

NEWSLETTER

Manor Street Surgery



**WINTER
2022**

New Practice Manager

My name is Angela Burnett and I have worked in the NHS for 39 years, starting as a receptionist in general practice in London. I then took part in a major study on the prevalence of undiagnosed dementia in the community. Following this I became the practice manager in this same surgery.

After working in London for 34 years, I felt it was time to cut the commute, and found Manor Street Surgery.

We all know what difficult challenges the NHS is facing, but I feel I have found a first class team to work with in Manor Street, and am optimistic for the future.

I am delighted to have become a grandmother for the first time this year, and I am particularly fond of cats, of which I have several.

Please check you have enough medication to last you over the Christmas and New Year period.

**The latest date to request your repeat prescription for the Christmas break is
Wednesday 21st
December and
Wednesday 28th
December for the
New Year break.**



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Contact Details

Manor Street Surgery

Manor Street

Berkhamsted

Hertfordshire

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www.manorstreetsurgery.org

Manor Street apologises for the time waiting on the phone, but we have a shortage of staff and are actively recruiting.

NEWS FROM THE SURGERY

GPs:-

Partners:- Dr Helen Manton, Dr Robert Loftus, Dr Sarah - Louise Brennan

Salaried GPs:- Dr Michael Cipparrone, Dr Eleanor Downey, Dr Helena Pattinson
Dr Kumaran Thanabalasingam

GP Registrars (qualified doctors training to be GPs) :-
Dr Difijah Ramaneswaran, Dr Abhi Sharma

Healthcheck Services

A recent addition to the surgery is a monitoring machine which the patient can use independently, to check their height, weight and blood pressure {BP}. It is called the Healthcheck Service, and is in the alcove to the left in the reception area.

There will be an instruction poster next to the machine in case a receptionist is not free to ask. If the first attempt seems wrong, then try again. With regards to height, for example, we all know roughly what our height is, so if the first reading seems wrong, try again, adjusting how you stand. Patients also need to take a few minutes to sit and let their BP settle before starting to use the machine.

The machine is expected to be connected to the clinical system early in the new year. The results will be reviewed by a clinician before being saved into a patient's records. You may be asked to use this machine at the beginning of every visit to the surgery in the future.



The Berkhamsted Tring Stroke Support Group is reminding anyone who has been affected by a stroke that there is lots of support available to build your confidence as you rebuild your life after stroke.

Facilitated by the Stroke Association, the Berkhamsted Tring Stroke Support Group is one of many safe and supportive spaces across the country to learn more about stroke and self-care.

This group normally meets fortnightly on Tuesdays at Northchurch Social Centre in Berkhamsted. Activities here often include arts and exercise in a friendly and relaxed environment together with outings and lunches.

If you'd like to find out more about the Berkhamsted Tring Stroke Support Group, contact Ian Hines 01442 381606. You will find more details, including the exact location of the group on the [Stroke Association website](#).

Hertfordshire



Health Walks

Enjoy the countryside, and local green spaces with the FREE Hertfordshire Health Walks led by a qualified volunteer leader. There are 3 grades of walk in Berkhamsted on Alternate Thursdays at 10:00 AM

- Grade 1 duration approximately 30 minutes. Even ground, gentle pace and no stiles
- Grade 2-3 duration 45 - 60 minutes. Moderate hills, faster pace, possible stiles
- Grade 3-4 duration 60 - 90 minutes. Possible steep inclines and stiles

Timetables of walks in Dacorum are published on the Hertfordshire County Council website.

If in doubt about which grade to choose why not start with a lower grade. You can check with your Health Walk Leader who can advise on the pace, terrain and length of the walk, or contact 01992 555888 Monday to Friday 09:00 – 11:30 and 14:00 – 15:00, or visit healthwalks.cms@hertfordshire.gov.uk



Join us on a health walk
this December!



During these challenging times, you may be feeling lonely, isolated, in need of warmth, or just a friendly chat over coffee/tea and cake. The **Open Door** (opposite VAH) serves our community and offers a wide range of activities and services available to all.

We're here for everyone

We're caring, welcoming and inclusive.

We empower

We provide opportunities for everyone in our community to be active and to make a difference.

We're collaborative

We unite the community – working as a team with local people and organisations.

Helping to tackle social inequality and isolation is at the heart of what we do.

We enable everyone to connect and contribute, for their own wellbeing and that of the wider community.

To find out more about what's on:

https://www.opendoorberkhamsted.co.uk/uploads/4/7/7/2/47720131/2022_-_november_-_whats_on_at_open_door__1_.pdf

<https://www.facebook.com/opendoorberko/>

<https://www.opendoorberkhamsted.co.uk/>

We look forward to welcoming you!

