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HAPPY NEW YEAR

New Year's Resolution

As we are knee deep in treats and self indulgence, maybe some of you are planning your New Year's Resolution? As a reluctant runner, may I recommend the 0-5K couch potato running courses? When I started

jogging three years ago, I could not run 50 yards. There are huge benefits to exercising outside, on cardiovascular and mental health. The beginners courses are social, supportive and fun.

There is a fund raising group for The Hospice of St Francis run by two extraordinary women who will make you laugh non stop, called Jog On; the website is Jog On Running. Other courses are also set up by locals, such as Parkrun at Gadebridge Park at 9am every Saturday.

If you do take the plunge, let me know how you get on. Merry Christmas.

Dr S Stier



Indigestion, indigestion, indigestion

The festive season is back. We all look forward to Christmas, meaning food and drinks, and we inevitably end up with some after effects. One of them is indigestion. Indigestion (dyspepsia) is usually pain or discomfort in the upper part of the stomach. This does not mean we should not enjoy ourselves during this season, but everything in moderation would probably be the best option. It is inevitable to indulge with food and drinks when it is in abundance; after all it is Christmas.

The main reason for indigestion is over indulgence and sometimes having food and drinks that we are not used to. In addition, we are out of our usual routine.

The main aim in primary care is prevention; better than cure. So let's not over indulge, be moderate, and if anyone already suffering from indigestion, try to keep to your routines and make sure your antacid medication does not run out.

Worse case scenario, if you suffer from indigestion, get to a supermarket or chemist to get some antacids; they are widely available over the counter and you should rarely have to call the out of hours services



Partners

Dr T Fernandes

Dr S Stier

Dr H Antscherl

Dr H Shakir

Associates

Dr M Nicholas

Dr C Jensen

Dr D Franzmann

Dr S DaSilva

Dr J Johnson-Ferguson

Dr T Darku

Dr A Kamal

Registrars

Miss S Zaheer

Paramedic

Mr David Owen

Pharmacist

Mrs Purvi Shah

Practice Nurses

Clare Jones

Elaine Whittaker

Kerry Farmer

Charlie Rooney

Karen Dancer, HCA

Practice Manager

Mr C Neal

Assistant Practice Manager

Miss K Day

Deputy Managers

Miss S Wartnaby

Mrs S Conway

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

Surgery News

Latest News



Staffing

After 17 years as a Partner at Parkwood Surgery, Dr Gary Solomons has decided to move on to take on some different challenges. Like you, we will all miss him, but at least you will not have to see the various Chelsea paraphernalia in his room.

We are pleased to say both Dr Nicholas and Dr Kamal will become Partners from January 2020.

Premises

You may have seen in the local paper that we are looking to develop the Surgery to manage the increasing patient numbers including the LA3 development. We are some way from starting this, but will keep you updated as we progress and will provide opportunities for you to engage with us as plans progress.

Prescriptions

Please remember that, like most of you, we are not open on Christmas, Boxing or New Years Days so please remember to request and collect your prescriptions in time so you are not without medication over the festive period.



Merry Christmas and a Happy & Healthy New Year.

Colin Neal, PM

FOPS News



It has been a busy time for members of the FPS Committee since the last Newsletter, as we have held two more Health Talks on Aches & Pains and The Menopause, attended the three Flu Clinics and have published an update to the "FPS Recommends" booklet that details a wide variety of local clubs, organisations and interests that can help to improve the social and physical welfare of people in our catchment area.

Fundraising is an important part of our activities, as not only have we raised money for items that improve the patient experience that are not provided by the NHS, but also to cover the costs of hiring halls for talks, paying expert speakers and printing our booklets and leaflets. We are very grateful to those patients who have made donations to FPS at the Flu Clinics and elsewhere. We have also been fortunate this year in obtaining funding from Dacorum Borough Council Small Grants Fund to assist with the running costs of FPS and The Boxmoor Trust for a grant to purchase a projector, stand and screen to enable us to provide Health Talks in a professional manner.

We have recently been successful in an application to the Cooperative Society Local Community Fund. This works in a different way from the others, as Coop members can nominate FPS as their cause and 1% of everything they spend at the Coop is allocated to FPS. The Scheme runs from end October 2019 to end November 2020. You must obviously be a member of the Coop to do this, but there is an easy online application process, or you can join at any Coop store; the cost being £1. This is an easy and painless way of supporting our work, so please spread the word. There is a direct link to the FPS page on the Coop website, which is here: <https://membership.coop.co.uk/causes/37789>.

Finally, tickets are on sale for the FPS Christmas Raffle with over twenty excellent prizes. Tickets cost £1 a strip of five and are

Mon 23 rd December	- 8:30am till 6:30pm	(6:30pm till 8:00pm pre booked appointments only)
Tues 24 th December	- 8:30am till 6:30pm	(7:00am till 8:00am pre booked appointments only)
Wed 25 th December	- Closed	
Thu 26 th December	- Closed	
Fri 27 th December	- 8:30am till 6:30pm	
Mon 30 th December	- 8:30am till 6:30pm	
Tue 31 st December	- 8:30am till 6:30pm	
Wed 1 st January	- Closed	
Thu 2 nd January	- 8:30am till 6:30pm	

