Page - Maldon](#)

Maldon's Medical Services Consultation

The NHS Mid and South Essex Integrated Care Board has announced a six-month delay in the final decision-making regarding the reconfiguration of community hospital beds, a midwife-led birthing unit and ambulatory care services at St Peter's Hospital. Further information and updates can be found at the link [MSE ICB Virtual Views website](#).

New Dementia Support Clinic launched last month.

Our first dementia support clinic was held on the 13th September at the Heybridge surgery and was a huge success.

The clinics will continue to be held every 2nd Friday of the month and the next one is Friday 11th October.

If anyone is interested in attending future clinics, please do not hesitate to register your interest with reception at the Maldon surgery in the first instance.

Dementia Friendly Cinema

Don't miss the free screening of "The King's Speech" at the RIO Cinema in Burnham on Crouch on Monday 7th October at 11.00am. The cinema provides a relaxed environment for people living with dementia and their families and carers. To book your space please call 01621 851891 or email admin@maldoncvvs.org.uk

Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month

October is an annual observance to raise awareness about ADHD. The month-long campaign aims to educate the public, reduce stigma, and provide support to individuals and families affected by ADHD. It also highlights the importance of early diagnosis, effective treatment, and understanding the challenges faced by those with ADHD.

When sharing information and experiences related to ADHD Awareness Month 2024, consider using the hashtag #ADHDAwarenessMonth which can help you connect with individuals and organisations dedicated to ADHD awareness and support, allowing you to join the conversation and make a positive impact.

Mid Essex Recovery College October Courses

A safe space for people to learn new skills, expand on existing ones and attend FREE COURSES developed to support mental health recovery. Examples of such courses include Anger Management and Self-care Tools for Anxiety and Stress. For more details contact the college on their website www.midessexrecoverycollege.co.uk, email at provide.midessexrc@nhs.net or phone 0300 303 9954.

Expressions of Trauma

Healthwatch Essex are holding a mixed media exhibition by people living with the effects of trauma. The exhibition will be held at The Minories Gallery, 74 High Street, Colchester between 10th October and 10th November and will be open every Thursday – Sunday from 10.00am – 4.00pm. Everyone is welcome to visit. More information can be found at www.healthwatchessex.org.uk

Social Supermarket

September saw Maldon and District CVS and Maldon District Council launching a new Social Supermarket. They held three pilot sessions enabling all residents to shop at reduced prices, enjoy a coffee and give feedback. More Social Supermarkets are planned to be held again soon.

Finally, Be Prepared for Winter 2024

Subscribe to winter health advice straight to your inbox at #BePrepared or visit <https://www.midandsouthessex.ics.nhs.uk/health/winter>

Flu and COVID Clinics

These clinics are now being started and are scheduled so far for Saturday 12th and Saturday 19th October. Please contact reception in the first instance should you be eligible for the vaccinations, but please do not book until the afternoon when the phone lines are quieter.