

Health Talk Wednesday 12th May 2021

7.00pm on Zoom

How to Manage Arthritis Symptoms



Joining with the other Potters Bar Practices, Marc Williams from Arthritis Action will be presenting to us. During the talk we will discuss in more detail about arthritis itself, the self-management approach that the charity promotes and what it entails, and end with a Q&A to help answer any questions about arthritis, the presentation, or the work that the charity does.

Arthritis Action is a UK based charity giving hands-on, practical help to improve the quality of life of people affected by arthritis. It offers an integrated self-management approach, which looks at both the physical and mental health impact of living with arthritis. It supports people living with musculoskeletal conditions through healthy eating advice, mental health resources, pain management techniques, and exercise advice and resources.

A large part of this help is delivered in the form of both online and face to face groups, where people living with arthritis get to share tips, tricks and experiences with other people going through the same thing as they are. These groups are a great way for people living with arthritis to improve their knowledge, and also their support network in order to manage their condition with greater confidence and success.

To join us for this talk email friendsofparkfieldppg@gmail.com to receive the zoom link.

Online Access to Information and Patient Services

You can look for information, view your medical records and test results, request repeat prescriptions and book telephone appointments on line through Patient Access. This is a quick and efficient way to access information and services at any time of the day and to avoid telephone waits and call backs.

If you are not already registered to use the online system you will need to contact the surgery initially for the codes you need to set up your account.

Practice News and Welcome to our new GPs

New Partner, Associate and Registrar

We are pleased to welcome Dr Shanti Sivapalan who has joined Parkfield as a partner and Dr Simon Creally who has joined us as an associate.

Dr Magda Cybulska also joined us on 24 April as a registrar.

Locums

Parkfield employs locum GPs to ensure that an adequate number of appointments are available when our partners and associates are on holiday or absent for other reasons. We have a number of regular locums who can provide continuity of care for our patients.

Congratulations

Congratulations to Dr Sai Ramanathan who has been a GP at Parkfield for 20 Years. We wish him many more happy years here at Parkfield.

New Website - Coming Soon!

We are currently updating our website which will have a number of new features to enhance the patient experience.



Newsletter

May 2021

No 69

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 - 11.00am
Health Talk 12th May at 7.00pm

Advance Notice

Quiz night 13th November
Live at Tilbury Hall

For any queries, please contact:
friendsofparkfieldppg@gmail.com
or telephone the PPG secretary:
07941 861 803

COVID Vaccinations – a thank you

On Thursday 18th March at 4pm Potters Bar Radio broadcast a programme of recorded messages of thanks from some of our Parkfield patients, as well as the other local surgeries, to the vaccination staff and team of volunteers at the vaccination centres, as well as everyone at the GPs practices. Each participant's musical request was also played and included a variety of music of all genres. A recording of the programme has been sent to each surgery for their information by Mary Holt, who presented the show.

The most frequent comments were how efficient and easy people found the whole process and that all the staff and volunteers were extremely helpful and friendly. Another comment often mentioned was that people felt relieved and grateful for having received their first 'jab' and were looking forward to the second one, after which they would really feel protected.

Lateral Flow Testing

The Department of Health are encouraging all adults without COVID symptoms to test themselves frequently (up to 2 times per week). FREE tests are available to do this and they can be ordered online from the Government website or easily picked up from Potters Bar pharmacies: Tesco, Boots, Questmoor and The Elms. The test is very quick and easy to do and will give you a result in 30 minutes. Each box contains 7 tests.

As up to a third of cases do not display any evident symptoms this is a good habit to get into, particularly as restrictions ease further and we all start mixing and going out and about more than we have in recent months.

Zoom Quiz Number 2

Our second quiz held under lockdown conditions took place on Saturday 27th February and was well attended with a total of 36 'household teams' mainly being made up of pairs or individuals. Our thanks go to quizmaster, Steve, who came up with some different and interesting round subjects, some of which were quite challenging, and congratulations to the winner, Debbie, with a score of 68 out of a possible 80.

We are remaining hopeful that it will be possible to hold our next quiz as we have done in the past at Tilbury Hall, and have provisionally booked the hall for Saturday 13th November so watch this space!

Join our Committee

We are looking for new committee members to help us represent the views of Parkfield patients and liaise with the surgery in a two-way exchange of information to enhance the patient experience.

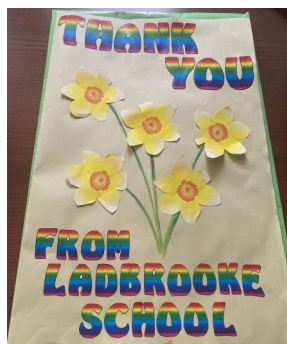
It is not an onerous task and does not take up a lot of time but can be interesting and rewarding. Our meetings are currently all on Zoom and are weekday evenings 6 times a year.

We would like our committee to better represent the profile of Parkfield patients so we would particularly welcome hearing from people who may still be of working age. If you or someone you know might be interested, please encourage them to get in touch for an informal chat to find out more. The only stipulation is that they must be a current Parkfield patient.

Email us at friendsofparkfieldppg@gmail.com

Thank you Ladbrooke School

"The staff and doctors at Parkfield are so grateful to the thoughtful year 6 children at Ladbrooke School for the beautiful thank you card we received. We have shed a few tears reading each of the personal messages and are truly very grateful. The kind words mean so much to us all. Thank you all"



*****Stop Press*****

If you need to visit the Practice please be aware that currently the payment machines for road parking in the Walk are not accepting cash and the charge is now £1 for up to an hour, 30 mins is still free of charge. Payment by phone.