

HAPPY NEW YEAR
2024



25th ANNIVERSARY OF THE PPG

The beginning of December 2023 marked 25 years since Friends of Parkfield and our PPG was inaugurated, and to mark the occasion a celebration was held after the AGM in November.

This was very well attended with the committee members being joined by many of our volunteers and other PPG members, as well as several of the doctors and others from the practice. Dr Caroline Dain, who was instrumental in setting up the PPG in 1998, also came to join us for a drink and to taste the delicious cake made by one of our committee members. This was cut by our longest serving member of the PPG committee, Beryl Elderfield, who was also presented with a beautiful bouquet of flowers in recognition of her valuable contribution of over 20 years.

Everyone enjoyed the event and agreed it was good to have the opportunity to socialise with other PPG members and those who attended from the practice.



Membership Renewals

Our database will be updated at the end of February to remove those who have not chosen to renew for this year.

If you wish to stay on the database to receive newsletters and other communications from us directly please complete a PPG Membership form by that date. Thank you.

**** Surgery Closed for Training ****

**The Surgery will be closed for training from 2pm on the 17th January
Contact NHS 111 if you require assistance during this time.**

NEWSLETTER

Winter 2023

No 80

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 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

What is the Menopause?

Tues 20 February at United Reformed
Church, Darkes Lane

CPR COURSES

Look out for new dates coming soon

CHATTER TABLES

From 10.30am last Friday each month
at Wyllyotts Café.

(Please note earlier date of 22nd March
due to Easter)

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

Meet Your Local Practice Team



So that you can get the right care at the right time, there are different specialist roles in general practice working together to care for you. The reception staff are also trained to support you to get the right appointment for your needs. A larger team also means GPs have more time to treat those with complex or chronic health needs. The clinicians work at your practice and across a group of practices in your area, which is called a primary care network.

If you need to see a GP you will be offered an appointment, but these other health professionals may be in a position to provide more appropriate support so please do take the opportunity to have an appointment with them. They work across a few different surgeries and you might be offered the opportunity to go to a different surgery so that you get a wider choice of appointments. All our staff treat your information in the strictest confidence.

Receptionist team

Our receptionists are often the first person you will speak to when you phone or visit the practice. We understand some patients do not like discussing personal information with them, but they are specially trained to find you the right care so it is important you answer their questions fully as they work with the wider practice team to ensure people get the right appointment for their needs.

GPs

GPs are experts at diagnosing and managing medical conditions and referring patients to other services for urgent or specialist care when appropriate. If you have a concerning symptom that won't go away, they are the people you will see first.

Physician Associate

These team members support our GPs in the diagnosis and management of patients. They can take medical histories from patients, perform physical examinations and diagnose illnesses.

Practice Nurse

Nurses provide a wide range of services including dealing with dressings, checking over minor injuries, caring for wounds as well as some vaccinations and some screenings.

Health Care Assistant

Health Care Assistants work under the guidance of a qualified healthcare professional. They undertake clinical tasks they have been trained to do; blood pressure checks, ECG, health checks, and injections.

Paramedic

Paramedics work inside GP surgeries to run clinics, triage and manage minor illnesses. You may see a paramedic if you have a minor illness, or a paramedic may visit you or a family member if housebound with a long-term condition.

Pharmacist

Pharmacists are experts in medicines and their use. They also offer health advice to patients. They can review current prescriptions and make changes if needed and advise on any side effects as well. Repeat prescriptions need to be reviewed from time to time and you will usually get an appointment with a pharmacist to do this so they can flag with the GP if the medicines need to be changed.

Social prescriber

A social prescriber finds out what is affecting a patient's health and wellbeing, then works with them to find services and activities that offer practical, social and emotional support that will improve their health and wellbeing. Some examples include exercise classes, walking groups, yoga, cookery classes and volunteering. Social prescribing means GPs, nurses and other primary care professionals can refer people to a range of local, non-clinical services to support their health and wellbeing.

Mental Health Nurse

If you are having mental health concerns and not sure where to go, they can help by carrying out assessments and supporting you to access mental health services and community resources. For people with mental health conditions, they can help by providing advice and support to manage your condition.

Health Talk - What is the Menopause? Symptoms, Diagnosis and Management

Tuesday 20th February 7.15pm at United Reformed Church, Darkes Lane, Potters Bar.

Dr Adwoa Yeboah – Female, part time, MBBS, DCH, DRCOG, DGM, DFSRH, MRCGP (1992) DipMedEd.

Dr Yeboah joined Parkfield in 2001, she has a particular interest in contraception and undertakes the training and supervision of our GP Registrars.

The menopause is a normal and natural part of a woman's life-cycle. We look at signs that it has begun, common symptoms, and a range of steps you can take to increase the chances of a comfortable menopause.

Why do women go through the menopause?

When does the menopause start?

What are the most common signs of the menopause?

Do all women experience menopause in the same way?

Are menopause symptoms permanent?

What are the best treatments for menopause symptoms?

Which supplements can help women going through the menopause?



Practice Updates

Welcome to: **Bethan Hughes** – Practice Nurse
Leanne Noakes – Nursing Associate
Mimi Chinana – Physician Associate (starting 8th Jan 2024)

Friends and Family Feedback

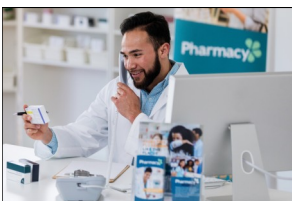
Very positive feedback from patients in Autumn's Feedback forms:

“Excellent management and brilliant staff”

“I had made an appointment for telephone consultation but then was contacted to say that it would be a face-to-face because of the subject. A face-to-face appointment was then booked for me. This was excellent service and saved time both for me and Parkfield. Well done”

Flu Vaccines

The Surgery still have flu vaccines available - so do make sure to get your's if you haven't already had it yet, as the surgery is trying to ensure that as many people are vaccinated as possible by March 2024.



Expanded services coming to a community pharmacy near you

The Government has announced their new Pharmacy First service, which will expand the services patients can receive at their community pharmacy, will launch on 31st January 2024. Welcoming the service, Chief Executive Rachel Power, said: "Pharmacies know their communities and the expansion of services pharmacists can offer expands choice for patients. We welcome this and we believe patients will too."

Pharmacy First covers seven common conditions, the provision of oral contraceptives without needing a GP-written prescription, and expansion of the NHS Blood Pressure Check Service. The seven conditions that pharmacists will be able to offer advice and supply medicines are: sinusitis, sore throat, earache, infected insect bite, impetigo, shingles and uncomplicated urinary tract infections in women.

Hospital or Clinic Appointments

It may take several weeks for a report from your appointment to reach the Practice and be recorded in your medical record. If you are able to ask for details at the time of your appointment, particularly if any GP or pharmacy follow up is being advised, it is helpful and advisable to pass a copy on to the Practice yourself.

Once received by the Practice the information should be uploaded to your record within 3 working days.

Ostofriends Stoma Support Group

“Thrive and flourish, live life to the full”

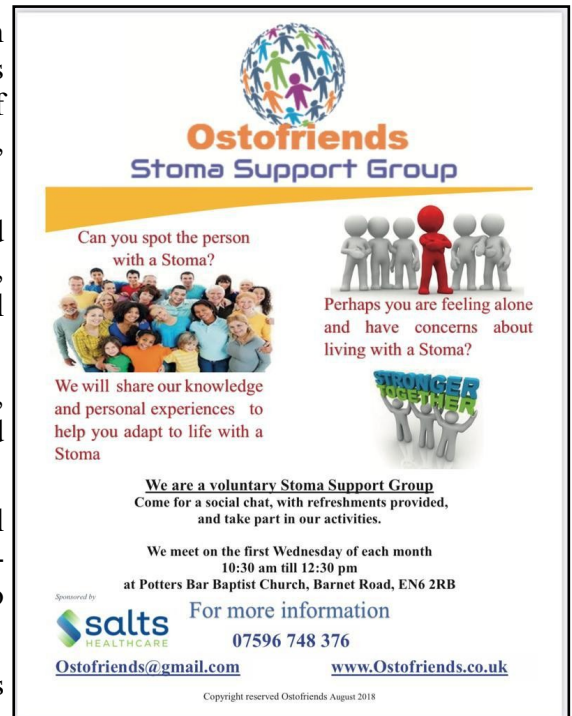
Ostofriends Stoma Support Group is a voluntary group based in Potters Bar, providing a supportive community for individuals living with a stoma. Ostofriends meet on the first Wednesday of each month, 10.30am – 12.30pm at Potters Bar Baptist Church, EN6 2RB.

Our mission is to empower individuals to accept, adapt and improve their quality of life with a stoma by offering help, information, advice, inspiration and emotional support to all who need it.

Our key core values are those of inclusivity, respectfulness, empathy and understanding, reassurance and resilience and awareness.

Ostofriends Stoma Support Group provides educational resources, hosting of guest speakers, attendance from Community Stoma Nurses; connecting and signposting members to healthcare professionals when clinical intervention is required.

If you have any questions or an interest in joining Ostofriends Stoma Support Group please feel free to contact us and we look forward to welcoming you into our group.



Ostofriends
Stoma Support Group

Can you spot the person with a Stoma?

Perhaps you are feeling alone and have concerns about living with a Stoma?

We will share our knowledge and personal experiences to help you adapt to life with a Stoma

STRONGER TOGETHER

We are a voluntary Stoma Support Group
Come for a social chat, with refreshments provided, and take part in our activities.

We meet on the first Wednesday of each month
10:30 am till 12:30 pm
at Potters Bar Baptist Church, Barnet Road, EN6 2RB

Sponsored by **salts** HEALTHCARE

For more information
07596 748 376
Ostofriends@gmail.com www.Ostofriends.co.uk

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**** New Health Talk Planned ****

Look out for information about a Health Talk in late April delivered in partnership by Ostofriends and Parkfield PPG

“The Patients Perspective on living with a Stoma”

Introducing ‘This Girl Can’

We are happy to announce an exciting programme of new exercise classes starting in Oakmere, with discounted sessions for local residents. ‘This Girl Can’ sessions, are aimed at increasing physical activity amongst women in Potters Bar.

‘This Girl Can’ is a programme for women and girls over the age of 16 to get active.

Classes include yoga and Zumba to start with but more classes will be added, such as learn to run, Stroller Strength and Tai Chi.

Classes are available for all abilities, and are a great new way to get active and have fun at the same time.

For more information and to book sessions, visit:

www.wemoveshemoves.me.uk/

or email:

commuity.services@hertsmere.gov.uk



THIS GIRL CAN
IN OAKMERE

Brand new yoga and zumba sessions for all women of all abilities.
Let's get moving and have fun!

Yoga
Tuesday 14 November
6-7pm
Oakmere Primary School, EN6 5NP

Zumba
Monday 13 November
7-8pm
Wayside Jubilee Centre, EN6 5NE

Prices
Oakmere residents: £2
Non Oakmere residents: £5

For more information or to book on, email community.services@hertsmere.gov.uk, call 0208 207 7801 or visit <https://wemoveshemoves.me.uk>