

# Flu Jab Weekend

In a change to the dates that we published in an earlier newsletter, Flu Jabs will now be offered on **Saturday 3<sup>rd</sup> October and Sunday 4<sup>th</sup> October 8.30am – 3.30pm** both days.

This will be at the surgery with a carefully controlled queuing system to ensure social distancing and the minimum amount of time to be spent inside the building. There will be no parking on site and all attending will need to wear a face covering.



All eligible patients will receive a letter by mid-September which provides full details of the arrangements and what to expect. Please read this letter carefully and bring it with you on the day to verify eligibility. At present the vaccinations are being offered to over 65's and those under 65 with an at-risk condition. If you have not received the letter but normally receive the vaccination within one of these groups please contact the surgery before attending. If you are unable to attend on those dates you will need to contact the surgery after that weekend to find out about alternative arrangements.

The surgery is still awaiting information about the possible vaccination of additional cohorts (over 50's) at a later date.

## Nursing Services reinstated

Virtually all of the usual nursing services are now available at the surgery. However, please be aware that there is lower capacity to allow gaps between appointments for PPE and sanitization requirements, this may mean longer waits to get appointments.

Ear syringing has not yet been reinstated due to the high level of aerosol droplets created. Patients with ear pain should phone for a GP consultation. If there is no pain the advice is to use olive oil to soften earwax and to check in with the surgery every couple of weeks for news on when syringing may become available.

Pneumonia and shingles vaccinations are now being offered again and eligible patients are being contacted and advised to ring to book an appointment, (these will not be available on the flu clinic days).

## New Trainee GPs

In August we said goodbye to Aarti Patel, Raajul Shah and Rediet Wiebel. Janice Wong and Ananya Patel have joined us as ST2s for 4 months. Vivek Venkatesan is an ST 3 and is here for a year.

## PPG Membership Renewal

At this time of year we would usually be including a membership renewal form with our autumn newsletter. However, with the strange year that we have been having we will be rolling over all memberships this time until September 2021 and new forms will not be required.

If you would like to make a donation to the PPG this year you are very welcome to do so and this would be gratefully received to help us continue our work supporting patients and the surgery. Any donations should be dropped in or posted to the surgery marked for the attention of the PPG, please include your name and address so that we can identify you.

## Thank You

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



## NEWSLETTER SEPTEMBER 2020 No 66

### 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 0203 801 5232  
THE ELMS 01707 646376

HERTS HELP:  
0300 123 4044

HERTS COMMUNITY TRANSPORT:  
0208 207 5055

CARERS IN HERTS:  
01992 586969

CRUSE BEREAVEMENT:  
01707 278 389

### EVENTS ON ZOOM:

Chatty Fridays on the 11th September  
and 2nd October at 11.00am

Quiz Night Saturday 17th October at  
7.00pm

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

## How to get over a fear of blood tests

Blood tests give vital information to doctors about the state of a patient's health. Many people are nervous about this procedure. It is best to be open about this with your health professionals.

If you do not need a fasting blood test (check first) then have a meal before hand. It is also good to eat something after, especially for those fasting.

There are many reasons for fear, will it hurt, will I faint, will I show I'm scared. Identify your worries & keep yourself occupied whilst waiting or take someone with you for support. Let the phlebotomist/nurse know your concerns, they may be able to put you in a more relaxed position & will reassure you. Distract yourself whilst the blood is being taken.

If you have a phobia, or concerns for children, talk over your concerns when referred by your doctor. In the case of fear of pain numbing products are available. You could also ask your pharmacist about this. Blood test capacity at the surgery is still limited currently offering only URGENT appt's for warfarin/noac (blood thinning medication) and high risk, shielding or elderly patients who cannot get to Chase Farm Hospital or Elstree.

**Barnet Hospital** is not currently doing blood tests.

**Chase Farm Hospital** is by appointment only which can be booked by telephone or online.

**Elstree Clinic** has been extended until the end September and must be booked via the surgery.

## Quiz Night—Saturday 17th October at 7.00pm

Our annual quiz this year, like so many other things, is being held on Zoom, with teams of households/friends, couples, or those who wish to participate individually, according to personal circumstances. Our regular Quizmaster, Steve, has kindly agreed to run this. We are planning 8 rounds which will include a picture and a music round. He will give the answers after each round with everyone keeping their own scores, to be revealed at the end. We anticipate the quiz will last around 2 hours, including a short break halfway through.



Some of you may have taken part in one or more quizzes run in a similar way, but for those who have not, please be assured it is an easy process and does not require you to hold a Zoom account. Those who wish to take part will be sent an email invitation a few days beforehand, and just need to click on the included link to join on the night.

This is just a bit of fun but there will be a voucher prize for the winner(s) and we are asking for a small donation of £2 per person or £5 for 3 or more to participate. Hope you can join us for this fun evening.

For further information on the quiz and/or how to use Zoom, and to book please contact:

[friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com) or telephone the PPG secretary on 07941 861 803

## Patient Story

We have recently received a generous donation in memory of Alan Edwards and his wife has given us the following fascinating snapshot of Alan's wartime flying experiences which we are happy to share.



"In his youth my husband Alan Edwards suffered severely from asthma, surprisingly he passed his flying medical and after training in Canada served as a Spitfire pilot. In 1943 over northern France his plane was shot down and crash landed. Alan, very badly wounded in the cockpit, was greeted with a gun and the usual 'for you the war is over'. After 3 months in hospital he was transferred to Stalag IVB POW Camp in East Germany. He had one friend, his 'mucker' who saved his life by carrying him around when he was so ill with dysentery. There were several failed escape attempts, then in April 1945, Alan with his mucker and others, left the camp ahead of the Russians and trekked to allied lines.

Alan joined the Royal Auxiliary Air Force in 1949 flying Vampires and Meteors, his squadron on standby during the 1951 Korean War.

In 1957 Alan became sole owner of Rope & Marine Services Ltd. an engineering business still a successful company and now run by his Grandson."