



## Welcome to the Summer 2023 Newsletter produced by Highview Patient Participation Group (PPG) in partnership with Highview Medical Centre.



Welcome to our Summer Newsletter. This newsletter contains information about our GP Practice Staff and Staff training. Please take a note of this important information about your GP Practice as the Practice will be closed to patients during the training sessions. There is also some information on the New Community Support Hub at Wyllyotts Centre and an Arthritis Action online event. Our 3 PPG Health & Wellbeing event on Friday 8th September from 10:00–3:00 is packed full of information. Over 30 organisations will be at the Market Stall displaying and providing information about their services. There will be mini health checks and GPs from the 3 surgeries will be giving talks on 3 different topics. I do hope you do not miss this opportunity and you can join us for this event.

Even if we have not had good summer weather, I hope you have been able to spend some time outdoors. Please look after yourselves and stay safe. Let's hope we get some good weather soon before the summer officially ends!

*Mekhola Ray, Chair of Highview PPG*

### **SURGERY UPDATE**

#### **STAFF CHANGES**

Dr Anup Shah is currently on a 3 month sabbatical undertaking medical work in Kenya. This is a standard part of a GP's continued training and professional development. He will return to Highview in October and his work until then is being covered by Dr Nikhil Shah.

#### **STAFF TRAINING**

You may have received text messages from the Surgery about half day closures for staff training. This new initiative is funded by the Herts & West Essex Integrated Care Board and allows all staff to update their clinical and non-clinical skills and knowledge. It also provides an opportunity to network with colleagues at Annandale and Parkfield Surgeries to provide more collaborative and cohesive health care and support for the Potters Bar area.

When the surgery is closed for these 10 half day closures (over a 10-month period), cover is provided by NHS 111.

The PPG is highly supportive of this initiative which ensures the continued professional development of all staff at Highview and the benefits it will bring to the practice and patients.

### **POTTERS BAR ANNUAL HEALTH AND WELLBEING EVENT**

**FRIDAY 8th SEPTEMBER 10am - 3.00pm**

Wyllyotts Theatre, Darkes Lane EN6 2HZ

Everyone welcome, no need to book. Free Entry & Programme. Tell your family and friends.

*See next page for full details*

**POTTERS BAR ANNUAL HEALTH AND WELLBEING EVENT**  
**FRIDAY 8th SEPTEMBER 10am - 3.00pm at Wylyotts Theatre**

**ADVICE & INFORMATION**

An opportunity to speak to over 25 organisations offering health and wellbeing advice, support and information to Potters Bar residents

Age UK Hertfordshire  
AL-ANON  
Alzheimer's Society  
Carers in Herts  
Communities 1st  
Friends of Potters Bar Hospital  
Health Protection Team (cancer and shingles)  
HILS (Hertfordshire Independent Living Service)  
Hertfordshire Mind Network  
Hertfordshire Police & Neighbourhood Watch  
Herts Ability  
Herts Health Walks  
Herts Musical Memories  
Herts Vision Loss  
Herts & West Essex Diabetes Support Group  
Hertsmere Borough Council  
Hertswise  
InspireAll  
Oakmere Library  
Potters Bar U3A  
Rennie Grove Peace Hospice Care  
Step2Skills  
Stroke Association

**ARTHRITIS ACTION**

Arthritis Action are holding a Self-Management Online event via Zoom on the 6th and 13th of September for anyone who would benefit from learning about how to manage their arthritis.

The two sessions will cover different content, so it is recommend that people attend both if possible.

The sessions should last no longer than 1hr 30mins each, and they are free to attend.

Booking is essential and registration is free using the Eventbrite link here:  
<https://www.eventbrite.co.uk/e/self-management-online-two-day-event-6th-13th-september-tickets-686403319807?aff=oddtcreator>

**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](mailto: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.

**TAKE PART IN ACTIVITY TASTER SESSIONS**

Musical Memories  
Jive Dancing  
Line Dancing  
MEDAU Dance and Movement to Music  
Chair Yoga

**LISTEN TO A HEALTH TALK**

Topics:  
Musculoskeletal Services  
Diabetes  
Digital Health  
Cancer Screening  
Navigating the Weight Loss Journey  
Dementia Simulation

**MINI HEALTH CHECKS**

**NEW COMMUNITY HUB**

Rennie Grove and Peace Hospice Care are delighted to announce the relaunch of a Community Hub in Potters Bar, to support local people who are living with a life-limiting illness.

The Peace Hospice Care Outreach Hub established at Elm Court since April 2022, will be moving to the Wylyotts Centre, Potters Bar, EN6 2HN and be known as the Compassionate Support Hub.

The Compassionate Support Hub will be open every 2nd Thursday of the month from 10am to 12pm. It is open to all local residents who are living with a life-limiting illness – whether they have been recently diagnosed or living with it for years – with no need to book ahead.

The sessions will offer an informal space to meet others for a drink and a friendly chat with a trained volunteer or staff member, who can offer information, guidance and signposting to available services.

To find out more, email [compassion@peacehospicecare.org.uk](mailto:compassion@peacehospicecare.org.uk) or call 01923 330 330.

