



# Cancer Support in Hertsmere

## Cancel Out Cancer Sessions

Cancel out Cancer is a programme designed to improve people's awareness and understanding of cancer. The 60-minute volunteer-led sessions aim to encourage everyone to take action in improving their health and are supported by MacMillan Cancer Support.

The CoC campaign aims to not only improve people's understanding of cancer, but also encourage everyone to take action to promote their health. This can then be taken one step further by participants spreading the message with their friends, family, colleagues and neighbours.

### Join a session to learn to:

- understand what cancer is and isn't
- get to know the signs and symptoms of cancer
- know the value of screening
- be positive about lifestyle changes that help reduce your risk

### The next online sessions will take place on:

15 March..... 11am-12pm                      17 May..... 11am-12pm  
 21 April ..... 3-4pm                              23 June .... 3-4pm

All the booking details can be found here:

<http://www.eventbrite.co.uk/e/cancel-out-cancer-hertsmere-healthy-hub-tickets-191040736987>

The sessions will be held online via Zoom. A Zoom link with details to join will be sent to attendees in advance of the session via email. If you have any questions or would like to find out more before booking a place on a session, please email:

[enhertscg.engagement@nhs](mailto:enhertscg.engagement@nhs)

## We Can Cancer

We Can is a cancer exercise rehabilitation programme for people affected by cancer living in Hertfordshire. It is a newly established project which aims to engage people living with and beyond cancer. It is a 12-week bespoke group exercise programme designed to help you overcome the side effects of cancer treatment.



The 'We Can' programme in Hertsmere is located at The Venue-1, Elstree Way, Borehamwood WD6 1J, and runs every Tuesday at 10.15am.

For further information please contact Project Officer Alicja Polak at either tel: 01707 645005 or email:

[A.Polak@herts.ac.uk](mailto:A.Polak@herts.ac.uk)

## Newsletter March 2022 No 72

### 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

Chatty Fridays -  
From 10.30am last Friday each  
month at Wyllyotts Café

Health Talk  
10th May, 7.15pm at the  
United Reform Church

For any queries please contact:  
[friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com) or  
telephone the PPG secretary: 07941  
861 803

## Ms Ramya Palanisamy BSc., MSc., MPhil, MBA, PGDHT, MS(Oncology) Practice and Business Manager



Ramya Palanisamy joined us in the autumn as Practice and Business Manager. Ramya's academic background is in cancer research and she has completed several degrees including a Master's in Business Administration. Upon graduation from University College London in 2011, Ramya started working in General Practice. Over the years, Ramya has had experience in dealing with Primary Health Care / General Practice Finance, Business Development, Recruitment, Staffing, Troubleshooting, Tendering, Facilitation, Federations and Primary Care Networks.

With significant experience in all aspects of General Practice Management, Ramya's main strengths are in managing Finance, Personnel, Systems & Facilities Management, and also GP Clinical Operating Systems, Employment Law and HR.

Ramya's day-to-day operations includes a combined role of managing Personnel Administration, Operations, HR, IT, Compliance, Governance and Finance. Overall, Ramya ensures the smooth running of the practice and makes sure that patients are at the heart of the surgery operations and services provided by the practice. Ramya has an interest in General Practice Research and loves gardening.

## Doctors in Training

Parkfield Medical Centre Centre is an approved training practice and regularly employs doctors who are training to become GPs (Specialist Training). All of our doctors in specialist training are fully registered with the General Medical Council and have significant hospital experience. On occasions some of their surgeries will be video recorded or have another doctor sitting in to monitor their progress. Both patients and practice benefit from their enthusiasm, dedication and skills.

Dr Vivek Venkatesan – Male, GP ST3  
Dr Miriam Burns – Female, ST3

Dr Namrata Syngal  
Dr Rediet Wiebel

## Do you need a GP to refer you to Weight Watchers FREE 12 week course?



**weightwatchers**  
reimagined

Based on data from 1058 courses, patients who completed a 12-week course of WeightWatchers, following referral from a GP, **lost 5.2 kg** on average. More than half of these (54%) achieved weight loss  $\geq 5\%$  of initial body weight, a level associated with appreciable decreases in disease risk as well as improvements in quality of life.

The WW programme is clinically-proven to support weight loss and improvement in blood sugar control in those diagnosed with pre-diabetes. As well as helping members lose weight, WW helps people change their habits to make healthy eating and physical activity a part of their daily lives.

You could get **Weight Watchers free on the NHS to help you**. Patients will no longer need to be seen by a GP or practice nurse to be referred to Weight Watchers to benefit from the **free 12-week** weight management support. Patients can now refer themselves through the dedicated webpage:

[www.ww.com/uk/hertfordshire](http://www.ww.com/uk/hertfordshire)

## New Exercise Class to put a Spring in your Step

We all know that regular exercise is important to keep us fit but sometimes it is easier said than done, so, if you have not exercised for a while or are hesitant about joining a class, this could be the answer.

A new Keep-Fit class will be starting from 30<sup>th</sup> March on Wednesday mornings at King Charles the Martyr Church Hall, Mutton Lane, at 10.15am and all Parkfield patients are invited to try one free session to see whether it is for you. If you enjoy this and would like to attend again the cost per class is £6, to be paid on arrival.

It will be a mixture of keep fit moves and chair-based exercises to uplifting music for 45 minutes and this class is guaranteed to raise your spirits and help keep you feeling more energised. If you would like more information or to book your free place, please contact Jackie at: [jackiefitness@gmail.com](mailto:jackiefitness@gmail.com)

# Health Talk – Dan Bottrill - My Experiences as a Paramedic

Tuesday 10th May at 7.15pm at the United Reformed Church

Dan was introduced to patients in our winter newsletter and he is now going to give a talk on his work as a Paramedic with the Ambulance Service and how this translates into his new role as a Paramedic based at Parkfield Medical Centre. In his role at Parkfield Dan supports patients with acute problems and he will tell us more.

This talk will be at the United Reformed Church in Darkes Lane for those who would like to attend in person. Many will be familiar with the site which has ample parking and flat access for those with mobility issues. The talk will also be streamed live on Zoom for those who prefer to join from home. To request the zoom link Email: [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)



**Generation Plus** offer weekly group activities including: Keep fit available three days a week, walking netball on Tuesdays, Fall-prevention and Chair-based exercise classes on Wednesdays. Details of which classes are held in Potters Bar and when can be found by emailing: [sportsdevelopment@inspireall.com](mailto:sportsdevelopment@inspireall.com) or Tel: 01707 645005.

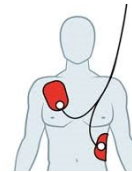


**Hertfordshire Health Walks** offer volunteer led group walks leaving from Potters Bar Station on Mondays and Wednesdays at 10.30am, just turn up 15 minutes before. For more information or to book go to: [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks) or Tel: 01992 555888.

## Defibrillators in Potters Bar Area

In an emergency do you know where your nearest defibrillator is, or would you know how to access one?

If you are with someone who has a suspected heart attack, **the first priority is to ring 999**. They will advise you where the nearest defibrillator is located and any code required to access it.



### Do not leave your patient.







If able, provide the necessary CPR until professional help arrives, get someone else to collect the defibrillator nearest to you using the code provided.

The units we are aware of are as follows:

1. The PPG unit at St Mary's Church in the Walk, is **not coded and available 24 hrs**
2. URC / Tilbury Hall; Christ Church, Little Heath; King Charles the Martyr; Potters Bar Station; Wyllyotts (1); South Mimms Village Hall, Blanche Lane; St. John's Baptist Church Hall, Baker Street. **All are coded, available 24 hours as located externally.**
3. Tesco; Wyllyotts (2); Furzefield Leisure Centre. **Inside, available when open.**

**We hope to restart our free CPR training sessions shortly - more details to follow in due course**

## RESUSCITATION (CPR)

D DANGER <small>Check for hazards &amp; ensure safety</small>	R RESPONSE <small>Check to see if Unresponsive/Unconscious</small>	S SEND FOR HELP <small>Call the ambulance on 000</small>																					
<p style="color: red; font-weight: bold; text-align: center;">Adults &amp; Children</p>   	<p style="color: red; font-weight: bold; font-size: 2em;">A</p> <p style="color: blue; font-weight: bold;">AIRWAY</p> <p style="font-size: 0.8em;">Open airway, Head tilt/Chin Lift</p> <p style="color: blue; font-weight: bold; font-size: 2em;">B</p> <p style="color: blue; font-weight: bold;">BREATHING</p> <p style="font-size: 0.8em;">Check breathing, if not breathing / abnormal breathing commence CPR</p> <p style="color: blue; font-weight: bold; font-size: 2em;">C</p> <p style="color: blue; font-weight: bold;">CPR</p> <p style="font-size: 0.8em;">30 compressions - 2 breaths (if unwilling or unable to do breaths, consider doing chest compressions only)</p> <p style="color: blue; font-weight: bold; font-size: 2em;">D</p> <p style="color: blue; font-weight: bold;">DEFIBRILLATOR (AED)</p> <p style="font-size: 0.8em;">Attach AED as soon as available and follow its prompts</p>	<p style="color: red; font-weight: bold; text-align: center;">Infants Under 12 months</p>   																					
<p style="color: red; font-weight: bold; font-size: 0.9em;">Continue sequence until responsiveness or normal breathing returns, or help arrives</p>																							
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# Dates for your 2022 diaries

## Computers and a Cuppa



Now that Covid seems to have become part of our daily lives, you may need help with accessing the many NHS apps, which provide information about latest developments, store your COVID-19 vaccination status and allow you to obtain free lateral flow tests from pharmacies by downloading request codes.

Computers and a Cuppa is a service provided free of charge by volunteers on behalf of Communities 1<sup>st</sup> on Monday mornings from 10.30–12 noon at Wyllyotts Cafe. They can help you download the apps on your phones, tablets or laptops and explain how they work, as well as helping you generally with any computer or phone related issues. For example, it may now be possible to contact your doctor's surgery online to book appointments or request repeat prescriptions.

Don't let your Smart Phone be smarter than you and come along any Monday morning for a friendly chat over a cuppa!

## Chatter Table Outing - June 2022

Following the successful re-launch of 'face-to-face' chatter tables last year we now have a group of around 25 people who regularly attend, as well as a few newcomers each month.

Several of these people have requested a 'day out', as a result of which the three surgeries in Potters Bar are organising a 'Day at the Seaside' this summer, and all Chatter Table attendees will be invited to book a place. If you have not yet visited one of our get-togethers on the last Friday of each month at 10.30am at Wyllyotts Cafe. why not come along for a free cuppa and a chance to meet new people, and at the same time find out more about the coach trip in June.

## Health and Wellbeing Event

After a 2 year break, we will be back with this event on Friday 2<sup>nd</sup> September at the Wyllyotts Theatre.

Join us then for talks from GPs from the three Potters Bar surgeries, mini health checks, taster activities and a hall full of stalls representing local organisations to help you with health and wellbeing matters. More detail in our next newsletter. **Save the date.**

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## Herts Help is here for you

Everyone needs a little support from time-to-time, whether that's with the cost of food and essentials, advice on debt management or simply help to live independently at home. HertsHelp is a network of community organisations working together across Hertfordshire to help people access the right service and get the most out of life. If you, your family or anyone you know needs advice, support or practical information to make life easier, HertsHelp is there for you. To find out more, call 0300 123 4044, or visit their website: <https://hertshelp.net>.

*"After I fell over, HertsHelp helped me to get practical support and equipment. I feel safer at home now"*



## Patient Parking at St Mary's Church

Recently there have been some problems with vehicles remaining parked for an extended length of time.

Patients are reminded that parking in the Church car park is permitted for a small donation, a box is available on reception to receive your donation. Parking is for the duration of your time at the surgery and to retain this benefit patients are requested to respect the limitation and move their vehicles if going elsewhere. To help the Church identify legitimate vehicles please put a note on your dashboard saying '**Parkfield Patient**'. Thank you for your understanding and cooperation.