

# Health and Wellbeing Issue

## Hospital and Community Navigation Service

This service is provided by Herts Help. They are there to listen and help you find the support, advice and information needed to improve and maintain health and wellbeing. They can directly help with food shopping, equipment and prescription collections, organising & helping with form filling, Blue Badge applications, grants & pendant alarms. They support vulnerable adults & older people, people discharged from hospital, people with depression and anxiety and anyone in need of help for any aspect other than clinical.

Christine Kinch, our Community Navigator, has come to Hertsmere after experience in Welwyn and Hatfield. She has personally helped people with arranging cleaning, shopping, hearing tests & the provision of hearing aids. She has arranged provision of equipment such as flashing lights attached to doorbells and pendant alarms. She has also helped lonely people with socialising.

Christine can be contacted on 0300 1234044, or email [info@hertshelp.net](mailto:info@hertshelp.net)

## Potters Bar Social Prescribing Service



Geeta Kaur is the social prescriber in Potters Bar. There are many support networks across Hertsmere, and she can help you find one that meets your needs. Appointments with Geeta can be made through reception or by GP referral. Social prescribing works for a range of people, including:

- Vulnerable adults and older people
- People in need of support in their home
- People who are lonely or isolated
- People with issues in relation to frailty and falls
- People with mild depression or anxiety
- People needing help with decluttering and hoarding

### She can help people to access support with:

- Benefits, debt & finance
- Carer assistance and information
- Getting and keeping active
- Developing motivation, confidence and resilience
- Filling out forms
- People being discharged from hospital/ emergency food bags
- Applying for grants, Blue Badges and pendant alarms

### Support that cannot be provided (but can be referred on):

- Personal care
- Administering of medication
- Medical or social care assessment

## \*\*\*STOP PRESS\*\*\*

Early notice of 2020 Flu Jab dates 3rd, 10th and 17th October

Neurobic Exercises session for patients living with memory loss and their carers 10.30-12.00 on Friday 5th June. Look out for the flyers soon.



## NEWSLETTER

Spring 2020

No 64

## 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  
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**

# Healthy Hub Launches in Potters Bar

The Healthy Hub at the Wylyotts Centre is a dedicated local venue where people can get services, support and advice on a range of physical and mental health issues all in one place. Whether it's help to stop smoking, help to lose weight, mental health support, encouragement to get more active or advice on how to cut down on your drinking, the hub has a dedicated health and wellbeing advocate who can answer any queries or signpost services.



The hub is funded through Hertfordshire County Council and managed by InspireAll, in partnership with Hertsmere Borough Council. Hertsmere Borough Councillor Caroline Clapper, Portfolio Holder for Leisure, Health and Wellbeing, said, "It can be difficult to find the time or motivation to make changes to your lifestyle. Through this new Healthy Hub, you can get help in a quick, easy and convenient way on a range of subjects. So whether you want help with getting into shape, need mental health support or counselling, are looking for volunteering opportunities, want to stop smoking or are in need of family planning advice, you can pop in and speak to the health and wellbeing advocate anytime or ring up to book an appointment."

**Opening hours for the hub** - Monday to Friday 9:45am-4.45pm, Saturday 10am to-1:45pm

Bookable appts: Mondays 9am-12:30pm. **Contact on: 07741 248852 or Lee.Bruce@inspireall.com**

## Chatter Tables



The Patient Participation Groups from all three Potters Bar Surgeries have joined together to host Chatter Tables on a Wednesday once a month at The Café in the Wylyotts Centre 10.30 – 12.00. This is a new initiative for 2020, being run in partnership with Hertsmere Borough Council, and will be a regular event where the aim is to bring together anyone from the community who would like some company and a chat whilst enjoying a tea or coffee.

The tables are signposted and easily spotted on arrival, but some of our PPG volunteers will be on hand at the door at each session to greet people. Free tea and coffee is provided by the Wylyotts Centre.

Started in January the Chatter Table events have proved to be very popular, and are a good way of meeting new people in the community and discussing a wide range of topics, as well as possibly learning about activities and events in Potters Bar of which you might not otherwise have been aware. They are intended for all ages, for people who come on their own, and those who come with their partner or friends.

For more information contact Pam Cousins on 0208 297 7801, email: [pamcousins@hertsmere.gov.uk](mailto:pamcousins@hertsmere.gov.uk) or pick up a leaflet at the surgery, the Wylyotts Centre, the library, or at various other venues around Potters Bar.

Our volunteers look forward to seeing you there.

## PPG Membership Renewal

Our new membership year commenced 1st October 2019. If you have received a membership form with this newsletter, or an earlier email reminder, your renewal is due. We hope that you will choose to continue to support us and remain on our database to receive newsletters and information about our events and activities. Our strength is our membership and helps us to be representative of the patients at the practice and provide a two-way information exchange. Please renew by the end of April to remain on our database.

If you chose not to renew this time it would be very helpful for us to know why. The easiest way to do this would be to make a note on the membership form and return it to us. You do not need to add your name if you prefer to give anonymous feedback. Thank you.

## Health Talk – MoleAware

Monday 20th April 7.30pm at St John's Church Hall, Baker Street **(NEW VENUE)**

The Mole Screening Service is run by Celia Ellicott, who has over 20 years experience in nursing, & 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 or email: [enquiries@moleaware.org.uk](mailto:enquiries@moleaware.org.uk)

## Cervical Cancer *Written by Dr. Rediet Wiebel, GP registrar at Parkfield Surgery*

Cervical cancer is cancer of the lowest part of the womb, at the top of the vagina known as the cervix. It occurs when cells in this area grow in an uncontrolled manner forming a tumour. The abnormal cells can eventually spread to other parts of the body, becoming life-threatening. Nearly all cervical cancer is caused by a virus called the human papillomavirus (HPV). Most people acquire the virus at some point in their lives through close skin to skin contact during any type of sexual activity. The virus can stay in the body for years without causing symptoms. In most cases, the body's immune system can clear the virus. However, in some cases this virus causes the cells of the cervix to become abnormal. Where the body fails to get rid of these abnormal cells, they can grow and develop into cancer.

The NHS offers a screening service every 3 years to female patients aged 25 - 49 and every 5 years for those 50 - 64. It aims to identify abnormal cells at an early stage. The test is carried out in GP Practices using a soft brush to obtain a small sample of cells from the surface of the cervix. This is tested for the types of cancer causing HPV and if the result is positive tested further. If shown that abnormal cells are likely to be present, the patient is offered a coloscopy examination allowing a close examination of the cervix by a specialist using a magnifying lens with a light. Patients may need treatment to remove abnormal cells.

A social media campaign by young cervical cancer patients encourages women to engage in the screening process of this preventable disease. There is potential to start to develop cancer between regular screening tests. Women are encouraged to seek medical attention for symptoms of bleeding between their periods, during or after sexual intercourse, after the menopause and if there is a change to their vaginal discharge. This is a highly preventable condition and women are encouraged to engage with the national cervical cancer screening programme enabling early identification of abnormal cells before they develop into cancer allowing treatment where necessary. The **NHS cervical screening: helping you decide** patient information leaflet, available on the internet, has a wealth of information to enable women to make an informed decision.

# The Benefits of Dancing - By Terri Bodell

There's no doubt that dance is a brilliant way to get fit. It improves your stamina, strength and general fitness levels. Dancing increases your lung capacity, improves your cardiovascular system, strengthens your bones, tones your entire body and improves your flexibility and coordination.

In addition to the physical benefits, dancing has been shown to reduce depression, anxiety and stress and improve body image, coping ability and give an overall sense of well-being, with the benefits lasting over time. This is because dancing releases the mood-improving chemicals, Dopamine and Serotonin, and raises endorphin levels - your body's 'feel-good' hormones.

Dancing with others also helps us feel more connected and social. Joining a dance class can build social bonds and friendships which are key factors in improving our mood and mental health.

Dancing also slows down the aging process and can protect our brains from declining. Keeping our brains active is essential, especially as we get older. Learning and remembering dance steps and routines is a great way to do this. In fact, studies have shown that dancing regularly can reduce your risk of dementia. NHS England says there's growing evidence that taking part in dance lessons can often help treat conditions including dementia, loneliness, anxiety and depression and improve the harmony between our mind and body.

***Terri Bodell is a qualified CBT psychotherapist, FitSteps instructor and Principal of Nick's Dance School in Potters Bar.***

## DANCE AWARENESS EVENT

**All ages and abilities even if you have never danced before.**

Terri is offering our patients the chance to try a Fitsteps dance fitness & Latin line dance class and/or a Ballroom & Latin class free of charge to see if this is something that you would enjoy as a way of getting fit.



**Sunday 3rd May in the Dance Studio at Furzefield Leisure Centre.**

Ballroom & Latin 2.00 – 3.00pm  
Fitsteps & Latin line dance 3.15 – 4.15pm - no partner required

To book a place visit Eventbrite or email [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)  
For info contact Terri on 07711832070 email [admin@nicksdanceschool.com](mailto:admin@nicksdanceschool.com)

## DNA – Did Not Attend

In January 2020 there were 121 missed appointments (DNAs) at our Practice, 58 for a GP, 44 for a nurse and 19 for a blood test. This stops other patients from making an appointment and impacts on time and cost. Phone calls are made to persistent offenders and notes are made on patients' records.

The Practice reminds patients of appointments by sending texts where possible. Landlines cannot be used due to lack of confidentiality as these are not always personal. (See green bar for text number for cancellations if you cannot attend, remember to give your full name, date of birth and appointment date/time.)

Patients will be seen if they are up to 10 minutes late, anything after that will be deemed as "did not attend" and will be recorded as such by the system. Please explain your circumstances to the receptionist who will speak to the doctor on your behalf. If the doctor considers you to be "clinically urgent" you will be seen at the end of the surgery. This is at the doctor's discretion and is not a receptionist's decision. You may have to rebook.

Please help us to reduce the DNA numbers. Thank you.



### DATE/CONTACT REMINDERS

#### HEALTH TALK

**\*\* PLEASE NOTE NEW VENUE \*\***

MONDAY 20TH APRIL  
7.30PM – 9PM

ST JOHN'S METHODIST CHURCH  
BAKER STREET, POTTERS BAR

#### CARERS' COFFEE MORNINGS

FRIDAY 5TH APRIL  
FRIDAY 5TH JUNE  
10.30AM – 12 NOON

ST JOHN'S AMBULANCE HQ  
THE WALK, POTTERS BAR

#### CPR TRAINING

WEDNESDAY 1ST APRIL  
10.15AM – 12 NOON  
ST MARY'S CHURCH HALL  
THE WALK, POTTERS BAR

#### CHATTER TABLE SESSIONS

WEDNESDAY 22ND APRIL  
WEDNESDAY 20TH MAY  
WEDNESDAY 17TH JUNE  
10.30AM – 12 NOON  
THE WYLLYOTTS CENTRE CAFE

#### DANCE AWARENESS EVENT

SUNDAY 3RD MAY  
(SEE ARTICLE FOR DETAILS  
AND TIMES)  
FURZEFIELD LEISURE CENTRE  
MUTTON LANE, POTTERS BAR

#### FOR ANY QUERIES PLEASE CONTACT:

[friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)  
OR TELEPHONE  
THE PPG SECRETARY ON:  
07941 861 803

ALL EVENTS ARE ADVERTISED  
ON FACEBOOK, WHERE YOU CAN  
ALSO SEE REVIEWS, COMMENTS  
AND PHOTOGRAPHS.

