

AGM & Farewell to Caroline Dain



We were joined by 30 patients at our Annual General Meeting on 28th November. The meeting heard how PPG activities had gradually increased during the year ended 30th September as face to face activities were resumed. Health Talks and the Health and Wellbeing event at Wylyotts were notable successes. Since the year end our annual Quiz has taken place and CPR training sessions have also resumed.

The Annual Accounts were presented and although membership donations have been reduced during the 2 years of Covid restrictions the balance of funds remains healthy and we look forward to a full programme of patient support during 2023.

Following the formal business of the meeting the PPG Committee said their farewells to Dr Caroline Dain with a small gift and flowers.

Dr Dain was the driving force behind the formation of the PPG and Friends of Parkfield 24 years ago and has hardly missed a meeting in all those years! We will miss her valuable insight and support enormously but wish her well in her future endeavors, where we know her expertise will be put to good use. We now look forward to working closely with Dr Rushikesh Trivedi as we welcome him to the PPG committee.



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

NEWSLETTER

December 2022

No 76

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

HERTS COMMUNITY TRANSPORT:
020 8207 5055

CARERS IN HERTS:
01992 586969

CRUSE BEREAVEMENT:
01707 278 389

EVENTS

CPR COURSES
20th February & 20th March
Tel: 01707 652889

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

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

Practice Updates

Staff Changes

We have welcomed a new receptionist called Laura - please say hello.

Dr Miriam Burns joins Parkfield in February as a permanent salaried GP. Dr Burns has been doing cover shifts for some time so you may have come across her already.

Blood Tests at the Surgery

If a patient sees or speaks to a clinician and a blood test is needed, the clinician will send a text message to the patient, attaching a link. When patients click on this link, they will see available dates and times to book themselves directly in for their blood test at the surgery. This is the same system that was used so successfully for booking the flu clinics in the autumn.

Only via discussion with a clinician can this be activated. Please be aware that the link will expire in 48 hours if a test is not booked so please do so promptly.

Booking an Appointment

In the busy winter period demand for appointments always increases and this can lead to frustration when trying to book. It is also likely that sickness will become an issue amongst surgery staff including our GPs at this time of year causing additional pressures on maintaining cover for all aspect of delivery.

For minor ailments please consult your pharmacy first as they are experts at supporting patients appropriately with many common illnesses. For more serious matters that do require a doctor's appointment please book online if you are able to and avoid the queues on the phone. The practice continues to look at ways to provide information to patients about the availability of appointments and to move calls through the phone system as efficiently as possible.

For an urgent matter that may need to be seen by a doctor on the same day please call NHS 111 and they will be able to book you an appointment with a doctor or at the Urgent Treatment Centre. This service is available 24 hrs a day and 7 days a week so you can call anytime

24hr Ambulatory Blood Pressure Monitor

The Patient Group has also contributed to the cost of this item. Patients will be fitted with the monitor and then return it the next day through a nurse appointment. The equipment enables frequent readings to be taken and recorded throughout a 24hr period to monitor patients with fluctuating blood pressure to better inform clinical decisions about treatment.

When to Talk to Your Pharmacist

There are many ailments that you can use your Pharmacist for. The following are just some examples:

Ear wax

Coughs and colds

Constipation and diarrhoea

Cystitis and thrush

Sore itchy eyes

If the pharmacist believes it may be more serious he/she will refer you back to your GP.



Volunteers needed to 'Meet & Greet' patients at the surgery one morning a week for 2 hours. This would involve helping patients to check-in, use the blood pressure machine if needed, and generally assist them as required. This role frees up the receptionists' time to some extent and the volunteers' help is very much appreciated by them. If you are interested in volunteering, then please contact: friendsofparkfieldppg@gmail.com <<mailto:friendsofparkfieldppg@gmail.com>>

CPR and Defibrillator Training

We have restarted our training sessions in a new location. Now at the United Reformed Church where there is ample parking.

These sessions are FREE to all and will teach you how to perform CPR and use a Defibrillator. Learning these essential skills could help save a life and enable you to be confident to provide critical assistance whilst waiting for the Emergency Services to arrive.



The next sessions are on Monday 20th February and Monday 20th March from 10.30 – 12.30 with tea, coffee and biscuits provided too.

Sessions are FREE but do need to be booked as numbers are limited to ensure everyone attending has a chance to practice the skills learnt if they wish to do so. Email friendsof-parkfieldppg@gmail.com to reserve your space or telephone Janice on 01707 652889.

Feel welcome in Hertsmere's Warm Spaces

A new initiative aimed at helping people struggling with the rising costs trying to escape the cold this winter has launched in Hertsmere. Libraries, family and community centres and places of worship are operating as Warm Spaces in Potters Bar, where people can gather, feel safe and welcome, to enjoy company, a hot drink and perhaps free wifi also. The venues are free to use and open to all.

Organised by HCC, in partnership with Communities 1st, Big Local, Aldenham Parish Council and the Diocese of St Albans, with funding provided by Hertfordshire Community Foundation. Local warm spaces include Potters Bar Baptist Church, St John's Methodist Church, St Giles South Mymms, Christ Church Little Heath and King Charles the Martyr. Please see the full list at: www.hertsmere.gov.uk/warmspaces. Advice and information on where to go for practical help with fuel costs, managing finances and making savings, can be found at www.hertsmere.gov.uk/financialsupport

Warm Spaces in Potters Bar

MONDAY

Craft & Chatter, 10:30am-12pm at Potters Bar Baptist Church
Oakmere Library, High Street, 1pm-6pm

TUESDAY

St John's Methodist Church, 10:30am-3:30pm
Coffee, cake and chat, 2pm-5pm at St Giles South Mymms
Music recital, 12pm-2pm at St Mary's Potters Bar (1st
Tuesday of the month)
Oakmere Library, High Street, 10am-6pm

WEDNESDAY

Loaves & Fishes Cafe, 8:45am-12pm at Christ Church Little
Heath
Wednesday Club, 2pm-4pm at Potters Bar Baptist Church

THURSDAY

Community Cafe, 10:45am-1:45pm at King Charles the Martyr
Oakmere Library, High Street, 10am-6pm

FRIDAY

Craft & Chatter, 10:30am-12pm at Potters Bar Baptist Church
Oakmere Library, High Street, 1pm-6pm

SATURDAY

Oakmere Library, High Street, 10am-5pm

MORE INFORMATION t: 0208 207 7801
 e: community.services@hertsmere.gov.uk

Warm Spaces

What is a Warm Space?

Warm Spaces are free places where people can gather in a warm, safe, welcoming space and enjoy some company and a free drink where possible.

Find out more information online at hertsmere.gov.uk/warmspacesinhertsmere

Are you worrying about money?

View the Worrying About Money leaflet online at hertsmere.gov.uk/financialsupport and find other financial support available right now.

Working in partnership with:

MORE INFORMATION t: 0208 207 7801
 e: community.services@hertsmere.gov.uk

Residents struggling with the rising pressure on household budgets can also get in touch with HertsHelp on 0300 123 4044 or at: www.hertshelp.net

Walking Football

To get back into sport at a slower pace, but still have the same fun and enjoyment, try Walking Football. Sessions take place Thursdays, 2.00–3.00pm at Furzefield Leisure Centre. Call 01707 850500 to book a session, and try out this fun-way of exercising, and make new like-minded friends.

Membership Renewals

We were pleased to be back in the waiting room at the autumn flu clinics and to have the opportunity to chat to patients and take membership renewals. A big thank you to all who renewed on those days or at other times and we have also been pleased to welcome over 50 new members.

If our records show that we have not received your renewal so far a further membership form is included with this newsletter for your convenience.

At the end of March we will be updating our database to remove the names of those patients who have not renewed by then. If this is not your intention, please return your form so that you can continue to receive our newsletters and other information from us directly. Thank you for continuing to support our work.

The Dial-a-Ride Transport Service

The dial-a-ride transport service operates within the Hertfordshire area offering transport to the over 75s and those with a permanent disability a cheap way of getting to doctors' surgeries, hospital appointments within Hertfordshire, local shops etc. The average cost is around £2 for the first mile and then 50p per mile.

The service operates from 9am–4.30pm (last pick-up 4pm) Monday to Friday (except bank holidays) for those who meet the criteria above and who have registered as a member with proof of eligibility. For more information or to book please contact Lisa, the transport Co-ordinator, on 01992 556771.



Quiz Night – Saturday 22nd October

In October we held our first live Quiz night since 2019, an event which was deemed to be a success by all who attended. Due to the ongoing presence of Covid a decision was made to limit the numbers to allow for social distancing. Despite this the evening raised £303, thanks in large part to the generosity of those who bought raffle tickets. This helped purchase an Ambulatory 24 hour Blood Pressure machine for use by patients in their homes, under the direction of Nurse Joanne. Next year's quiz will be on 14th October, when we hope to return to tables of 8 people, as before.

Chatter Table Christmas Event

Despite the appalling icy conditions underfoot around 40 people managed to reach the Wylyotts Café on Friday 16th December to attend our Chatter Table Christmas Event.



Thanks go to Herts CC for their grant of £300 so we could make the event special with a Christmas buffet produced by the café staff. We were entertained by John, the singer/guitarist whose lively music had many people up and dancing. We are grateful to The Friends of Care Homes who supplied his services free of charge. They run an event every Sunday in Borehamwood called 'An Evening out in the Afternoon' with a singalong and games, and transport from Potters Bar.



Also thanks to Lynda for the lovely gift boxes, to the Café staff, and to our willing volunteers.

The Friends

An Evening Out in The Afternoon

EVERY SUNDAY AFTERNOON IN BOREHAMWOOD

- From 2:30 to 4:30pm
- **DIFFERENT LIVE ENTERTAINER EVERY WEEK**
- Singalongs and Games
- 8 Wonderful Raffle Prizes Every Week
- Snacks and Cold Drinks
- Tea, Coffee and Cakes
- Run By Volunteers, *people who care*

Supporting our Seniors, the Isolated, the Disabled, Families living with Dementia and anyone who enjoys music events.

Where Are We?
MAXWELL PARK COMMUNITY CENTRE,
MAXWELL ROAD, BOREHAMWOOD, WD6 1JJ

Need Transport?

£17 on the minibus for a return journey (price includes the event)

Contact Details: tel: 01923 289890
Email: info@friendsofcarehomes.com
www.friendsofcarehomes.com
Facebook: [friendsofcarehomesUK](https://www.facebook.com/friendsofcarehomesUK)

Registered charity no.1173546 - Run By Volunteers

Carers
Just £1.50

