

Health & Wellbeing Event 10.00 - 3.00

Friday 8th September 2023 at the Wyllotts Centre



Don't miss this annual event organised and supported by the three Potters Bar Patient Participation Groups (PPG) and the three surgeries working in partnership with Hertsmere Borough Council and Inspire All (Wyllotts Centre).

The Event opens at 10am, and there will be over 25 stalls to browse providing essential information to visitors on many of the wonderful services available in our area. We also hope to provide mini Health Checks and drop in advice on blood pressure, lifestyle affecting health etc. Contact us at friendsofparkfieldppg@gmail.com for more information.

POTTERS BAR HEALTH AND WELLBEING EVENT
 Friday 8 September 2023
 10am-3pm

**Wyllotts Theatre,
 Darkes Lane,
 Potters Bar,
 EN6 2HN**

Join us for the Annual Community Fair!

Listen to health talks and visit stalls on:
 Diabetes
 Dementia
 Strokes
 Age UK
 Mental Health
 Health Protection
 Carers UK
 USA
 Exercise and Fitness
 + Many more!

Make your health always your priority. Participate in this year's exciting activities and take steps towards a better lifestyle!

Working in partnership with:

Don't miss this FREE event!
 No need to book; just drop in!
 What to expect:

Market Place
 10am-3pm: Come and browse over 25 stalls offering well-being information services and advice to the Potters Bar community

Health Talks by local GPs
 10.30-11.00am: Musculoskeletal Services
 11.15-11.45am: Digital Health
 12.00-12.30pm: Diabetes
 12.45-1.15pm: Cancer Screening
 1.30-2.00pm:

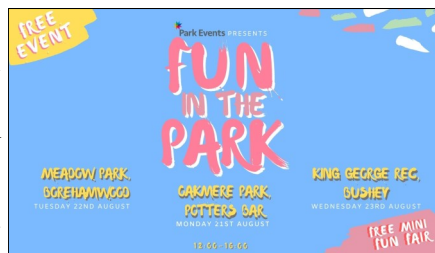
Activity Taster Sessions
 10.15am-3.00pm:
 Musical Memories
 Jive Dancing
 Line Dancing
 MEDAU Dance & Movement to Music
 Chair Yoga

Everyone is welcome, tell your friends and family! For more information please email highview.ppg@nhs.net

Working in partnership with:

Fun in the Park 2023

Come and see us at our PPG stall in Oakmere Park at the Fun in the Park event on Monday 21st August from 12 noon to 3.00pm. A chance to find out more about what we do and pick up lots of information about all of our up-coming activities.



Sight & Hearing Tests in Your Own Home

The NHS is providing and funding Home Tests in the comfort of your own home. Visiting opticians will check your vision and for eye health conditions such as cataracts and macular degeneration.

Hearing Technicians can also provide free hearing tests and advice and fit NHS Hearing Aids if you are eligible.



To request your test and to arrange a home visit call Tel: 0800 915 6243 (Quote: P6) or book online at: www.outsideclinic.co.uk/P6

NEWSLETTER
Summer 2023
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USEFUL CONTACTS

PARKFIELD: 01707 291041

CANCELLATION LINE:
 07518 391153 (TEXT ONLY)

NHS – (OUT OF HOURS) 111
COVID-19 ADVICE LINE 119

POTTERS BAR COMMUNITY HOSPITAL
 (01707) 653286

URGENT CARE CENTRES:
CHASE FARM 0208 375 2999
BARNET 0208 216 4600

PHARMACIES

QUESTMOOR 01707 659120
BOOTS 01707 652438
TESCO 020 3801 5232
THE ELMS 01707 646376

HERTS HELP:
 0300 123 4044

COMMUNITIES 1ST
 For transport & general services:
 01727 649900

CARERS IN HERTS:
 01992 586969

CRUSE BEREAVEMENT:
 01707 278 389

EVENTS

CPR COURSES -
 9th Sept 10am @
 Parkfield Medical Centre
 2nd Oct 10.30am @ URC Darkes Lane
 20th Nov 10.30am URC Darkes Lane

our HEALTH & WELLBEING EVENT
 8 Sept at The Wyllotts Centre

CHATTY FRIDAYS
 From 10.30am last Friday each month
 at Wyllotts Café

FOR ANY QUERIES PLEASE CONTACT:
friendsofparkfieldppg@gmail.com
OR TELEPHONE THE PPG SECRETARY:
 07941 861 803

Practice Updates

The Sugery has no updates for this issue.



You asked. We did – Water Machine

During the recent hot weather our check-in volunteers were asked by a number of patients whether a water machine could be provided in the waiting room.



As a Patients Group we raised this question with the Practice Management. The response was that there were concerns about Health and Safety issues arising from wet floors and the disposal of cups and as a consequence the Partners were not able to agree to having a machine in the waiting area.

In hot weather it is a good idea to carry a bottle of water with you and we would recommend this. If you do need a top up whilst in the surgery please asked at reception when the desk is quiet.

We will continue to work with the Practice to explore whether there is a practical way to address the concerns raised and to provide this facility for patients in the future.

New Support Hub for Potters Bar

Rennie Grove and Peace Hospice Care are delighted to announce the relaunch of a Community Hub in Potters Bar, to support local people who are living with a life-limiting illness.

The Peace Hospice Care Outreach Hub has been established at Elm Court since April 2022 and from 13th July 2023 will be moving to the Wyllyotts Centre, Potters Bar, EN6 2HN and be known as a Compassionate Support Hub. The Compassionate Support Hub will be open every 2nd Thursday of the month (starting 13th July) from 10am to 12pm at the Wyllyotts Centre, Potters Bar, EN6 2HN.

Alison May, Community Engagement Manager at Peace Hospice Care, explains:

“Since launching the Outreach Hub at Elm Court we have been able to support local people who are living with a life-limiting illness. Whether they come to the sessions for peer support, signposting to services that can help them or just to enjoy a cup of tea and a listening ear, the service has become invaluable to the local community.

“We have been listening to the feedback from local people and partner organisations, and have decided to relaunch the hub so that it is even better suited to the needs of this community. We’re looking forward to establishing the hub in its new home at Wyllyotts Centre. We’ll be able to offer a safe place and tailored support to ensure that local people know that we’re here for them, from the point of diagnosis onwards, to help them make every moment matter when living with a life-limiting illness.”

The Compassionate Support Hub will be open every 2nd Thursday of the month from 10am to 12pm. It is open to all local residents who are living with a life-limiting illness – whether they have been recently diagnosed or living with it for years – with no need to book ahead.

The sessions will offer an informal space to meet others for a drink and a friendly chat with a trained volunteer or staff member, who can offer information, guidance and signposting to available services.

Rennie Grove Peace

Compassionate Support Hub

Fancy a chat?

If you've been diagnosed with a life-limiting illness (or if you're a carer), why not drop into one of our Support Hubs for a cuppa and a friendly chat? Meet people who understand how you might be feeling. Discover what support is available.

10am - 12pm
2nd Thursday of every month
Wyllyotts Theatre, Wyllyotts Place,
Potters Bar, EN6 2HZ

✉ compassion@peacehospicecare.org.uk
☎ 01923 330330

Rennie Grove Peace Hospice Care | Charity No. 1201713

The NHS and Department of Health and Social Care have recently published their delivery plan for recovering access to Primary Care



This plan builds on work already happening locally, but further sets out how the NHS will make it easier and more convenient for patients to get the help they need from primary care services.

It will take time to safely make all the changes in the plan and the NHS asks you to support and work with your local practice, primary care network and patient groups as they continue on the journey of improvement.

The National Delivery Plan

The plan, with local practices and other parts of primary care, aims to produce the national delivery plans which will include:

- For the first time ever, patients who need prescription medication will be able to get it directly from a pharmacy, without a GP appointment, for seven common conditions including earache, sore throat, or urinary tract infections.
- Patients will be able to self-refer for key services, including physiotherapy, hearing tests, and podiatry, without seeing their GP first.
- Further investment in better phone technology for GP teams allowing them to manage call queues including calling back patients rather than them having to wait on the phone. We are working with our Practice to achieve the best access for patients with the new system.

Staff at GP practices who are answering calls will have extra training to prioritise patients who need to see a GP or arrange for people to see other healthcare staff who can help them.

Some changes have already taken place, such as:

- Improved range of staff members in general practice meaning you don't always need to wait to see a GP to if there is another professional to suit your needs, such as nurses, paramedic, pharmacists, healthcare assistants, and physiotherapists.
- The introduction of a Community Pharmacy Consultation Service (CPCS) providing specially trained practice reception staff to transfer you to a community pharmacist for a same-day appointment for minor illness or an urgent supply of a regular medicine. This makes it easier for patients to get the care they need quickly, and GP appointments are freed up for patients with more complex needs that can only be looked after by a GP

A great way to keep up-to-date and contribute to all of the work we are doing in relation to GP services, is to join our PPG (Patient Participation Group). The role of PPG members includes providing an important link between the practice and the patients which enables the practice to receive feedback on patient experience and ultimately to improve the ways they do things.

Pick up information about the Parkfield Patient Group in the waiting room or contact us on: friendsofparkfieldppg@gmail.com

Take part in a survey helping GP practices become more autism friendly

Healthwatch Hertfordshire has launched a new survey asking for feedback from autistic people on their experiences of GP services.

Working in partnership the NHS, feedback will help ensure that people with autism are supported and accommodated when accessing GP services.

Findings from the survey will be used to help GP surgeries to become more autism friendly.

If you or someone you know is autistic, do consider completing the anonymous 10 minute survey. Closing on 17 July, find out more about the survey and take part online at: www.surveymonkey.co.uk/r/HwHAutism

CPR Training - new dates now available

Our next CPR dates are scheduled as follows:

Saturday 9th September 10.00am – 12.00am at Parkfield Medical Centre
Monday 2nd October 10.30am – 12.30pm at United Reformed Church
Monday 20th November 10.30am – 12.30pm at United Reformed Church

Join us on one of these dates to learn how to perform CPR and use a Defibrillator. Our training also covers choking and the recovery position. Although not a formal qualification you will receive a certificate of attendance. There is a small charge of £5 to cover our costs.

Book on Eventbrite, search for Health Events Potters Bar and the date that you are interested in. Or contact us on friendsofparkfieldppg@gmail.com and we will send you the link to book.



Chatter Table Trip to Brighton

On a beautiful sunny day in May a group of 45 regular attendees at the monthly Chatter Table coffee mornings boarded a coach at Furzefield for a day at the seaside.

Despite some delay on the M25 there was still time to spend five hours by the sea, and there is much to do in Brighton, with some choosing to visit the Royal Pavillion and its gardens, and some riding the electric railway along the seafront, walking the pier or shopping in the Lanes.

Everyone had an enjoyable day and the trip, accompanied by volunteers from the three Potters Bar Surgeries, was deemed a success by all.



Don't take the heat - stay safe in the sun

As the temperatures remain high and the weather forecast hopefully looks favourable for the coming weeks we encourage everyone to do what they can to keep well.

In hot weather, there is an increase in the number of people experiencing respiratory issues, especially as it also affects pollen levels. If you have a condition like asthma or COPD (chronic obstructive pulmonary disorder), please do take extra care but if you do start to feel unwell, contact your GP or use NHS111 so that you can get the right help at the right time. [Go to the Asthma and Lung UK website for advice about looking after your lungs in hot weather.](#) Make sure you and your loved ones continue to follow common sense:

- Stay out of the direct sun, especially during the hottest part of the day between 11am and 3pm when UV rays are at their strongest
- If you do go outdoors, keep to shady areas, and wear a hat, sunglasses and light, loose-fitting, light-coloured clothes
- Apply sunscreen frequently of at least SPF 30 and four- or five-star ultraviolet A (UVA) protection regularly to exposed skin
- Drink plenty of fluids – pop some ice cubes in a water bottle to help keep fluids colder for longer
- Avoid excess alcohol
- Avoid extreme physical exertion. If you can't avoid strenuous outdoor activity, keep it for cooler parts of the day such as early morning or evening.

[Go to the Seasonal Health section of the NHS website for more advice.](#)

Meanwhile, please remember that the NHS shares lots of social media messaging about this and several other topics - follow them on [Twitter](#) and [Facebook](#), and share NHS advice with others if you can.