



# Blackwater Medical Centre Newsletter

December 2024

*We wish all our patients and their families a peaceful and happy festive period!*

## Clinical Staff Update

We warmly welcome Ben Hall, RGN:MSc Advanced Nurse Practitioner, who has joined the practice. His special interests are elderly medicine, minor health issues and men's health. Ben sees patients aged over five years.

## Thank you to Essex Knitters and Stitchers



The Surgery would like to sincerely thank Essex Knitters and Stitchers for providing the surgery with items specifically made for patients suffering with dementia. The twiddle muffs and marble mazes keep hands busy and active, and the cushions and teddies provide comfort and reassurance. If anyone is a patient or carer, has a friend or neighbour who might benefit from one of these items, please let us know.

## Thank you to United in Kind and Essex Knitters and Stitchers



The Surgery would also like to thank United in Kind for their donation of teddy bears. The bears were passed on to the Chelmsford & Maldon Community Policing Team who are once again running the Christmas present appeal in support of some of the most vulnerable children and young people.

## Christmas Jumper Day

The surgery staff raised £35 which was given to Home Start in Maldon. All funds raised will go directly to help children in our community.





## ★ **Maldon Food Pantry** ★ ★

The Maldon Food Pantry is an important part of the Maldon Churches Together. They collect food donations from supermarkets and members in the community, to donate to families and people in the area who need a helping hand. People in need are usually referred from the Citizens Advice Bureau, Doctors surgery, Church Leaders and other social services. For people and families who are struggling, a food parcel carefully prepared just for them is a special gift. The Food Pantry would like to thank the partners at the surgery for their kind donation.

## **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 go to the link at <https://www.nhs.uk/services/gp-surgery/blackwater-medical-centre/F81099>

**Do Something New in 2025**.....Join our Patient Participation Group as a Virtual Member. For more details see our website [www.blackwatermedicalcentre.co.uk](http://www.blackwatermedicalcentre.co.uk) or Facebook page [The Blackwater Patient Page – Maldon.](#) We look forward to hearing from you!

## **Christmas Opening Hours**



The surgery will close at 6.30pm on Christmas Eve (Tuesday 24<sup>th</sup> December) and will reopen at 8.00am on Friday 27<sup>th</sup> December. It will then be closed from 6.30pm on New Years Eve (Tuesday 31<sup>st</sup> December) and will reopen at 8.00am on Thursday 2<sup>nd</sup> January 2025. If patients need medical help during this time, they should call 111 or in an emergency, dial 999.

Please be aware that Blackwater Dispensary will close at 4pm on Christmas Eve and New Years Eve. Please ensure that you order your medication in a timely manner before the festive period.

The Community Pharmacy will remain open until 9pm on Christmas Eve. The Community Pharmacy will be open 11.00am - 3pm on Christmas Day but will be closed Boxing Day and New Years Day.

## **Be Prepared for Winter 2024/2025**

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

