

## Hertfordshire Health Walks

10am every Tuesday from the Surgery



Having trialled a Tuesday morning walking group from the Surgery almost one year ago, I am pleased to report on how successful it has been. We started off slowly, with four or five people, but have grown to a record seventeen walkers. The walks remain popular, come rain or shine; we have always managed to get out, and even had four walkers during the Beast from the East. We have at least ten regular walkers.

The walks are linked to the Hertfordshire Health Walk Scheme and the Tuesday walks from the Surgery is called a 'first steps' walk, which is a twenty to thirty minute walk in Warners End. We have different routes that cater for the weather and the ability of the walkers. The walks are designed to encourage people to get out in their local area, to encourage exercise, which in turn

produces health benefits. And everyone walks at their own pace. We are a social group and enjoy a tea or coffee afterwards in the local café.

Please come along if you are interested. We meet outside the Parkwood Surgery at 10am every Tuesday. It is free to join, although we do ask that you fill out a form for our records.

Karen Dancer, HCA

## Using Dr Google

With so much information out there, it can be difficult to know where to turn for good health advice and whether or not the information you are finding on the internet can be trusted.

Many patients assume that we will be unhappy that they have sought Dr Google's advice prior to seeing us, but we would always recommend having a look online first to see if there is anything you can do to help yourself.

As a first port of call, it is worth looking at the Practice website - [www.parkwoodsurgery.nhs.uk](http://www.parkwoodsurgery.nhs.uk), as I have put multiple links to well trusted resources on this. Other sites I would recommend would be NHS Choices at [www.nhs.uk](http://www.nhs.uk) or [www.Patient.co.uk](http://www.Patient.co.uk). The NHS site in particular is excellent for offering comprehensive, evidence based and up to date guidance on all sorts of conditions.

As an example, we are often asked to do a PSA test on men. This is NOT a screening test for prostate for many different reasons, but rather than go into them here, if you look on our website (under Services and Clinics / Screening), I have written in more detail about why we do not offer PSA screening on the NHS and it is not as simple as the newspapers and celebrities would have you believe.

For regular updates on health information and what is happening in the Practice, try linking up to us on our twitter feed;

@ParkwoodSurgery.

Dr J Brazier



I was working at the Surgery one Saturday a few months ago. When I left, I needed to buy a few bits and so put my wallet on the car roof whilst packing some things away. Unfortunately, I then forgot that it was there and drove off, realising too late. I retraced my route with no luck and could not find it.

A couple of days later, my wallet turned up in the post. Sadly, the very kind person who found it and returned it to me did not say who they were.

I thought on the off chance that the Good Samaritan might be a patient at our Surgery and might read this newsletter. If it is you, thank you very much and please do contact me so that I can thank you properly.

This episode totally restored my faith in people!

Thank you.

Colin Neal, Practice Manager

### Partners

Dr T Fernandes

Dr J Brazier

Dr S Stier

Dr H Antscherl

Dr G Solomons

Dr P Oliver

### Associates

Dr M Nicholas

Dr C Jensen

Dr D Franzmann

Dr C Greening

Dr S Murphy

Dr S DaSilva

Dr N Rahman

### Registrars

Dr Sohaib Zamir

### Practice Manager

Mr C Neal

### Assistant Practice Manager

Mrs N Booth

### Patient Services Manager

Ms C Edwards

## General Data Protection Regulation (GDPR)

This new legislation that comes in to force in May 2018 will enhance the requirement about ensuring that any data we hold about you is accurate, protected and only used for your benefit. Complete details have still not been finalised as to how they will relate to General Practice, but we will be putting notices up in the Surgery and on the website explaining who we might share your data with.

Colin Neal, PM

# Update from the Friends of Parkwood

We are pleased to welcome a number of new and enthusiastic FPS Committee members. In addition to providing new ideas and skills, we hope that having a larger Committee will enable us to reach out to more of you in 2018.

We held our Christmas Raffle, raising funds so that the Gadebridge Branch defibrillator can be mounted externally and be available for the benefit of the wider community. This is due to be installed in the coming weeks – thank you to everyone who bought tickets & contributed prizes.

For 2018, the FPS Committee has the following aims:

- ☞ Health Talks - To hold talks on subject we hope will be interesting and helpful; see below.
- ☞ Exercise Classes - After the success of our First Steps Health Walk last year, we would like to set up other exercise classes – if you would be willing to run a class, please get in touch.
- ☞ Meet More of You - We are keen to represent you and your interests in our discussions with the Practice, so we want to hear from more of you about your experience and feedback. We plan to be in the Surgery more often, hold our first AGM later this year and join the social media revolution!
- ☞ Publish the FPS Terms of Reference - Our ToR is now available on the Parkwood Surgery website under the FPS section; find out about what the Committee does and how we operate.
- ☞ Update our Membership Process - This is to comply with the new data protection regulation, GDPR, which comes into force in May. More details to follow in the coming weeks.
- ☞ To raise funds supporting the provision of key items that provide direct benefit to patients that might not otherwise be available.

If you would like to get in touch, you can email us, contact us via social media, speak to the Practice Manager or write to us care of Parkwood Surgery.

## HEALTH TALKS

Wednesday, 9th May — Good Mental Health: Many people have periods of stress, depression and mental health issues. This talk will look at these areas and how to recognise them, the treatments and services available. Jo Bawa from the Well-being Team and our Dr Fernandes will be the speakers.



Wednesday, 11th July — Independent Living / Carers: This will look at how people can continue to live in their own homes for longer and how to access services that will help.

Wednesday, 26th September — Behavioural issues in children / ADHD / Autism: Looking at different behavioural matters, the differences between them and what is available to support parents and children.

## SOCIAL MEDIA

The Friends now have Twitter that can be followed at [www.twitter.com/ParkwoodFriends](http://www.twitter.com/ParkwoodFriends), as well as Facebook that can be found at [www.facebook.com/FriendsofParkwoodSurgery](http://www.facebook.com/FriendsofParkwoodSurgery).



## UPDATE ON THE DEFIBRILLATOR AT GADEBRIDGE BRANCH

Following a successful fundraiser, we have been able to purchase a defibrillator that will be fitted to the outside of our Gadebridge Branch Surgery within the next few weeks so that the whole Community will have access to it. Thank you to all who contributed towards this.

