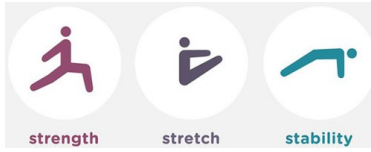


## PARKWOOD PILATES

As a follow up to our July 2018 news that we were starting a new Pilates class, we are pleased to say that we now have *two* classes running. Our

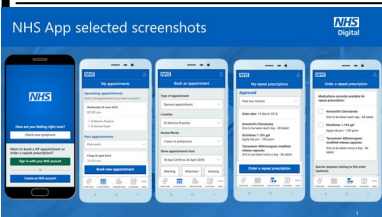


10:15am slot seems to be the most popular time and we have a regular nine people attending. We also have a regular six people in the 9:15am slot.

We offer a special five week package for £35 for Parkwood referrals and here's the link to our webpage <https://www.regardsoe-fitness.co.uk/pilates-parkwood-drive/>. We hope to see some new faces soon.

## SURVEY — Your opinion matters

The *Friends of Parkwood* Committee would like feedback from Parkwood Patients to help shape the work we do in the coming year. Please complete our short survey: it's completely anonymous, takes just 2 minutes to complete and could help us to help you. The survey can be found at <https://www.surveymonkey.co.uk/r/CPCKV2C>. Thank you,



## The NHS APP

After a successful pilot in Hertfordshire, Bedfordshire and Luton, the NHS App is now being rolled out nationally. The app was successfully

tested by more than 3000 patients from 34 GP practices across 16 CCGs between September and December 2018.

The NHS App provides a simple and secure way for people to access a range of NHS Services on their smartphone or tablet. When the GP Practice is connected, patients will be able to use the NHS App to:

- ☞ book and manage appointments at their GP practice,
- ☞ order their repeat prescriptions,
- ☞ securely view their GP medical record,
- ☞ check their symptoms using NHS 111 online and the health A-Z on the NHS website,
- ☞ register as an organ donor, or
- ☞ choose whether the NHS uses their data for research and planning.

The app is the first to use the **NHS login**, a single system that verifies the identity of people who request access to digital health records and services; it's a secure way of sharing healthcare information without interference. The majority of patients aged 16 years and over should be able to verify their identities and register for services in the app by using their NHS login. Over time, the identity will become an essential means for patients to manage access to healthcare services.

Watch a demonstration of the app at: [NHS App Demo - https://youtu.be/YR7P4tXeb-Y](https://youtu.be/YR7P4tXeb-Y)

The app is now available in East & North Hertfordshire with Bedfordshire, Luton and Herts Valley being rollout throughout March.



Thank you to everyone that came to the defibrillator demonstration on Friday 1<sup>st</sup> March at Gadebridge Community Centre. It was a very productive and informative session run by Roni from the Community Heartbeat Trust.

Kirsty Day, Assistant Practice Manager

### 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

### Paramedic

Mr David Owen

### Pharmacist

Mrs Purvi Shah

### Practice Nurses

Clare Jones

Elaine Whittaker

Kerry Farmer

Karen Dancer, HCA

### Practice Manager

Mr C Neal

### Assistant Practice Manager

Miss K Day

### Deputy Practice Manager

Miss S Wartnaby



FRIENDS OF PARKWOOD SURGERY

# HEALTH TALK

## NEW PARENTS TALK + Q&A SESSION



Answers to all your questions about looking after Baby



**Speaker:**  
**Dr Stier, Parkwood Surgery**



**10AM, TUE 14 MAY 2019**  
**ST ALBANS CHURCH**  
**436 WARNERS END ROAD, HP1 3QF**

[FriendsofParkwoodSurgery](#) [ParkwoodFriends](#)  
 [friendsofparkwooddrive@googlemail.com](mailto:friendsofparkwooddrive@googlemail.com)

Dear All

Welcome to the latest edition of our quarterly Newsletter.

You will see that our patient group, the *Friends of Parkwood Surgery* have been very busy looking at a variety of classes that could increase physical activity for all levels, ages and abilities and help you to meet new people.

They have also planned the Health Talks for 2019; details of which are left and below. The first talk is about healthy eating on 24<sup>th</sup> April, so if you happen to over indulge on Easter eggs, why not book a space at the talk.

If you have any suggestions for other topics for talks, please let the *Friends* know via word of mouth at a talk, via their social media platforms on Twitter or Facebook, or you can email them at [friendsofparkwooddrive@gmail.com](mailto:friendsofparkwooddrive@gmail.com).

Colin Neal, Practice Manager

## Easter Opening Times

|          |                        |               |
|----------|------------------------|---------------|
| Thursday | 18 <sup>th</sup> April | 08h30 — 18h30 |
| Friday   | 19 <sup>th</sup> April | Closed        |
| Saturday | 20 <sup>th</sup> April | Closed        |
| Sunday   | 21 <sup>st</sup> April | Closed        |
| Monday   | 22 <sup>nd</sup> April | Closed        |
| Tuesday  | 23 <sup>rd</sup> April | 07h00 — 18h30 |

If you require medical help when we are closed, please call 111 or visit the Urgent Care Centre.

## THE FRIENDS OF PARKWOOD SURGERY 2019 HEALTH TALKS

| WED 24 APR   | WED 22 MAY   | WED 19 JUN  |
|--|--|---|
| <b>HEALTHY EATING</b><br><br>Eat well, be well   | <b>DIABETES &amp; CARB COUNTING</b><br><br>Learn how to improve your diabetes control  | <b>GOOD SLEEPING</b><br><br>How to get to sleep, & enjoy quality sleep                      |
| WED 10 JUL   | WED 18 SEP   | TUE 15 OCT  |
| <b>CARING FOR OTHERS</b><br><br>Help and support available to you when you care for others | <b>ACHES &amp; PAINS</b><br><br>Advice on prevention, self help and when to see you GP | <b>MENOPAUSE</b><br><br>What is it, how it can affect you, what you can do to ease symptoms |

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