

New Refreshed Parkfield PPG Facebook Page

The Digital Marketing sub-committee are delighted to announce the launch of a new refreshed Parkfield PPG facebook page.

Follow and like our facebook page to stay up to date on practice news, health matters, future events and our newsletters.



Our facebook page website is: <https://www.facebook.com/parkfieldppg>

New Parkfield PPG WhatsApp Channel

More and more people are staying connected via WhatsApp. To engage those not on facebook the Digital sub-committee have created a new WhatsApp Channel where you can follow and like the Parkfield PPG Channel. We intend to share important news updates, events and our newsletters.

WhatsApp channels are a safe way to share information your number and name remain hidden from everyone including us.

To subscribe just visit this link [Parkfield PPG | WhatsApp Channel](#)

CPR and Defibrillator Training

Our Training Courses recommence this Autumn. Join us for one of our 2 hour sessions where you will learn how to perform CPR and potentially save a life.

There will be plenty of hands-on practice and you will be instructed on how to use a Defibrillator. The sessions also cover choking and the recovery position.

Tea, coffee and biscuits are provided at the start of the sessions,

Although the courses are free we do suggest a donation of £5 which can be made on the day which helps us to cover the costs and enables us to continue offering the sessions.

The following dates are available and all take place at The United Reformed Church, Darkes Lane, Potters Bar and commence at 10.15am.

15th October **19th November**

To book a space please email: friendsofparkfieldppg@gmail.com
or phone 01707 652889.



NEWSLETTER

Summer 2024

No 82

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**

CPR COURSES

**15th October &
19th November (10.15am)
at the United Reformed Church, Darkes Lane**

HEALTH & WELLBEING EVENT

**Friday 13th September from 10 to 3 at the
Wyllyotts Centre**

CHATTER TABLES

**From 10.30am last Friday each month at
Wyllyotts Café.**

QUIZ NIGHT

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

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

SURGERY UPDATE

Different ways patients can book appointments and the types of appointments

Our Receptionists are trained to signpost patients to the most appropriate and available medical resources. When they ask for details of your reason for an appointment it is for the patients benefit to help them access the most appropriate and available care. Please do not be offended by their questions; the more information you can give the better the outcome. You can book -



- **By telephone** – lines open at 8am each day on 01707 291041 press option 1 for appointments – once you are in the queue you can press option 9 for a call back if you do not wish to wait on the phone. The telephone system will call you back automatically when your place gets to number 1 in the queue. If your line is engaged the system will call you back twice more after which the call back is cancelled.



- **In person** - by speaking to the front desk receptionist. The surgery is opens from 8am to 6pm.



- **Via patient access** – you can opt for online access by filling in a form (obtained online which should be printed out, or in reception) which you must bring back to reception in person with 2 forms of ID one of which is a photo ID.

The online appointments are only bookable by patients themselves, the reception team do not access them. These appointments open up for booking up to 48 hours ahead of time at 07:58 each morning including weekends. You will only see appointments if they are free for booking, if nothing shows please try again at 07:58am the next day.



- **E-consults** – are available to book via our website www.parkfieldmedicalcentre.co.uk between 8am and 11am each day (Monday to Friday).

On the home page you will see a red box – click on the box and fill out the e-consult request form. Please note this should not be used for urgent issues as there may not be an immediate turnaround. Your request will be assessed, you will be contacted by the surgery and the most appropriate action will be taken. Depending on your medical problem you may be offered an appointment with a doctor or other clinician, or referred to the pharmacy or specialist nursing team.



- **Pharmacy First** – Many minor conditions can now be referred to a local pharmacist. All pharmacies in Potters Bar are within the scheme.

Speak to the Parkfield reception team and they can create a referral to your nearest pharmacy. You will be contacted by the pharmacist and offered a consultation appointment. This will be in a private room within the pharmacy and if deemed necessary the pharmacist can prescribe medication.

To assess whether the referral is possible you will be asked questions by our receptionists to complete the electronic referral form. Please be as candid as you can, by not telling us the full details of your condition the referral may be inappropriate and therefore rejected.

- **Extended Access** – appointments via the Herts Health Hub are available to Parkfield and the other Local GP surgeries for a variety of appointments.

Each surgery has an allocation of appointment slots. There is a variety of GP face-to-face appointments, Clinical Pharmacist telephone appointments, and other offerings such as Nurse smear appointments. The appointment times tend to be from 5:30 to 8:00pm in the evenings as well as some Saturday clinics. Each Surgery hosts the E.A clinics in turn for 6 months at a time.

The appointments are bookable via the Parkfield reception team during normal surgery opening hours .

After 2pm each day any free appointments for that day can be used by any Hertsmere surgery. This means you could be offered an appointment with for example a GP – face to face – but it will not be a GP from our surgery and it may be at a different location.

The reception team will give you details of the date time and location of the appointment at the time of booking. The clinicians access the patient's records directly and write up their consultations and issue prescriptions for medication.

We play music in the surgery to protect patient confidentiality by avoiding conversations being overheard outside of clinical rooms

Please Check Your Medication

Some patients are leaving the pharmacy without all of their medication Please check that you have all of the medication requested before leaving the pharmacy to avoid any issues

The Flu vaccine at Parkfield Medical Centre

We are currently arranging our vaccination clinics which will be held at the surgery. We are intending to hold the clinics early in October once we have delivery of the vaccines.

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.

A flu vaccine is available free on the NHS for:

- anyone aged 50+
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

It is given as an annual injection to:

- adults over the age of 18 at risk of flu (including everyone over 65)
- children aged six months to two years at risk of flu

The flu vaccine is also given as an annual nasal spray to:

- children aged two to 18 years at risk of flu
- healthy children aged two, three and four years old



Despite popular belief, the flu vaccine cannot give you flu as it doesn't contain the active virus needed to do this. For further information please visit <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Health Talk

Monday 30th September 7.15pm at United Reformed Church

Systemic and Ocular Disease and How it can Affect your Eyes

We invite you to a talk on eye health by Naeem Ghafoor – Optometrist BSc (Hons) MCOptom Prof Cert Medical Retina - Ophthalmic Director of Specsavers, Potters Bar.



Naeem gained a BSc (Hons) Optometry at the University of Bradford, completing his clinical training year at Specsavers Bedford, where he honed and developed his professional and clinical skills. He is now Ophthalmic Director of Specsavers in Potters Bar.

A detailed presentation regarding the significance of how our bodies own systemic health can affect the eyes, for example conditions such as Diabetes and high blood pressure have their own unique significant effect on ocular health. He explains what to look out for and how to understand these implications. Additionally, the second part of the presentation covers different ocular health diseases and how they can affect the daily ocular health of a patient's life. Discussing treatments in which we can mitigate these conditions but also how to recognise the symptoms of each condition, and to best place ourselves in the appropriate care to treat each condition. To book your free space RSVP friendsofparkfieldppg@gmail.com

Hypertension

High blood pressure (hypertension) can increase your risk of developing serious problems, such as heart attacks and strokes, if it's not treated.

Having this quick test is the only way to find out what your blood pressure is – and it could save your life. If you find out you have high blood pressure, there is a lot you can do to lower it to a healthy level. This might involve making some simple changes to your lifestyle or, taking medicines prescribed by your doctor. Sometimes high blood pressure does cause some symptoms like blurred vision, headaches, and nosebleeds. If you are experiencing these symptoms and think you might have high blood pressure, please see your GP.

Where to get your blood pressure checked?

Pharmacies: Tesco Pharmacy, Elms Pharmacy or Kean Pharmacy. For further options use the QR code shown.

In surgery: using the pod – one of our receptionists or PPG Volunteers can assist you with using it.



Find a pharmacy for a free blood pressure check.
hertsandwestessex.ics.nhs.uk/bp
or scan the QR code.

As part of your NHS health check – this is a free health check for your overall health booked with our health care assistant Joanne. Contact the surgery to see if you are eligible.

Using a blood pressure monitor at home.

CHATTER TABLE COACH TRIP TO EASTBOURNE

After a night of heavy rain and a forecast for more to come, the group who gathered just after 9am for the annual Chatter Table trip to the seaside came well prepared for a wet and chilly day. However luck was with us for, as we got near to the coast, the rain stopped and the sky brightened.



On arrival several of us took a bracing walk along the pier to stretch our legs, enjoying a hot drink and in some cases scones with all the trimmings, at the welcoming Victoria Tearooms at the end of the pier.

The sky continued to brighten up and, although breezy it was not cold, and some of our party opted to take the tourist bus running a round trip to Beachy Head and Birling Gap. Others preferred to hit the shops and several came back with carrier bags full of their purchases.

No trip to the seaside is complete without a fish & chip lunch, though room had to be left for an ice cream, eaten sitting on benches in the sunshine enjoying the sea view.



As more and more of our group started to receive text and messages from family and friends in Potters Bar, telling tales of non-stop heavy rain and flooded roads, we could not but feel grateful that we had escaped to a sunnier place for the day.

On arrival back home the verdict of all was that the day had been a great success.

QUIZ NIGHT – SATURDAY 12TH OCTOBER - **save the date**

Our annual quiz night will be held at Tilbury Hall, United Reformed Church, Darkes Lane starting at 7pm, and our regular quizmaster Steve has once again kindly agreed to comper the evening. He will be sure to come up with a good mix of questions, some more challenging than others, but always interesting.

There will be a Fish & Chip supper, with alternatives to cater for dietary requirements, and a raffle, with prizes for the winning team. Tables of up to 8 can be booked or we can put smaller numbers and individuals with other people to make up tables.

Further details, including the cost, will be available nearer the time but in the meantime if you would like to ensure a table, or a place, please contact our PPG secretary, on 07941861803 or at: friendsofparkfieldppg@gmail.com

Membership Database

Our thanks to all who have supported our work by making a donation in 2023/2024

Our new membership year commences on 1st October 2024. Forms will be sent out with the Autumn newsletter and will also be available at the Flu Days, where this year we will have the facility to take contactless card payments. Scan the QR code to download a copy of the form.



Health and Wellbeing Event Friday 13th September 2024

For further details contact us on: friendsofparkfieldppg@gmail.com



POTTERS BAR HEALTH AND WELLBEING EVENT

Friday 13 September 2024
10am-3pm

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

Join us for the Annual Community Health Fair!

Listen to health talks and visit stalls on:

Alzheimer's Society
Diabetes Support Group
Hertswise
Carers in Herts
Communities 1st
Herts Mind Network
Moorfields at PB
Hospital
Peace Hospice
Herts Police
+ Many more!

Make your health your priority and come along to this FREE event, no need to book!

Working in partnership with:



Don't miss this FREE event!

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
10.45: Nutrition for the Elderly
11.30: Robotics in Health Care
12.15: Ears, Nose, Throat (ENT)
13.00: Cataracts
13.45: Blood Pressure
14.30: Cancel Out Cancer

Activity Taster Sessions
10.30: Yoga Gold for Seniors
11.15: Dementia Awareness
12.00: Line Dancing
12.45: Mindful Relaxation
13.30: Musical Memories
14.15: Exercise Through Ballet Movement

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

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