

**FRIDAY**  
**2<sup>nd</sup> September**  
**10PM – 3PM**

This event, back after a 2 year Covid break, is organised by the three Potters Bar Surgery PPGs together

with Hertsmere Council, and supported by the Wyllyotts Centre, who very kindly are once again giving over the whole of the Centre without charge for the day.

Entry is free to all and there will be four talks during the day;

1. Annandale A Doctor (tba) “Mental Health leading into Dementia”
2. Parkfield Dr Sivapalan “Hypertension”
3. Highview Dr Hann “Osteoporosis and Bone Protection”
4. Talk from a local Pharmacist

There will also be Health Care Assistants from the three surgeries in attendance from 10.30am till 1.30pm offering a ‘mini health check’ to patients of each of the surgeries.

There is much enthusiasm for the event from the many local organisations taking stalls in the main hall, and include:

- Age UK
- Citizens Advice Bureau
- Carers in Herts
- Diabetes Prevention Programme
- Herts Ability
- Herts Mind Network
- Musical Memories
- U3A

The café will be open throughout the day and we anticipate that once again this will be a very popular event, so do come along and see what it is all about.

## Did you know...?

We are participating in a new service from 1<sup>st</sup> March that will direct patients to the most appropriate healthcare professional when booking an appointment, which may be a local community pharmacist either virtually or at their pharmacy.

We believe this will benefit you as your local pharmacist is a highly trained and skilled clinician experienced in treating minor illnesses and should be able to offer you a quicker appointment. This will help free up GPs to deal with more complex health needs and ensure that everyone gets treated at the right time, by the right healthcare professional.

We will be listening to patients about their experience of using this service to inform how we can improve things, and so are keen to hear your views. You will be advised how to give this feedback when you access the Community Pharmacy Service. *Parkfield Medical Centre*



## NEWSLETTER

**June 2022**

**No 73**

### 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

<b>QUESTMOOR</b>	<b>01707 659120</b>
<b>BOOTS</b>	<b>01707 652438</b>
<b>TESCO</b>	<b>0203 801 5232</b>
<b>THE ELMS</b>	<b>01707 646376</b>

**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 - 18th July**

**HEALTH & WELLBEING EVENT  
at Wyllyotts Centre -2nd Sept**

**FLU JABS (by appt)  
1st , 8th and 15th October**

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

## FLU Jab Saturdays

The dates for the annual flu vaccinations are:

**Saturdays 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> October**



This year there will be an **appointment system** to avoid the sometimes long queues of the past and eligible patients will be contacted during September by text/phone to arrange their appointment, so please ensure the surgery has your current telephone details.

Vaccinations for pre-school children will also be by appointment, possibly on separate dates which will be advised by the surgery, the timing to depend on vaccine supply.

## Ringling the Surgery

Due to a change in telephone provider the surgery is no longer able to offer the 'call back' option, although we hope that this may become available again in the future.

This alteration has been made in order to provide more outgoing lines to the surgery staff, which are much needed.

**Please be aware that our test results line is now open from 12noon - 1pm Monday to Friday.**

## Survey of Patient Views on the Provision of Diagnostic Services at Potters Bar Community Hospital

The diagnostic facilities at PBCH were stepped down during the pandemic but, with current NHS transformation discussions, there is talk of a permanent step down. Potters Bar and surroundings have many extremely frail and elderly patients who manage at home alone, but also a disproportionately high number of care home residents. We have heard talks of diagnostic hubs for our community that may be sited in Finchley; Watford and Welwyn Garden City. These distances can take almost 1 hour to reach, so are too far to reach independently, too inaccessible via public transport or too expensive in taxi fares to allow accessible use. In addition, ensuring services remain local encourages people to walk, and



where available take local public transport, avoiding long car journeys which acts to reduce the carbon footprint.

Many residents have said that with re-location they wouldn't be able to access diagnostic tests at all. For the residents of Potters Bar and local areas of Hertfordshire and North London, these services at PBCH are essential. It had always been assumed they'd be maintained and potentially expanded. Previously X-ray, ultrasound and phlebotomy were available. We were hopeful CT scanning could also be added along with further diagnostics in the future. The hospital is modern, clean, spacious, accessible to public transport links and has a car park.

PPG Leads across the 3 Hertsmeres surgeries of Potters Bar, speak as representatives of 30,000 Hertfordshire residents directly affected by the changes being made and have recently been gathering patient views on the provision of diagnostic services. Thank you to all who completed the survey form, we have been pleased to receive over 320 responses in a short space of time. Responses have now been summarised into a report to present the views of residents going forward into a consultation process over the next few months. We have also made our MP for Hertsmeres and the Leader of the Borough Council aware of the views of residents and asked for their support.

When we have details of the ongoing consultation process, we will provide details of how patients can be further involved and facilitate this in any way that we can.

## Health Talks

**Our next health talk will be given by Fiona Stephen, Nutritional Therapist, 18th July 7.15pm at the United Reformed Church, Darkes Lane, Potters Bar.**



“My name’s Fiona and I’ve been a Nutritional Therapist since 2010. I’ve always been interested in food and nutrition, but it wasn’t until my daughter developed digestive health issues that I became particularly passionate about its importance. My daughter’s issues were related to wheat and dairy intolerances and I became fascinated by how powerfully and quickly the foods she ate could affect her health.



“My experience with trying to ensure my daughter was happy, healthy and well-fed led to me deciding to pursue a career in nutrition. I attended the world-renowned Institute for Optimum Nutrition (ION), and graduated with a foundation science degree and diploma. As with all professions, continuous learning is vital. I set up my practice in Barnet, North London, to share my knowledge and my experience with others, helping people to directly experience the health benefits associated with optimum nutrition”.

This talk will also be available on zoom and recorded. Details from: [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com)

**Dan Bottrill** - On the 10<sup>th</sup> May, Dan the paramedic based at Parkfield gave a very interesting talk explaining his new role as a paramedic at the medical centre. Dan is at our surgery on Monday, Tuesday, Thursday and Friday and at Highview surgery on Wednesdays. You can view the video of his talk at <https://pottersbarurc.org/2770-2/>

## HertsHelp

HertsHelp is an independent organisation run by the charity POhWER, to assist members of the public in Hertfordshire when in need. It is funded by the Hertfordshire County Council and NHS partners and links into local community organisations, such as AGE UK, Shelter, HILS, CAB, Compassionate Neighbours, Mind etc. Among the services HertsHelp can assist with are:

- HertsWise a service for people with dementia, low level memory loss or mild cognitive impairment.
- HertsHelp Crisis Intervention Service can advise around debts, benefits, energy bills and food poverty etc.
- Herts Warmer Home Scheme provide information about funded energy efficiency.
- HertsHelp Advocacy Services are there for people who have difficulty, lack mental capacity and need a voice to represent them.

Everybody needs a little help sometimes so no matter what is worrying you HertsHelp are only a phone call away. Ring 0300 1234044 and someone will talk with you about your problems and point you in the right direction to get help.

There is also a website with contact details for those with internet access, email - [info@hertshelp.net](mailto:info@hertshelp.net) and [www.HertsHelp.net](http://www.HertsHelp.net)

## Peace Hospice Potters Bar Outreach Hub

If you missed the opening of the Potters Bar Outreach Hub on 11<sup>th</sup> April we are running fortnightly drop-in sessions between 10am - 12pm at the Elm Court Youth Community Centre, 363 Mutton Lane, Potters Bar, EN6 3BP.



The Hub's mission is to provide a way for Hertsmere community to connect with others living with, or caring for someone with, a life-limiting illness, as well as those experiencing bereavement. We are looking forward to welcoming you all.

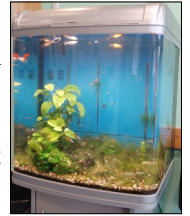
So, Find out more about Peace Hospice Care’s services; Speak to Hospice staff and volunteers about ways we can support you; Take part in various wellbeing activities including creative arts and exercise.

If you have any questions, please get in touch with Louis Breese, Community Engagement Co-ordinator on 01923 330 330 or [lbreese@peacehospicecare.org.uk](mailto:lbreese@peacehospicecare.org.uk). Peace Hospice Care, Peace Drive, Watford, Hertfordshire WD17 3PH; 01923 330 330 [info@peacehospicecare.org.uk](mailto:info@peacehospicecare.org.uk), [www.peacehospicecare.org.uk](http://www.peacehospicecare.org.uk); Registered charity number: 1002878



# The Waiting Room Aquarium

The PPG bought the aquarium for the waiting room many years ago. There are many proven benefits to keeping an aquarium i.e. reduction of stress, reduced anxiety, lower blood pressure, reduced pain levels, helping hyperactive children, improving creative abilities and increasing productivity. These benefits are only fully felt if keeping an aquarium at home, but it is shown that the gentle hypnotic quality of watching fish swim improves stress levels before and after an appointment. We have an innate attraction to water, and many dentists have discovered that pain levels are reduced by sighting an aquarium in their waiting room. It also keeps children amused whilst waiting. There is also the added positive effect it can have on the staff.



Unfortunately, we are unable to spot when something goes wrong and have to wait to be told by the staff, although we have someone doing regular maintenance, partial water changes, removal of algae, replanting & restocking etc, this is now an obsolete model and faulty parts are proving difficult to replace. Please bear with us if sometimes it is not looking its best as we do try to rectify any faults asap.

The tank is currently stocked with Guppies, who are breeding well, and also some Platies, both are live bearers so it is interesting to watch the baby fish grow. However, we also have snails and hair algae which we are trying to eliminate, so if anyone knows the answer please email us, thanks.

## Sunscreen and Sun Safety

### Sun safety advice for adults and children in the UK & abroad

Sunburn does not just happen on holiday, but also in the UK, even when it's cloudy, we need to strike a balance between protection from the sun and getting enough Vit.D from sunlight. The lighter your skin, the more likely you are to burn; the darker your skin the more natural protection you may have. If you have moles, then ensure you use sunscreen before exposure. Children under 6 months should be kept out of strong sunlight, and children under 5 are advised to take Vit.D supplements.



**Safety Tips:** Stay in the shade when the sun is strongest (11am to 3pm, March to October), and ensure you:

- Do not burn; Cover up with suitable clothing & sunglasses
- Take extra care with children
- Use at least Factor 30 sunscreen
- Protect your eyes from reflective damage (snow, sand, concrete, water, sunbeds) by wearing suitable sunglasses or a sunhat.

Sunscreen with a sun protection factor (SPF) of minimum 30 to protect against UVB, and at least 4-star UVA (ultraviolet A) protection. The highest the star rating, the better. As most sunscreens have a shelf life of 2-3 years, ensure yours is not past its expiry date. **How much to apply:** 2 tpsps for head, arms and neck; 2 tbsps for entire body (when wearing a swimming costume). Apply 30 minutes before going out and just before going out to all exposed skin (face, neck and ears, and head if hair thinning – or use a wide brimmed hat). Reapply every 2 hrs, i.e. after being in water, or swimming, (even if water resistant), and after drying.

**How to deal with sunburn:** Sponge skin with cool water, then apply Aftersun or Aloe Vera; Painkillers, (Paracetamol or Ibuprofen) will ease pain and inflammation; stay out of the sun until all redness has gone; seek medical advice if you feel unwell, or the skin swells or blisters.

## The British Polio Fellowship

The British Polio Fellowship is a charitable organisation (company no.5294321) dedicated to supporting and empowering people in the UK living with the late effects of polio and post-polio syndrome (PPS). There are over 2000 members throughout the UK with 50 branches and groups reaching polio survivors at ground level.



The North London Branch, newly relocated from North Finchley to Potters Bar, is trying to reach out to those who are not aware that a branch of the BPF is now in the area and would welcome new members. We are a friendly branch and meet regularly; we arrange socials, outings and produce a quarterly newsletter. All socials held at The United Reformed Church, Darkes Lane, Potters Bar, on the second Saturday of each month from 2pm-5pm, except during the months of February, July, August and December. Anyone interested in joining please contact branch secretary Gaye Lockyer on Mob 07973 431589.