



Welcome to a Special Edition Newsletter produced by Highview Patient Participation Group (PPG) in partnership with Highview Medical Centre.



Hello everyone. I am delighted to welcome you all to this special edition of our newsletter. This newsletter has been produced by members of the Highview PPG with support from Highview Surgery staff.

We have focussed on the **Potters Bar Health & Wellbeing Event** for this edition:

Please take time to read the information and pass it onto your friends and neighbours living in Potters Bar. The Health and Wellbeing event is packed with a busy schedule of Market Place, Information Stands, Health Talks and a number of activities and taster sessions.

I do hope you are enjoying the summer.

We look forward to seeing you at the Health & Wellbeing event .

The Potters Bar Health & Wellbeing Event

on Friday 2nd September 10.00 to 15.00 at the Wylllyotts Centre, Potters Bar.

The Event is being organised by the Patient Participation Groups of the 3 Potters Bar Surgeries, supported by the Surgeries, Hertsmere Borough Council, Hertfordshire County Council and Wylllyotts Centre.

Come along to get information and help on a wide range of health and community-related topics.

The event will be officially opened by the Mayor of Hertsmere, Cllr John Graham at 10.00.

There will be a **Market Place** with over 25 stands where you can get information and advice from organisations supporting the Potters Bar community.

Health Talks given by GP's from the three local surgeries

Mini Health Checks

Health Care Assistants from the 3 local surgeries will offer mini health checks, including blood pressure

Taster Sessions

An opportunity to try out some local classes including Dance Fit, Chair Based Exercises, Memory Games, Falls Prevention.

If you have any queries or require further information about the event, please email Highview's Patient Participation Group highview.ppg@nhs.net

Please see full details on the next page

Market Place

10.00-15.00 Come and browse over 25 stands where you can get information and advice from organisations supporting the Potters Bar community

- Age UK Hertfordshire
- AL-ANON
- Alzheimer's Society
- British Polio Fellowship
- Citizen Advice Hertsmere (CAB)
- Carers in Hertfordshire
- Cherry Lodge Cancer Care
- Communities 1st
- Friends of Potters Bar Community Hospital
- Hearts First Ambulance Service Ltd & Hearts First Aid Training Ltd
- Herts Ability
- Hertfordshire Health Walks
- Herts Help: Hospital & Community Navigation Services (HCNS)
- Herts Independent Living Service (HILS)
- Herts Local Pharmaceutical Committee (LPC)
- Herts Mind Network
- Herts Musical Memories
- Herts Vision Loss
- Hertsmere Borough Council
- Hertwise
- InspireAll (Furzefield Centre)
- Neighbourhood Watch (Hertfordshire Police)
- Remap Hertfordshire South
- Step2Skills
- U3A Potters Bar

Health Talks

GPs from the three local surgeries will be giving health talks.

11.15-11.45 How Your Local Pharmacy Can Help You

12.00-12.30 Mental Health and On to Dementia

12.45-13.15 Hypertension

13.30-14.00 Osteoporosis & Bone Protection

14.15-14.45 Cancel Out Cancer

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Get In Touch

We would love to hear your thoughts and suggestions for future newsletters. We would like to include topics that you, as patients of Highview, want to hear about.

Please email your feedback and suggestions to highview.ppg@nhs.net

This email address is monitored regularly but not every day. Your suggestions will be anonymised to maintain your confidentiality.

*By emailing this address you are aware that you are contacting the PPG who are patients at the surgery that volunteer to support the surgery. Please do not use this email for medical or personal questions as we are not qualified or authorised to deal with such enquiries. Any such questions must go through the usual channels and will not be acknowledged or passed on to the Practice.