

HEALTH AND WELLBEING EVENT



NEWSLETTER

Autumn 2024

No 83

USEFUL CONTACTS

PARKFIELD: 01707 291041

CANCELLATION LINE:

07518 391153 (TEXT ONLY)

NHS – (OUT OF HOURS) 111

POTTERS BAR COMMUNITY HOSPITAL
01707 653286

URGENT CARE CENTRES:

CHASE FARM 020 8375 2999

BARNET 020 8216 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

HEALTH TALK

Monday 30th September 7.15pm
at United Reformed Church, Darkes Lane

SELF CARE WORKSHOP

Monday 11th November – 7.15pm at United
Reformed Church, Darkes Lane

CPR COURSE

19th November (10.15am)
at the United Reformed Church, Darkes Lane

CHATTER TABLES

25th October

22nd November

13th December

10.30-12.00 in Wyllyotts Café.

QUIZ NIGHT

Saturday 12th October at the United
Reformed Church, Darkes Lane

PPG AGM

Wednesday 27th November 7.15pm
United Reformed Church, Darkes Lane

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

The 8th Annual Potters Bar Health and Wellbeing Event at the Wyllyotts Theatre on 13th September was opened by Councillor Paul Richards who holds the Public Health portfolio for Hertsmere, he visited the 26 stalls after his speech. Once again, the venue was packed, with almost 600 people attending this phenomenally successful event. Later in the morning Sir Oliver Dowden, MP for Hertsmere, called in to see what the event was all about and spent some time touring the exhibitors' hall and talking to visitors.

The event was organised by the PPGs of the Potters Bar Surgeries, working in partnership with Hertsmere Borough Council and InspireAll, with the support of the Wyllyotts Theatre.

Doctors from Annandale and Highview as well as our own Dan Bottrill gave interesting talks on Blood Pressure, Cataracts and Respiratory Conditions. There were also talks on Nutrition for the Elderly, Cancel out Cancer and a fascinating talk on the use of Robotics in modern medical practice. Visitors enjoyed interactive taster sessions, from Chair Yoga, Tai Chi, Mindfulness, Musical Memories, to a gentle class based on ballet movements called 'Silver Swans' and Clock Cricket. If you would like to know more about Clock Cricket, come along to Chatter Tables at Wyllyotts on 25th October or 22nd November and take part in a free session at 12.00 afterwards!

The hall hosted stallholders from organisations such as Age UK, Potters Bar U3A, the Alzheimers' Society, the Stroke Association, Prostate Cancer UK, Herts Ability, Communities 1st, Herts Musical Memories and many more! The Health Checks conducted this year by the Hertfordshire Better Health Bus were much in demand, with visitors commenting on how useful they had found the results.

Our grateful thanks go to Ginny Williams, Sam Etherington and all the staff at the Wyllyotts Theatre, as well as the volunteers from the Potters Bar surgeries who took on the many tasks involved in staging the event. We hope that all who visited enjoyed themselves and found it useful; your comments and suggestions for next year's event are welcome.

SURGERY UPDATE

Dr Liz Pollara

Liz knew for a long-time that she wanted to be a GP and studied for an intercalated BSc in Primary Health Care with her medical degree at University College London. She is passionate about General Practice being one of the greatest strengths of the NHS and hopes to inspire medical students and trainees to feel that way too!

She has worked as a GP in both London and elsewhere in Hertfordshire before joining Parkfield as a salaried GP. Liz has an interest in medical education. She enjoys ferrying her kids to various activities and also reading.



Respiratory Syncytial Virus (RSV)

The RSV vaccine helps protect against respiratory syncytial virus, a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79. It is not a replacement of the flu vaccine.

What the RSV vaccine is for?

The RSV vaccine helps protect against respiratory syncytial virus. RSV is a common cause of coughs and colds. Most people get it several times during their life.

It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as:

- pneumonia (a lung infection)
- bronchiolitis (a chest infection that affects babies)

These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening.

Getting RSV can also make your symptoms worse if you have a lung condition, such as chronic obstructive pulmonary disorder (COPD).

The RSV vaccine helps reduce the risk of serious breathing problems like pneumonia and bronchiolitis. **The surgery will contact you if you are eligible for the vaccine and offer you an appointment.**

GP Collective Action Information

We appreciate many of our patients may have heard about 'GP Collective Action' on the news and have concerns. Across England it is becoming increasingly difficult to get an appointment or see the doctor of your choice. GPs are taking on more work from the hospital alongside managing a growing aging population with more complex health problems, all on a background of longstanding underfunding from the government.

We want to reassure our patients that we are not on strike, we are working as hard as ever and have not opted to change the number of appointments we provide or how our patients access care with us. Most of the actions we have chosen to take involve how we interface with other parts of the NHS.

We know access to appointments and GP services is frustrating and we want to be able to provide you with the best healthcare we can. We believe fighting for a better deal for GP surgeries that will protect them and prevent them from facing closure is the best way to do this.

We hope we can count on your support to help save general practice and improve the resilience of general practice as we move forward. GPs are on your side.

Dr Sai Ramanathan, Dr Adwoa Yeboah, Dr Rushikesh Trivedi & Dr Shainthavi Sivapalan
The Partners at Parkfield Medical Centre

Self-care Workshop with guided meditation and sound bath by Ricky Lakha Monday 11th November – 7.15pm at United Reformed Church, Darkes Lane

Ricky of Radheya Holistic Healing is an experienced alternative therapy and wellbeing practitioner based in Potters Bar. Specialising in sound healing, gong therapy, meditation, Reiki and Lomi Lomi Hawaiian bodywork and other massage techniques. He is a qualified Reiki Master and a practitioner of NLP life coaching and Time Line Therapy.

If you have experienced these therapies before, or if it is new to you, join us to explore this alternative approach to wellbeing. You are invited to participate in the workshop, guided meditation and sound bath. You will leave feeling calm and relaxed.



This self-love and self-care workshop, will be a 2hr session and include:

Introduction

Presentation - 30 mins

Group work - 15 mins

Group feedback / Q&A - 15 mins

Guided Meditation session with sound bath - 45 mins

What to bring: (optional) If you wish to lie down for the meditation element - yoga mat, cushion, journal (pen/paper), blanket and water bottle.

You can also remain seated comfortably if you prefer.



Flu Jabs at Parkfield Medical Centre

Clinics are being held on **5th, 12th and 19th October, by appointment.**

Please look out for an SMS message which will enable you to book an appt. Please note: Those patients without a mobile phone will be contacted by our admin team via a phone call to book an appt. If you are unable to attend on the dates above please contact the surgery for alternative options.

PPG volunteers will be in attendance at these clinics to accept Membership renewals and donations by cash cheque and card.

The surgery will not be offering COVID boosters this Autumn. These will be available for eligible patients at Questmoor and other local pharmacies. Bookable online or call in and ask.

**CAUDWELL
YOUTH**

Could you be a Volunteer Mentor in Hertfordshire?

Caudwell Youth mentors at-risk young people aged 11-24 into new futures. Providing 1-2-1 person-centred mentoring in the community by matching each young person with a fully trained and DBS checked Volunteer Mentor.

Caudwell Youth enable effective transition from isolation, exclusion, trauma, low self-esteem, and harmful associations to re-engagement with education, training, independent living, and employment.

Volunteer Mentors engage with each young person, building positive relationships and supporting them to take the lead on designing their journey. By advocating for them in multi-agency settings they work hard to ensure that needs and voices are heard.

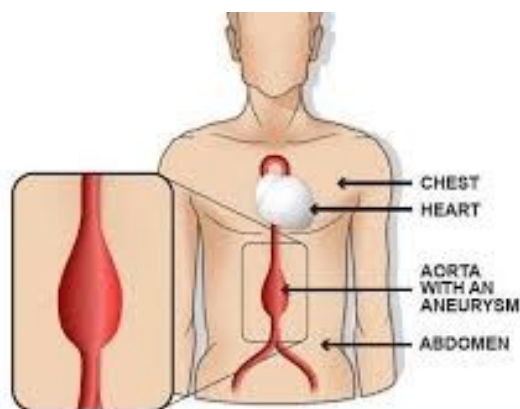
The young people supported have a wide range of needs, with most experiencing multiple challenges which compounds the level of risk they face. Offering non-judgemental support and by showing positive alternatives, Caudwell empower young people with the tools to thrive as they move into adulthood.

If you are over 18 years old and can spare an hour or two a week for up to 2 years, why not sign up to mentor with us today, your input will help make the difference to a young person's life. Full training, DBS check and expenses are offered.

For more information, please go to www.caudwellyouth.org

The Hertfordshire Abdominal Aortic Aneurysm (AAA) Screening Programme

Abdominal Aortic Aneurysm screening (AAA) is being offered free of charge by the NHS to all men during their 65th year. We routinely invite all men during the year of their 65th birthday but also screen men over the age of 65 who self refer to the programme. This programme aims to reduce aneurysm-related mortality through early detection, appropriate monitoring and treatment. An AAA usually causes no symptoms, but if it bursts, it's extremely dangerous and usually fatal. Around 8 out of 10 people with a ruptured AAA either die before they reach hospital or don't survive surgery. AAAs are most common in men aged over 65. A rupture accounts for more than 1 in 50 of all deaths in this group and a total of 6,000 deaths in England and Wales each year. All men registered with a General Practitioner will be invited for a scan the year they turn 65.



The Hertfordshire AAA Screening Programme has been running in the community since July 2013.

Screening involves a simple ultrasound scan of the patient's stomach (abdomen) which takes about 10-15 minutes. If the aorta is not enlarged, then he is discharged from the programme. If a small to medium aneurysm is detected, then he will be monitored either yearly or 3 monthly depending on the size of the aorta. If he is found to have a large aneurysm (>5.5cm) then he will be referred to the vascular team at Watford General Hospital within 2 weeks where he will be advised on further treatment. All surgical procedures to repair the aneurysm are carried out within 8 weeks of referral. The GP will be informed of the screening result by letter. Hertfordshire screen approximately 6,500 men a year.

The Hertfordshire AAA screening programme has screening clinics in 16 venues across the county. These are based in GP surgeries and 4 local hospitals. The clinics run all day Monday to Friday with two screening technicians in each clinic.

There are 39 AAA screening programmes nationally and the Hertfordshire programme have just received the "Roll of Honour" by the National AAA Screening Programme achieving the most successful programme. In May 2016 Hertfordshire achieved the Purple Star Award for our outstanding work with our learning disability community, making reasonable adjustments whenever needed.

If you would like to find out more about the programme do not hesitate to contact 01727 897719 or view the AAA Screening Programme website www.aaa.screening.nhs.uk.

Patients' Feedback (Friends and Family) July's Results:

Options	Total
Good	59
Very Good	301
Neither good nor poor	6
Poor	3
Very poor	3
Don't know	

Please note that the PPG AGM will now be Wednesday 27th November, 7.15pm at United Reformed Church, Darkes Lane.

Join us to hear what your PPG has been doing and help us to shape our future work. Refreshments will be available after the meeting.