

USE OUR FREE GUEST WIFI & LOG ON TO THE WEBSITE

When you get a chance, why not have a look at Parkwood's website. It is kept up to date with regular news and should be your first port of call when looking for health advice and information.

Unlike the vast majority of Practices, this is not an off the peg site maintained by remote IT staff, but is extensively worked on by our own GPs to ensure that it meets our own patients' needs and is regularly reviewed and kept up to date. Whilst I could go on about the finer details, why not log on to www.parkwoodsurgery.nhs.uk using our in-house guest wifi and have a look for yourself.

It is hopefully pretty comprehensive by now and includes recommended links that we have selected to save you spending hours on search engines.

We are always looking for ways to improve, so any feedback would be most welcome. Whilst you are at it, why not link to our twitter feed, which is also actively updated, to ensure that you are always aware of the latest advice and news from the Surgery.

Dr J Brazier



HELP WANTED

The Friends of Parkwood Surgery Committee is considering using social media to increase the number of patients we reach to let them know about talks and events, etc. However, none of the Committee believes that they have the necessary skills to establish and administer this. If any readers of this Newsletter think that they could help us take forward this idea please contact the Practice Manager, Colin Neal, email: colin.neal@nhs.net or Michael Ross at the FOPS email address: friendsofparkwooddrive@gmail.com.

Michael, FPS Committee Member

FPS Funding

I've just joined the *Friends of Parkwood Surgery* I said to my pal. 'Oh yes, what's that then?' he said. 'It's a group for patients of this Surgery that anyone registered here can join' I replied, 'and at the centre, there is a group of volunteers who help to raise money for surgical and other equipment, such as the new electric doors and bicycle racks. They give the Practice feedback and help to organise educational events for our Patients, such as talks on medical matters, health walks and similar events. They also help out on days when the mass flu vaccinations are carried out.' 'Mmm' said my pal 'I bet it eats up some of the NHS budget though'. 'No' I answered 'In fact there is no NHS budget for groups such as this, and neither does the Practice fund the group. The Friends are entirely self-funding from the modest subscription that each member pays, the occasional donation received from a Patient wishing to express satisfaction with the service that they have received at our Surgery and fund raising events, such as the Christmas raffle.' 'Excellent' said my pal 'How can I join?'

Brian, FPS Committee Member



The Partners & staff wish all of you & your families a very happy, healthy, fun filled & stress free festive season.



CHRISTMAS RAFFLE

The Friends of Parkwood Surgery are holding a raffle draw on 18th December. There are plenty of great prizes to be won and tickets are selling at Parkwood & Gadebridge Surgeries. Please help to support us and be in with a chance to win one of these prizes. Good luck!

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 Sarvin Soltanieh

Dr Sohaib Zamir

Practice Manager

Mr C Neal

Assistant Practice Manager

Mrs N Booth

Patient Services Manager

Ms C Edwards

NO MORE GLUTEN FREE ON PRESCRIPTION

Following public consultation, the Herts Valley Clinical Commissioning Group (HVCCG) has changed the policy on prescribing gluten free foods and certain over the counter medications for self-limiting conditions. The full guidance can be seen on the following link: <http://hertsvalleysccg.nhs.uk/news-events/927-hertfordshire-nhs-service-changes-decisions-announced-today>.

Gluten free:

Historically, gluten free products were added to the list of products available on NHS prescriptions when they were not easily available for people to purchase. Now there is a wide range of gluten free products available from supermarkets, the internet and health food stores along with local pharmacies that are sold at prices that are considerably lower than the NHS is charged when bought for use on prescription. In addition to these products, there is also a wide variety of naturally gluten free food including rice, fresh fruit and vegetables, meat, poultry, fish, cheese and eggs.

All individuals will now be expected to purchase gluten free foods, including groups that currently receive free prescriptions (such as children, the elderly and those on low incomes) from supermarkets, pharmacies, online or other shops. Patients with metabolic conditions will continue to be allowed to have prescribed products because these cannot easily be purchased. This is mentioned because some of these products are both low protein and low gluten.

Over the counter

In 2016, NHS services in Hertfordshire spent over £4million on providing items that are also readily available to buy without a prescription. As the local population size continues to grow, this prescribing places pressure on scarce NHS resource.

All individuals will now be expected to purchase over the counter medicines for conditions that can be managed through self-care and this includes groups that currently receive free prescriptions (such as children, elderly and those on low incomes). GPs will only be able to prescribe in exceptional cases. This policy does not cover long term conditions.

Minor ailments are minor and / or self-limiting conditions and can be managed by the individual themselves. Products aimed at treating the symptoms of many minor ailments should not routinely be prescribed at the expense of the NHS, as such items are widely available in pharmacies or shops at a retail price that is often lower than the NHS prescription charge (currently £8.60 per item).

The following conditions have been identified as being self-limiting and therefore, Hertfordshire patients will be expected to purchase medicines to treat:

Acne fungal nail infection, allergies including hayfever, general wellbeing (vitamins, supplements & probiotics) *short- and long-term*, athlete's foot, haemorrhoids, cold sores, head lice, colic, nappy rash, conjunctivitis, short term pain & inflammation, constipation (short term), sore throat, coughs & colds, protection from sunburn, dandruff, sweating, dental hygiene, teething, diarrhoea (less than 72 hours), threadworms, dry eyes, thrush (short term), dry skin conditions with no diagnosis and travel protection.

Dr H Antscherl

The Spring Centre at The Hospice of St Francis



The Spring Centre is a health and wellbeing centre that helps adults with serious life-limiting illnesses, such as cancer or a neurological, heart or lung condition, to live well. The Centre also supports people who are recovering after cancer treatment.

The dedicated team of health & social care professionals provide a range of health and wellbeing services and work with patients to help them to maintain their quality of life and to remain as independent as possible.

The Centre also offers a comprehensive range of services to support carers, close friends and family members, alongside providing support for children living with someone who has a serious illness or who are bereaved.

The Spring Centre is located in tranquil surroundings, just outside Berkhamsted, in the grounds of The Hospice of St Francis. Parking is available and all their services are offered free of charge.

To find out more about their services or to make an appointment please visit their website at www.stfrancis.org.uk/springcentre.

Colin Neal, PM