

THINK!
WHY A&E?

A&E is for emergencies and life threatening illness ONLY

A&E or 999: Chest pain, choking, blood loss, blacking out

NHS 111: Need help fast, not well, unsure, call now

Same Day Centre: Itches, strains, cuts, sprains

GP Surgery: Back pain, stomach ache, ear pain, vomiting

Pharmacy: Diarrhoea, runny nose, painful cough, headache

Self Care: Hangover, grazed knee, cough, sore throat



Some festive cheer for our Health Walkers

Hertfordshire



If you have been joining us at the Tuesday Health Walk, you will know that we continue to have a good number of walkers. We have enjoyed exploring our local community whilst taking regular exercise, not to mention lot of chit chat over coffee! I know that friendships have formed between our walkers and they meet up for coffee in Town and are in regular contact with each other.

I am also pleased to let you all know that Hertfordshire Health Walk Volunteers / Leaders, Ambassadors and Admin Volunteers received the 'Hertfordshire Sports Partnership Directors Special Recommendation Award' on 27th November at the University of Hertfordshire. They also received 2nd place for its contribution during the 'Herts Year of Physical Activity'.

Hertfordshire Health Walks are attended by nearly 4000 people every year, with 70 different walks offered across Herts every week.

Keep on walking everybody! Get outside and explore where you live—you would not believe what you see and did not know was there.

Karen Dancer, HCA & Health Walk Leader



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

Dr Missagh Fini

Paramedic

Mr David Owen

Pharmacist

Mrs Purvi Shah

Practice Manager

Mr C Neal

Asst Practice Manager

Miss K Day

Patient Services Manager

Ms C Edwards

Deputy Manager

Miss R Frost

2019

Make a New Year's Resolution

Book an appointment with our in house Counsellors, who can help you to become a non smoker.

Clinics are held every Monday evening between 6:30pm and 8:00pm or on alternate Saturdays between 9:00am & 12:00. Don't delay, book an appointment today!

The Partners and staff wish all of our patients and their families a happy, healthy, fun filled and stress free festive season.

save time



refill online

REPEAT PRESCRIPTIONS

Please remember that we CANNOT accept prescription requests by phone. These MUST be in writing and can be posted to us, dropped in to the Surgery, requested via our website (www.parkwoodsurgery.nhs.uk), or directly via our dedicated prescription email address (parkwood.prescriptions@nhs.net).

Similar applies to sick notes; these can be requested via our prescription email address above and DO NOT need a telephone triage appointment.

Reception



Thank you to everyone for selling & buying *Friends of Parkwood Surgery* raffle tickets. We have managed to raise the sum of £350 that will go towards some new adjustable consulting room chairs.

We have tried to telephone everyone that has won however, if you did not receive a phone call, please check the list below for your name. If you are there, please let the Reception staff know.

1st Place Christmas Hamper – Yellow 893 – Mrs Lewis

2nd Place Christmas Hamper – Yellow 766 – Mrs Colley

Christmas cake – White 220 – Sue

Christmas decorations & wine hamper – Blue 71 – Mr Shirley

£50 Voucher: The White Horse – Blue 15 – Mr Tyler

Hairdressers voucher – Yellow 86 – Mr Rehman

Decanter & glasses – White 343 – Mrs Weston

Spiraliser & book – White 605 – Mrs Bonfield

L'Occitane Verbena gift set – Yellow 354 – Tony H

Sarah Jessica Parker gift set – White 421 – Mrs Alford

Bottle of Whiskey – Yellow 32 – Mrs Patel

Bottle of brandy & golf gift set – Mr Kirman

Emma Bridgewater gift set – White 280 – Mrs Harrison

Royal Jelly gift set – Yellow 198 – Mrs Oliver

Pyjamas & slippers – Yellow 207 – Ms Morgan

Champagne & shortbread – Yellow 759 – Mr Welberry

Bottle of Wine & box of chocolates – Blue 20 – Mrs Couzens

Two bottles wine, red & white – White 617 – Mr Burgen

White Grace gift set & candle – Yellow 840 – Mrs Fay

Calcot Manor gift sets – Yellow 709 – Ms McEntee

Lucky Dip – Yellow 619 – Mr Shute

Mug & shortbread – White 366 – Kay D

Once again thank you for all your help and have a very merry Christmas.

Kirsty Day, Asst PM