

OB_S_Y is a cause of cancer

This is never an easy subject to raise with people, however being overweight or obese is the second largest cause of cancer in the UK, after smoking. 62% of adults in the UK are overweight or obese.

The cancers most strongly associated with being overweight are bowel, uterus and breast. Thirteen cancers are strongly associated with being overweight - the remaining ten are oesophagus, stomach, pancreas, gallbladder, ovary, kidney, thyroid, myeloma and meningioma. We wanted you to be aware that the Surgery can refer you for twelve FREE sessions with either Slimming World or Weight Watchers to kick start weight loss and healthy eating advice.

Dr S Stier

REVIEW Medication reviews



If you are on repeat prescription for medications, you will have seen that there is a medication review date attached. This is for us to ensure that the conditions you are on your medication for are adequately controlled and to ensure that you are on the best treatment for your condition. They are vital for *your* safety. Please make a medication review appointment (ideally with our in house Pharmacist) when this date is due. It is becoming increasingly common for patients to ignore this date and this can unfortunately result in us having to initially halve the quantities and may ultimately mean that we have to stop your prescriptions until you are seen. The medication review appointments are standalone appointments and should not be used to discuss other problems you may have.



LOST & FOUND

A lot of items are handed in to us via the front desk. If you have lost anything in the last couple of months, please ask as we might have it. We have scarves, gloves, glasses, diaries, watches, rings and keys etc. It is always worth asking, just in case it has been handed in to us.

Kirsty Day



Please Update Your Records

Please ensure that we have all of your up to date contact details, ie mobile and home phone numbers, street address and email address. If we hold the incorrect contact information for you, your referrals will be delayed and we will be unable to contact you regarding your medical care. Please update your records with any Receptionist.

Partners

Dr T Fernandes

Dr J Brazier

Dr S Stier

Dr H Antscherl

Dr G Solomons

Associates

Dr M Nicholas

Dr C Jensen

Dr D Franzmann

Dr S Murphy

Dr S DaSilva

Dr J Johnson-Ferguson

Dr H Shakir

Dr T Darku

Registrars

Dr Bolaji Awujoola

Paramedic

Mr David Owen

Pharmacist

Mrs Purvi Shah

Practice Manager

Mr C Neal

Assistant Practice Manager

Miss K Day

Patient Services Manager

Ms C Edwards

Deputy Manager

Miss R Frost

FPS September Health Talk

Our latest health talk was on the subject of behavioural issues in children, presented by Jo Maher and Karin Ridout from Vista St Albans and Anna Dillon from PALMS.

Vista is an organisation that works through schools to provide children, young people and families with access to emotional wellbeing and early intervention, supporting families through difficult times, changing lives and bringing families together to enable better outcomes for all.

PALMS (Positive behaviour Autism Learning Disability and Mental Health Service) works across the county, providing a specialist multidisciplinary approach to help children and young people aged 0-19 with a learning disability and / or Autistic Spectrum Disorder, and their families. PALMS Clinicians comprise a 'virtual team' delivering a consistent service in a variety of community settings. PALMS aims to keep children and young people with their families within Hertfordshire, thereby improving outcomes for all family members

The talk covered a wide range of behavioural concerns and age ranges, looking at what might trigger the problems in the first place and how behaviours might be unintentionally reinforced. The talk moved on to discuss how dealing with these issues works best when you consider and involve the whole family rather than focussing on the individual and provided some practical suggestions and how both Vista and PALMS can offer support.

Those attending the talk commented that they found the session extremely helpful and appreciated the handouts with further information and support contacts provided by the Practice, Vista and PALMS.

COMMUNITY DEFIBRILLATOR

One of the *The Friends of Parkwood Surgery* aims is: 'Assisting the Practice with practical support, such as volunteering time to inform patients about available services **and raising funds for practical improvements**'.

At a Committee meeting in late 2017 it was mentioned that there was not a defibrillator in the vicinity of the Gadebridge Shopping Centre. After discussion, the Committee agreed to look at the feasibility of providing one at the Gadebridge Surgery, available for use twenty four hours a day. Thanks to good work by Colin Neal, the Practice Manager, all the legal and planning issues were resolved and a suitable defibrillator provider identified. *FOPS* undertook to raise the necessary funds to provide the equipment. This was achieved by using donations made by *FOPS* members and contributions from the Practice and the Locality Budget administered by the then local Dacorum Borough Councillor, Terry Douris.

The defibrillator has now been installed and is fully functional. It provides much needed and potentially lifesaving equipment in this busy area of our town and benefits not just the patients of the Practice, but the wider community. The photograph shows *FOPS* Chairperson, Jacquie Humphrey and Deputy Practice Manager, Kirsty Day with a group of local business owners and members of the public who attended its inauguration.



Flu Vaccinations

Colin Neal, PM

We apologise for not being able to put on the flu clinics as early as we normally have and know that some of you have been wondering when these will take place.

This year has been the hardest year to organise the flu clinics. The main reasons being that the NHS have introduced a new vaccine for the over 65s, but there is only one supplier and they did not have enough notice to ensure that they could deliver the numbers required at the start of the flu season in September. Although we placed our order back in February, we have had it split into three delivery dates with the last one not until the end of October. The other issue was that for the companies producing the under 65 vaccine had to change the vaccine they were making part way through their process so this has had a knock on effect to their delivery dates.

Therefore, we have had to change the dates of our clinics to match the delivery of the vaccines, but this has meant holding clinics much later than we had planned.

The first clinic was on the 29th September, which went well and the dates for the further session are below. We have written to all eligible patients with an appointment time, but if you think you are also eligible, please contact us and we can check this out. The NHS do change the eligibility criteria each year, so although you have had one in previous years, it does not always mean that you are eligible this year.

Flu clinics at the Surgery / Branches

Saturday 3 rd November	- Parkwood Surgery	9:00 – 12:00
Tuesday 6 th November	- Boxmoor Branch	8:45 – 12:00
Wednesday 7 th November	- Gadebridge Branch	8:45 – 12:00
Friday 16 th November	- Parkwood Surgery	3:30 – 5:30

Flu for Housebound Patients

19th October, 1st November, 15th November and 16th November

Children's clinics for 2 & 3 year olds only following an invite

Wednesday 24 th October	- Parkwood Surgery	4:40 – 5:40
Wednesday 30 th October	- Parkwood Surgery	8:30 – 9:40
Friday 9 th November	- Parkwood Surgery	3:30 – 5:30
Tuesday 13 th November	- Parkwood Surgery	8:30 – 9:30
	Parkwood Surgery	3:30 – 5:00

You will need to book into the children's clinics.

We have already had to place our vaccination orders for next year so are hoping for a simpler process and changes not being made during the year.

We are aware that other providers are allowed to deliver the flu vaccination service, but would encourage our patients to use our service.



FLU DAY

3rd NOVEMBER

As you will have already read in this Newsletter, the next Flu Day is set for 3rd

November. Committee members of *The Friends of Parkwood Surgery* will be there, so come along and say hello. We will be at the rear exit from the Surgery, by the gazebo (weather permitting!), so come and renew your *FOPS* membership or join if you are not already a member and tell us what health topics you would like to have talks about, suggest improvements to the Practice service or just have a chat. We look forward to seeing you on the day.



Information about the new vaccine for the over 65s

This year, people aged 65 or over will be offered a **trivalent flu vaccine (protecting against three strains of flu virus) that also contains an adjuvant**. Adjuvants are substances that help to strengthen and lengthen the immune response to the vaccine. It is not a live vaccine. The newly available 'adjuvanted' vaccine is expected to significantly boost effectiveness by improving the body's immune response to the vaccine. This is important because typically, older adults' bodies do not respond as well to the flu vaccine due to their naturally weaker immune systems. Older adults are also more likely to suffer complications from flu.