



Blackwater Medical Centre Newsletter

February 2026

Farewell to Dr Teatino – March 2026

Dr Teatino is retiring from the practice after 34 years of service. We are sad to see him go and wish him all the very best for his very well-deserved retirement. He will be sorely missed by his colleagues and patients! His last working day will be Thursday 19th March 2026.

Farewell to Dr Abeyratna - April 2026

Dr Abeyratna has sadly resigned from the practice to spend more time with her young family. She leaves in mid-April. We wish her all the very best for her future and she will also be missed!

Staff Update – January/February 2026

We welcome several new members into the practice so far this year.

- Amy is our new COPD/Asthma Nurse and Bernie is our new Diabetic Nurse.
- Mel is our new Healthcare Assistant and Alastair is our new Paramedic
- Trudy, Claire and Jan have joined our reception team. We wish Aimee all the very best as she goes on maternity leave
- June our Audit Clerk has now left the practice after her long service, and we wish her well. She has been replaced by Jacqui
- We sadly see Tracey H our Secretary retiring at the end of April and moving to Devon. We wish her well. Our new secretarial team are Nicola and Sonia

NHS Cancer Screening

Doctors urge people in Essex to take up NHS cancer screening as National Cancer Plan is published. People in Essex are being urged to take up cancer screening invitations, as the Government today (4 February 2026) publishes the National Cancer Plan 2026 for England. The plan sets out a national strategy to improve cancer outcomes by increasing early diagnosis and reducing inequalities in access to care and screening. Earlier detection remains one of the most important drivers of better survival.

<https://www.midandsouthessex.ics.nhs.uk/news/doctors-urge-people-in-essex-to-take-up-nhs-cancer-screening-as-national-cancer-plan-is-published/>

New single integrated community MSK and Pain Service

From 1 April 2026, Mid and South Essex ICB will launch a new single integrated Community MSK and Pain Service to help improve access, experience and outcomes for patients. The service is designed to ensure:

- patients are seen sooner
- more care is delivered out of hospital and within the community
- a reduction in unnecessary acute activity – freeing services up to focus on more complex patient care (i.e. surgical interventions).

Who will provide the new Community MSK and Pain Service?

The service will be provided by Cora Health working in partnership with Provide CIC. Launching on 1 April 2026, this service will provide a single, integrated pathway for adults (over 16) across all mid and south Essex covering:

- Single Point of Access for all routine MSK, Orthopaedic, Rheumatology and Pain referrals
- Tier 1 and 2 physiotherapy
- Pain Management
- Rheumatology
- Surgical provision (carpal tunnel, podiatric surgery).

Referrals to getUBetter stopped from 31st January 2026. Patients who had registered with getUBetter before this date will have up to 12 weeks to complete their programme as an existing user. Cora Health will provide an alternative self-management offer as part of the new integrated service and work is underway to ensure a smooth transition ahead of 1st April 2026.

Notice of system pressures at Mid and South Essex Foundation Trust

Mid and South Essex Foundation Trust are currently experiencing increased pressure due to a norovirus outbreak, on top of existing seasonal pressures. This includes ambulance handover delays which are impacting patient flow.

How you can help

Some simple steps you can take to avoid spreading the infection:

Do:

- Stay home for 48 hours after symptoms clear
- Wash hands with soap & warm water
- Wash clothes and bedding at 60 °C

Don't:

- Don't prepare food for others
- Go to work or school, visit care homes or hospitals

Thank you for your continued support of our practice. Your feedback supports us in reviewing our services, and assists us in making changes as appropriate.