



**Armed Forces veteran  
friendly accredited  
GP practice**



## Parkfield Practice Achieves Veterans Accreditation Status

A Veteran Friendly accredited GP practice will:

- Ask patients registering with the surgery if they or anyone in their immediate family have served in the Armed Forces.
- Code it on the GP computer system.
- Have a clinical lead on veterans. Our lead is Dr Trivedi.
- Have the clinical lead undertake dedicated training, attend NHS Armed Forces network meetings, stay up to date with the latest research and innovations and ensure that the practice is meeting the health commitments of the Armed Forces Act. They will provide advice to colleagues, as well as seeing veterans themselves.
- Eligible practices should have a CQC 'good' rating or higher.

Being accredited means that a practice can better identify and treat Veterans, refer them, where appropriate, to dedicated NHS services (such as OpCOURAGE: the Veterans Mental Health and Wellbeing Service and OpRESTORE: the Veterans Physical Health and Wellbeing Service). Ensuring that Due Regard is applied under the Armed Forces Act 2021 to make sure that the Armed Forces community, including Veterans, should face no disadvantage in accessing health services and should receive priority care for military attributable conditions, subject to clinical need.

## NEW: Carers Coffee Mornings

In September we were pleased to welcome carers to our first coffee morning.

A chance to chat, enjoy socialising with others over tea and cake and to meet Aniko, our Parkfield Carers Champion and Sue from Carers in Herts.

Come and join us from 10am to 12 noon at St. Mary's Church in The Walk, Potters Bar. Why not give us a try?



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

## NEWSLETTER

**Autumn 2025**

**No 87**

### 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

<b>QUESTMOOR</b>	<b>01707 659120</b>
<b>BOOTS</b>	<b>01707 652438</b>
<b>TESCO</b>	<b>020 3801 5232</b>
<b>THE ELMS</b>	<b>01707 646376</b>

**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

#### HEALTH TALK

13th October 7.15pm at United Reformed Church, Darkes Lane, Potters Bar

#### QUIZ NIGHT

1st November, 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  
OR TELEPHONE THE PPG SECRETARY:  
07941 861 803**

# THE 2025 POTTERS BAR HEALTH & WELLBEING EVENT

The Annual Health & Wellbeing Event at the Wyllotts Centre on 12<sup>th</sup> September was opened this year by Councillor Mia Handley, the Deputy Mayor for Hertsmere. She was very enthusiastic about the whole event and visited most of the stalls in the main hall as well as attending a taster session and chatting to various members of the public. There were a total of 26 stalls showcasing various organisations including Age UK Hertfordshire, Diabetes UK, Herts Ability and Moorfields NHS at Potters Bar Community Hospital. All the stallholders were pleased with the number of visitors received during the course of the day and many expressed a wish to return next year.



The various talks included one by the Senior Trading Standards Officer of Herts County Council on the subject of scams, which was most informative, as well as talks given by doctors from each of the three Potters Bar Surgery Practices and two consultants from the Moorfields Unit. The mini health checks were very popular, as well as the Better Health service and the InspireAll Sports Centre health checks. A total of around 500 visitors came during the day, and many positive comments were received saying how useful they found all the information from both the stallholders and the talk givers. The taster sessions were popular and the participants leaving the Laughter Yoga session all had smiles on their faces. Perhaps laughter really is the best medicine!

Our volunteers worked hard to guide and assist everyone and several visitors mentioned how friendly and helpful they had found all the volunteers. A big thank you to all.

## About the NHS App



The NHS App is a simple and secure way to access many NHS services. Download this on your smartphone or tablet via the [Google play](#) or [App store](#), or in a web browser by logging in through the NHS website. You will need your NHS number, must be aged 13 or over and registered with a GP surgery, and have to prove who you are for full access to the NHS App

**What you can do with the NHS App:** With full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- Book and manage appointments
- View your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- Book and manage COVID-19 vaccinations
- Register your organ donation decision
- Choose how the NHS uses your data
- Use NHS 111 online to answer questions and get instant advice or medical help near you

Before proving who, you are, you can use the NHS App to:

- Search trusted NHS information and advice on hundreds of conditions and treatments
- Find NHS services near you

**Other services:** You may be able to use the NHS App to:

- Message your GP surgery or a health professional online
- Contact your GP surgery using an online form and get a reply
- Access health services on behalf of someone you care for
- View and manage your hospital and other healthcare appointments

**Keeping your data secure:** Once you have set up your NHS App you can securely connect to information from your GP surgery. If your device supports fingerprint detection or facial recognition you can use this to log in each time.

**\*\*VOLUNTEER HELP AVAILABLE AT THE SURGERY EVERY THURSDAY DURING NOVEMBER TO ASSIST YOU TO SET UP YOUR NHS APP\*\* - Ask at Reception for details.**



# HealthTalk

13th October, 7.15pm at: United Reformed Church,  
Darkes Lane, Potters Bar

## 'How You Can Improve your Oral Health'

Dr Rakhee Patel is a Senior Clinical Lecturer and Consultant in Dental Health at Kings College London, and this talk concentrates on how you can improve your oral health, understand common dental diseases and how your oral health and general health are linked.

Rakhee will concentrate on dental issues for older patients, 50+ , and she is an expert in this field.

The Talk will be followed by a Question and Answer Session.

Please try to come along. Free tea, coffee and biscuits will be served from 7.00pm.

## Medicines Survey Responses

Thank you to all who completed the Herts and West Essex questionnaire about medicine discussions earlier this year. Out of 700 patients, 500 replied which provided valuable insight:

- 66% of patients are not confident to ask questions about their medicines
- There should be regular medicine discussions and 49% need to know more about their medicines
- 22.5% of the respondents had not had medicines discussions in the past year
- 62% remember having the **benefits** of their medication explained but 64% did not remember **risks** being discussed or clearly explained to them
- Of those taking part in medicine discussions 47% were with a GP, 22% with a pharmacist, 10% with a nurse and 6% in hospital.

In the future we would like to encourage patients to be confident; be prepared for a medicine discussion, understand the **Benefits**, **Risks**, **Advantages** and what happens if they decide to do **Nothing**. For more information:

<https://www.hertsandwestessex.ics.nhs.uk/wp-content/uploads/2024/04/Its-Ok-to-Ask-leaflet-for-website.pdf> or  
<https://www.nhsinform.scot/campaigns/its-ok-to-ask>


A Universal Medicine Guide (UMG) is being prepared to support best practice. Contact the following:

<https://www.hertsandwestessex.ics.nhs.uk/your-health-and-care/support/your-medication/>


## FLU AND COVID VACCINATIONS

Contact the Surgery NOW to book your vaccination appointment!

**THE FRIENDS OF PARKFIELD PPG INVITES YOU TO A HEALTH TALK ON HOW YOU CAN IMPROVE YOUR ORAL HEALTH**



**ON MONDAY 13<sup>TH</sup> OCTOBER 2025**  
**AT 7.15PM**  
**AT THE POTTERS BAR UNITED REFORMED CHURCH**  
**DARKES LANE EN6 1BZ**



**DR RAKHEE PATEL**

Dr Rakhee Patel is a Senior Clinical Lecturer and Consultant in Dental Public Health at Kings College London with a clinical focus on Gerodontology. This talk is on how you can improve your oral health, understand common dental diseases and how your oral health and general health are linked. Rakhee will also answer any of your questions.

**FREE ADMISSION**  
**FRIENDSOFPARKFIELDPPG@GMAIL.COM**

THE FRIENDS OF PARKFIELD MEDICAL CENTRE PATIENT PARTICIPATION GROUP (PARKFIELD PPG) WAS FORMED IN OCTOBER 1998 TO IMPROVE PATIENT EXPERIENCE. WE ARE A REGISTERED CHARITY (NO 1075710).

## AskAboutAsthma

Poorly managed asthma results in over 20,000 hospital admissions in England every year.

It is the most common long-term medical condition affecting children and young people, so helping them to manage their asthma is vital.

Here are a few important things to remember if you or your child has asthma:

- Get an asthma action plan in place
- Understand how to use inhalers correctly
- Schedule an asthma review—every year and after every attack
- Consider air quality and its impact on lung health



**#AskAboutAsthma**

Talk to your health care professional about these 4 steps that can improve your asthma:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Ask about the impact of outdoor and indoor air pollution



# Stroke – every symptom should be treated as an emergency



The sooner you spot the signs someone might be having a stroke, the more chance there is of saving them.

The first sign of a stroke might not seem serious, like not being able to raise your arm, or struggling to smile, or slurring when you speak. Stroke symptoms can be less dramatic, painful or obvious than you might expect.

Even if it doesn't seem like it, any sign of a stroke is always an emergency, so call 999 immediately if you or someone else experiences a single symptom – every minute is vital.

Stroke is a leading cause of disability in the UK, striking every five minutes with around 100,000 happening a year,

causing 38,000 stroke-related deaths. Acting FAST to any sign of a stroke gives stroke patients quicker access to specialist treatment that can be life-saving and could reduce the long-term effects such as a disability. Whether it is a friend, loved one or even a passer-by, dialing 999 quickly saves lives.

Face or Arm or Speech, at the first sign, it's time to call 999. Visit the [NHS website](https://www.nhs.uk) for more information.

Call 999 at the first sign of a stroke and paramedics can take you or your loved one to the nearest specialist stroke unit, depending on where you live.

## Rennie Grove Peace Hospice Care offers new Living Well Services

Living Well support (exercise and wellbeing classes) is now being offered to patients with a progressive life-limiting illness, right from diagnosis.

Rennie Grove Peace now offers Living Well classes in St Albans and Watford. This early support is designed to give patients the confidence to live well with their illness and includes:

- **Emotional support**
- **Exercise and wellbeing classes**
- **Complementary therapies**, such as massage and reflexology
- **Specialist clinics**, for breathlessness and fatigue
- **An 8-week programme** for confidence when living with a serious illness
- **Support to think ahead** and plan future care (Advance Care Plan)
- **Gardening groups and social activities** for mental wellbeing and feelings of isolation

Plus free Support Hubs in the local community to meet others with a life-limiting illness, and activities to boost wellbeing, and discover other services that may benefit them.

All with a progressive life-limiting illness can attend from diagnosis including those with Parkinsons, progressive respiratory. neurological conditions, incurable cancer and heart failure. Take a look at their calendar of Living Well events at: [www.renniegrovepeace.org/livingwell](http://www.renniegrovepeace.org/livingwell) or call on 01923 60 60 30.



### PLEASE NOTE

**Unfortunately due to winter pressures on surgery funding, the Practice will be unable to employ extra Locums during this period, which may result in appointment delays.**

**We will endeavour to meet all our patients needs but ask you to understand the constraints we will be experiencing at this time.**