

**-2025-**  
**Happy New Year to all our Readers**



## New Equipment for the Practice Bought by Parkfield Surgery Patients

Patient donations have recently been used to purchase a wall mounted Otoscope for one of the clinical rooms to enhance the capability for ear examinations.



An Otoscope is an instrument with a powerful light which is used to look inside the ear during an ear exam. During an otoscopy, the doctor will check for signs of infection, injury, or any other ear problems. Oscopes can be used for the following purposes

**Diagnostic tool:** Oscopes play a significant role in diagnosing various ear conditions

**Routine check-ups:** Otoscopy is routinely performed during wellness physical exams to assess the overall health of the ear.

**Ear infections:** Otoscopy is particularly useful in diagnosing ear infections, such as acute otitis media.

As well as for monitoring treatment progress.

### Thank You to our Volunteers

At our PPG AGM in November we said thank you to the team of volunteers who support our work for patients in the following ways:

- Patient Check-in at the surgery
- Newsletter distribution
- Support at Health Talks and other events
- Support at the annual Health and Wellbeing Event
- Looking after the fish tank

If you could spare a little time and would like to get involved we would love to hear from you. In particular we are looking for check-in support for Thursday mornings and ad hoc cover.

## NEWSLETTER

Winter 2025

No 84

### 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 1<sup>ST</sup>  
For transport & general services:  
01727 649900

CARERS IN HERTS:  
01992 586969

CRUSE BEREAVEMENT:  
01707 278 389

### EVENTS

PAEDIATRIC FIRST AID COURSE  
9th April, 10-12noon  
St Mary's Church Hall, The Walk,  
Potters Bar

QUIZ NIGHT  
25th October, 7pm at Tilbury Hall  
Darkes Lane

CHATTER TABLES  
10.30-12.00 in Wyllyotts Café  
on the last Friday of the month

FOR QUERIES PLEASE CONTACT:  
[friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)  
OR TELEPHONE THE PPG SECRETARY:  
07941 861 803

# SURGERY UPDATE

## Dr Shahirah Hasbullah (new salaried doctor at Parkfield)

Dr Hasbullah trained in multiple hospitals across London. She is interested in women's health and contraception. Outside work, she likes photography, going on walks, spending time with her cat, and going to the gym.



## New A&E Layout at Barnet General Hospital Announced

From now on go to the front entrance for A&E.

Patients at Barnet Hospital (BH) are set to benefit from a brand new urgent treatment centre (UTC) which has opened as the first phase of the urgent and emergency care redevelopment project.

It comprises of a new large dedicated waiting area, a paediatric waiting room, as well as two GP rooms and three emergency nurse practitioner rooms, which have been equipped with them in mind to better support their ability to triage, diagnose and treat patients. This will also help with the target of 35% of patients presenting to hospital being treated through the UTC.



There is also an ad hoc room that can be used by the team should they have the capacity to take on extra workload.

<https://www.royalfree.nhs.uk/news/new-and-improved-barnet-hospital-urgent-treatment-centre-opens>

The upgrade to the UTC formed the first phase of the redevelopment and has seen it move into a new dedicated space which is better equipped to treat more patients in the right place at the right time.

The UTC is now located at the front entrance of the hospital to improve patient flow, in line with national guidance. Patients who attend on foot will be triaged in the UTC and can be transferred to the emergency department if needed.

## Hertsmere Cancer Initiative: HWE ICB Innovation & Transformation Award

Our bi-PCN (Primary Care Network) cancer screening initiative was awarded the HWE ICB (Herts & West Essex Integrated Care Board) Innovation & Transformation Award by a panel of external judges. This has been a 2-year multi agency project where our PCNs collaborated with the County Council, the GP Federation, the ICB cancer team, patient groups and the voluntary sector. The aim was to improve cancer screening in cervical, breast, and bowel, and to improve prostate cancer awareness. We focused on non-attenders and hard-to-reach groups, primarily to redress health inequalities.

Over a 2-year period over 15,000 contacts were made via a variety of channels, all practices had a double-digit uptick in their cervical screening numbers, of which 3.5% of participating women were newly referred to colposcopy. 400 previously non-attending women attended breast cancer screening.

Dr Yeboah initiated the prostate cancer screening project in the high-risk groups, 375 patients had a PSA test, 14.4% were referred to urology and 3.7% were newly diagnosed with prostate cancer and are now under appropriate care.

## Surgery Refurbishment

Over the coming months you may notice some changes as the Practice continues a programme of refurbishment work. Clinical rooms will be decorated and the carpets replaced with hard flooring. Most of the work will be done out of hours to minimize any disruption.

# Paediatric First Aid Course

Wednesday 9<sup>th</sup> April 10.00 – 12.00 at St Marys Church Hall

We are pleased to be able to offer a specialist Paediatric First Aid Course aimed at parents with young children. The 2 hour session will be delivered by Catapult Training Services and cover:

- Babies and children - Recovery Position
- Babies and children - CPR
- Babies and children - Choking
- Babies and children - Bleeds
- Babies and children – Burns



Thanks to the support of Cllr Abhishek, who has allocated funding to this project, we are able to offer spaces at just £10 and the group will be limited to 12 places to ensure everyone has time for plenty of practise.

Contact us on [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com) to secure your place.

## New Community Dementia Service Launched by NHS



The new Community Dementia Service, called Memory Support Hertfordshire, started on 1st October 2024, funded by Hertfordshire County Council, and will be run by a new partnership between The Alzheimer's Society, Age UK Hertfordshire and Carers in Herts.

### The new service will offer the following:

- A single Information and Advice gateway for all enquires and provide advice on all aspects of local support for memory loss and dementia.
- Access to a range of groups offering an array of activities to support people with Mild Cognitive Impairment and dementia and to their informal carers.
- Tailored individual support to help people to live well with dementia.
- Carer support groups and advice - a chance to relax and share ideas with a group who can relate to your experiences.
- Young Onset Dementia support - tailored support for those who are living with or supporting someone with dementia who is under 65, as well as other rarer forms of dementia.
- Admiral Nurses - when things get challenging or difficult, Admiral nurses work alongside the family carers of people with all types of dementia giving them one-to-one support, expert guidance and practical solutions.
- Training - courses and information sessions for carers and people with dementia, and for those who work with them. Training will also be available to people and organisations who wish to become more Dementia aware.
- Dementia Friendly Communities - working with the new Dementia Friendly Hertfordshire Accreditation Scheme, supporting communities and businesses to make Hertfordshire a place to live well with dementia.
- Memory Support Hertfordshire aims to proactively work with partners in the community, as well as with health and social care partners, to best serve the interests of the people who use community support services.

### How to get in touch:

0300 131 3946 Monday to Friday, 9am-4pm; Email: [info@memorysupportherts.org.uk](mailto:info@memorysupportherts.org.uk)

Website: [www.memorysupportherts.org.uk](http://www.memorysupportherts.org.uk)

## Domiciliary Eye Tests - Specsavers

Based locally in Potters Bar the service provides NHS funded sight tests in the local area, in care homes, private homes and sheltered housing to patients who meet the eligibility criteria (unable to leave home unaccompanied due to a physical or mental illness or disability) .It is funded centrally through the General Ophthalmic Services budget and is easy to access directly by the patient.

The fully qualified home visiting optometrists are specialists in testing in home environments. They use equipment specially designed for mobile use and are skilled in attaining a prescription when the patients health and communication might be impaired.

This service may also be available through other local opticians, contact them directly for information and to check availability.



**Specsavers Home Visits**

Do you, or someone you know, need eyecare but can't get to one of our stores without help? Contact us and find out about our home visits service - eyecare from the comfort of your own home.

Contact one of our team on  
**01727 227502**

We can also let you know whether you qualify for a free eye test funded by the NHS.



## PPG Membership

Thank you to everyone who has renewed or joined for the first time since October 2024. If you have not yet renewed you will receive a form to do so with this newsletter. As is our usual practice we will remove any outstanding names from our database at the end of March.


## 2025 Events

Look out for details of our programme of events for 2025 on the PPG Noticeboard in the waiting room. We are currently firming up some interesting Health Talks, dates for CPR training and this years Health and Wellbeing Event.

**The date for our Quiz Night is already set as Saturday 25th October SAVE THE DATE**

### COMMUNITY SPACES POTTERS BAR

<b>Monday</b>	<b>Tuesday</b>
<ul style="list-style-type: none"> <li>• <b>Craft &amp; Chatter</b> - 10:30am-12pm at Potters Bar Baptist Church, EN6 2RB</li> <li>• <b>Oakmere Library on High Street</b> - 1-6pm, EN6 5BZ</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oakmere Library on High Street</b> - 10am-6pm, EN6 5BZ</li> <li>• <b>Sixty Plus Lunch Club</b> - 10:30am-1:30pm at Wyllyotts Centre, EN6 2HN</li> <li>• <b>Welcome Space and Soup Lunch</b>- 11am-3pm at St John's Methodist Church, EN6 2DZ</li> <li>• <b>Coffee, Cake and Chat</b> - 2-5pm at St Giles Church, South Mimms, EN6 3PE</li> </ul>
<b>Wednesday</b>	<b>Thursday</b>
<ul style="list-style-type: none"> <li>• <b>Loaves &amp; Fishes Café</b> - 8:45am-12pm at Christ Church, Little Heath, EN6 1JN</li> <li>• <b>Wednesday Club</b> - 2pm-4pm at Potters Bar Baptist Church, EN6 2RB</li> <li>• <b>CAMEO (Come And Meet Each Other)</b> - 3:30-6:30pm at Wayside Community Centre, EN6 5NE</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oakmere Library on High Street</b> - 10am-6pm, EN6 5BZ</li> <li>• <b>Sixty Plus Lunch Club</b> - 10:30am-1:30pm at Wyllyotts Centre, EN6 2HN</li> <li>• <b>Community Café</b> - 10:45am-1:45pm at King Charles the Martyr Church, EN6 3AS</li> </ul>
<b>Friday</b>	<b>Saturday</b>
<ul style="list-style-type: none"> <li>• <b>Coffee Morning</b> - 10:30am-12pm at Potters Bar Baptist Church, EN6 2RB</li> <li>• <b>Friday Coffee</b> - 10:30-12pm at St John's Methodist Church, EN6 2DZ (1st and 3rd Friday of the month)</li> <li>• <b>Chatter Tables</b> - 10:30am-12pm at Wyllyotts Centre, EN6 2HN (last Friday of the month)</li> <li>• <b>Oakmere Library on High Street</b> - 1-6pm, EN6 5BZ</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oakmere Library on High Street</b> - 10am-5pm, EN6 5BZ</li> </ul> <p>Search 'community spaces in Hertsmere' online or use the link below to find more spaces across Hertsmere.</p> <p><a href="https://www.hertsmere.gov.uk/Health-Wellbeing/Warm-Spaces-in-Hertsmere.aspx">https://www.hertsmere.gov.uk/Health-Wellbeing/Warm-Spaces-in-Hertsmere.aspx</a></p>



### Hertsmere's Healthy Hubs

Our Healthy Hubs provide FREE lifestyle support for individuals and their families covering mental health, physical activity, weight management, smoking cessation, health MOTs and nutritional advice, and sexual health testing kits.

Contact Lee or Nicola to make a face-to-face appointment or phone in:

**Lee Bruce** - Lee.Bruce@inspireall.com or 07741 248852

**Nicola O'Neill** - healthyhub@communities1st.org.uk or 01727 649930

Find out more at the Healthy Hub website.

Alternatively, visit our Healthy Hub Self Service page, where you can access all of the services you need online. If you would like to access free health advice, fill out our enquiry form and we'll get back to you.