

NEWSLETTER

Manor Street Surgery

SUMMER

At last, Summer is here!



If you are travelling abroad,
before you leave the UK, the
following website

www.fitfortravel.nhs.uk

has a wealth of information
you may find helpful.

Worried about your type of sunscreen and
how best to protect yourself - take a look at

www.nhs.gov.uk/livewell

for current advice.



Contents

- At last, Summer is here!
- Carers Week
- Manor Street PPG, working with other Berkhamsted practice (Berkhamsted Patient Participation Group)
- Free Public Meeting 'Hearts'

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Manor Street Surgery

Carers Week



In recognition of Carers Week commencing on Monday 11th June we decided to hold a coffee morning at the surgery where carers could relax with a drink and piece of cake. This was a good opportunity for carers to get together, share experiences, get information that could possibly help them, pick up leaflets and hopefully meet other people in a similar situation to themselves. Some carers do feel that they are on their own and this can make people feel very isolated, so to meet other carers in the same situation would hopefully help.

Carers were invited via the surgery or by 'Carers in Herts' who kindly forwarded our invitations to carers know to them. We asked people to send back a reply slip from the bottom of invitation, so we could get some idea of numbers.

It was lovely to see a good response, as we had 22 people come on the day, and it was good to see both men and women sharing their experiences, it was a real party atmosphere with music playing in the back ground.

The feedback on the day was very encouraging and we feel that the carers got a lot out of the morning; one carer was given an appointment with a GP the next Monday as it came to light that she was not coping and felt she needed extra support.

As a result of the coffee we were looking at making this an annual event and possibly doing something similar nearer to Christmas.

We would like to thank Donna Corbin and Katy Wright, our Manor Street Carers Champions for their article.

Manor Street PPG, working with other Berkhamsted practice (Berkhamsted Patient Participation Group)

Diabetes Event

The first of the community Health and Wellness Events (organised by the Berkhamsted group) on the topic of Diabetes took place at the Civic Centre in Berkhamsted on 30th April. A large audience of just under 100 people enjoyed the well – planned programme; expert speakers were from primary, secondary care and the voluntary sector. Prior to the short presentations attendees were able to visit stalls for information and advice and again in the interval. After the interval there was a lively and informative question and answer session with the speakers. Our thanks to all members of the Berkhamsted Participation Group for planning, organising and running of the event and to all of our Berkhamsted practices for their support, particularly in the promotion of the evening to patients.

Dates for your diary – 18th July - Coronary Heart Disease community event

Once again, the Civic Centre in Berkhamsted will be the venue for our next event commencing at 7.00pm.

Dr Richard Walker will be one of our distinguished speakers and panel members together with a senior consultant cardiologist, a paramedic and a rehabilitation specialist. The popular panel sessions will have 40 minutes allocated for the audience to have their questions answered and there will be a selection of stalls providing information about heart disease.

If you, a family member or friend is living with CHD or suspects they may be at risk, please come along and join us – you will be very welcome.

Manor Street Surgery

BERKHAMSTED PATIENTS GROUP

FREE PUBLIC MEETING ‘HEARTS’

Main Topic CORONARY HEART DISEASE which includes: risks, how to reduce them, drugs, basic surgery, paramedic aspects, cardiac rehabilitation, and a patient’s view.
Plus stalls will cover other aspects of heart disease and advice

**EXPERT SPEAKERS led by: Berkhamsted GP Dr R Walker
And Cardiologist Dr N Hadjiloizou**

**COME & LEARN MORE ABOUT HEARTS
& HOW TO HELP PROTECT YOURSELF**

WEDNESDAY 18TH JULY 2018

from 7.00 - 9.45pm

**Berkhamsted Civic Centre
161-163 High Street HP4 3HB**

**SPONSORS: BERKHAMSTED LIONS CLUB, HERTS COUNTY COUNCIL
HERTS VALLEYS CLINICAL COMMISSIONING GROUP**