

*Congratulations to His Majesty The King and Her Majesty The Queen Consort on their Coronation on Saturday 6th May at Westminster Abbey*



## New campaign urges 'Get checked for Cancer'



As part of Hertsme Against Cancer, anybody identified as eligible for cancer screening but who has not taken up their invitation, will be called by trained NHS staff and offered advice and support to book an appointment to get checked. National screening programmes are run for breast, bowel and cervical cancers. Cervical cancer screening calls have already resulted in women across the borough being booked in for potentially lifesaving screening.

The project is the first collaboration between Hertsme and the NHS since the new Herts and West Essex's Integrated Care System came into force.

Alongside contacting patients directly a media campaign and community events raising awareness of the signs and symptoms of cancer will be taking place across Hertsme throughout the year.

## Bowel Cancer Screening

Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years.

The programme is being expanded so that everyone aged 50 to 59 years will be eligible for screening. This is happening gradually over 4 years (after April 2021) and started with 56 year olds and recently 58 year olds, so you may get a test before you're 60.

Make sure your GP practice has your correct address so your kit is posted to the right place.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on [0800 707 60 60](tel:08007076060).

## Breast Screening

Each year more than 2 million women have breast cancer screening in the UK. The NHS Breast Screening Programme invites all women from the age of 50 to 70 for screening every 3 years.

**If you are over 70**, you can still have screening every 3 years but you won't automatically be invited. To make an appointment, talk to your GP or your local breast screening unit.

Breast screening is also for some trans or non-binary people. Talk to your GP or Gender Identity Clinic about this.

The Friends of Parkfield Medical Centre – Registered Charity No. 1075710

## NEWSLETTER

Spring 2023

No 77

### 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 1<sup>ST</sup>

For transport & general services:  
01727 649900

CARERS IN HERTS:  
01992 586969

CRUSE BEREAVEMENT:  
01707 278 389

### EVENTS

HEALTH TALK - 26 April, 7.15pm at  
United Reformed Church,  
Darkes Lane

CPR COURSES - 2 May & 26 June  
10.15am at United Reformed Church,  
Darkes Lane

HEALTH & WELLBEING EVENT  
8 Sept at The Wyllyotts Centre

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

FOR ANY QUERIES PLEASE CONTACT:  
[friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)  
OR TELEPHONE THE PPG SECRETARY:  
07941 861 803

# Practice Updates

## Staff Changes

**Dr Hussain** graduated with her medical degree and intercalated degree in Orthopaedic Science from University College London and then trained in hospitals in both London and Hertfordshire before specialising as a General Practitioner. She is passionate about General Practice and has been a representative for the Royal College of General Practitioners as a member of their Bedfordshire and Hertfordshire local faculty.



She also takes an interest in medical education and has been involved in examining Physician Associate students at the University of Hertfordshire. Outside of work, Dr Hussain has interests in travelling and landscape photography, as well as baking, attending theatre productions and reading fantasy fiction.



### **Dr Miriam Burns**

Miriam studied at King's College London for her medical degree and got an intercalated 1st class degree in Medical Ethics and Law. She spent a large part of her General Practice training at Parkfield and loved it so much she has come back as a permanent fixture!

She lives in North West London with her husband and two children. She loves baking and gardening with her children in her spare time.

## Volunteers Needed to Help at the Surgery

The surgery is hosting two Respiratory Clinics, Mondays and Fridays, and will also be hosting an ADHD clinic on Tuesdays. These clinics run all day and we are looking for additional Meet & Greet Volunteers to welcome patients to these clinics as well as our own patients, and manage any queues, for about 2hrs in the afternoons.



We will shortly be installing a new 'SurgeryPod' which is a secure user-friendly system designed to save clinicians time by enabling patients to take their own measurements such as weight and blood pressure. The readings taken and responses to questions asked transfer directly into the patients record. This new facility offers the opportunity for patients to monitor their own health without waiting for an appointment. The results entered directly will be flagged to a GP or nurse if a follow-up appointment is needed and the patient will be contacted.

We need volunteers who are comfortable with technology to help patients who need assistance to take their blood pressure and weight and input their information. Training will be given and we hope to have the system up and running in April. If you have two hours or so available any day of the week and are interested in helping our patients in this way, or would like to assist patients check-in on a Monday or Friday afternoon, please contact: [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com) or the PPG secretary on 07941 861803.

## Letters to your GP

Following a query from a patient, we have clarified what happens when you write a letter to your GP. When it arrives at the practice, the letter will be scanned and placed on your Patient Record. It will be seen by the next GP to open your file.

The practice does not advise your GP that the letter has been put on file, so if there is information in the letter you want to discuss urgently with your GP or that you believe your GP needs to see immediately, you should phone reception and ask for a telephone appointment to review the contents of your letter. The way letters are processed is not what we might have expected, but it reflects the large number of letters the Practice receives and the day-to-day pressures on our GPs. So we are all asked to exercise our judgement before deciding to contact reception.

## Extended Access Appointments

The Practice has a daily allocation of Extended Access Appointments at locations across Hertsmere. These are available weekday evenings and on Saturday and Sunday for nurses, pharmacist, physio and GP's. Any surgeries allocation not taken up are available to all practices from 2pm each day.

## Health Talk – MoleAware

Wednesday 26th April 7.15pm at United Reformed Church, Darkes Lane

The Mole Screening Service is run by Celia Ellicott, who has over 20 years experience in nursing, and since 2005 has been specialising in skin cancer, dermatology and mole screening. Celia has an MSc in Dermatology Skills & Treatment from University of Hertfordshire, and a Diploma in Dermoscopy.



Has a mole appeared or changed recently, a blemish or mole become sore or itches, scabs or even bleeds? Any change in a mole or any patch of skin that's occurred over a few weeks or months should be taken seriously and checked out by your GP. Come to the talk and learn more about what to look out for.

**MoleAware** is an independent service focusing on the early detection of skin cancer. The most serious type of skin cancer is called melanoma. Other types, squamous cell carcinoma (SCC) and basal cell carcinoma (BCC) are the most common skin cancers. Mole screening can provide early detection of skin cancers, which can then be treated early and easily. Mole mapping can help take away the anxiety of having to 'self-check' all your moles, particularly if you have lots of moles, as well as a personal or family history of skin cancer.

Individual confidential one-to-one consultations, as well as advice and reassurance are provided for anyone worried about their moles. Consultations include:

- A Personal Melanoma Risk Profile – an evaluation of skin type and family history, providing an indication of future melanoma risk
- Skin Assessment – a full head to toe visual skin examination checking all moles
- Computerised Digital Dermoscopy - a non-invasive, diagnostic technique, allows closer assessment of specific structural features of moles not visible to the naked eye
- Mole Mapping – a high definition imaging system, allowing images to be taken of moles and stored to detect any alterations through comparison and continuous observation to monitor new or changing moles
- Personalised Future Management - Follow-up appointments for mole mapping and referrals to specialist dermatology consultants and skin surgeons for removal of benign or suspect moles

You can contact MoleAware in strictest confidence to find out more about the services offered or to arrange an appointment. Tel: 020 8248 6312, email: [enquiries@moleaware.co.uk](mailto:enquiries@moleaware.co.uk) or website: [www.moleaware.co.uk](http://www.moleaware.co.uk)

## Community Health Services available at Potters Bar Community Hospital

The Community Ear, Nose and Throat Service currently available at PBCH deals with all general ENT problems including:

Ear (inc. hearing tests and aids)	Nose/sinus	Throat (inc. voice/swallowing)
Balance/Dizziness	Thyroid	Sleep Apnoea/Snoring
	Tinnitus	

**The Integrated Diabetes Service** deals with complex type 1 and 2 diabetes problems and if necessary will refer patients on to Watford Hospital.

**Ultrasound (scans):** The company that provides this service (PML Limited) are currently in negotiations and hope to be able to offer this service at Potters Bar Community Hospital soon.

**The Community Ophthalmology Service (CHEC)** is not available at PBCH, the nearest clinics to Potters Bar being St. Albans and Radlett.

**The Moorfields Outreach Clinic**, which is based at PBCH is independently provided directly by Moorfields and deals mainly with Cataracts and Glaucoma.

**CPR courses 2nd May & 26th June, book on Eventbrite or tel: 01707 652889**

## How we use Donations from the PPG

From time to time the PPG are asked to fund items for the surgery and most recently your donations have helped fund the purchase of an **Ambulatory Blood Pressure Monitor** and a **Spirometer**. Our criteria when deciding which items are appropriate to fund is, firstly that they are not pieces of equipment that the NHS would normally supply to the practice and, secondly, that they will be of benefit to patients, usually by enabling the clinical staff to assess patients in house rather than sending them to a clinic/hospital, which can often mean a long wait to be seen, thus delaying diagnosis and treatment.



ABP Monitor

The **ABP monitor** is already in constant use and gives much more accurate readings of blood pressure over a 24 hour period, whilst the patient is at home. The **Spirometer** is used to measure the breathing of those with, or are suspected of having, respiratory disease such as COPD or asthma in order to ascertain the best treatment and gives a more rapid diagnosis, especially in children. Without this equipment at the surgery the patient would be referred to a respiratory clinic for assessment. Donations from patients are very much appreciated and help to enhance the experience of all patients.



Spirometer

## Setting up the NHS App

In Summary the NHS App allows you to do many things including:

- Booking and cancelling appointments
- Requesting repeat prescriptions
- Viewing certain parts of your medical records

To download the App on IOS go to the App Store or on Android go to Google Play. There are a set of guidelines to help you set up the App available from Parkfield Reception and in the PPG area on the surgery website.

## Be Aware of Symptoms of Stroke and Save Lives

In recent weeks you may have seen a number of reminders, including on television, about the signs to look out for if you think someone is having a stroke.

This is part of a campaign, re-launched this month after initially being seen ten years ago, by NHS England urging you to dial 999 immediately. In association with the Stroke Association it highlights the importance of taking action quickly.

Spotting the signs quickly could reduce the amount of time between someone having a stroke and arriving at hospital where they can get the right care.

If you are aged 50 or above you are more likely to experience a stroke but everyone should remain as vigilant as possible in the hope of spotting the signs of stroke in a loved one or friend.

The **FAST** campaign stands for:

- **Face** – has it fallen on one side?
- **Arms** – Can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time** – even if you are unsure, call 999 if any of the above are true.

You can find out more about this campaign on the [NHS website](#) and about the work of the [Stroke Association](#), which works for better facilities for stroke victims whilst also looking after them as they recover.

