



PARKBURY HOUSE PPG NEWSLETTER

SEPTEMBER. 2023

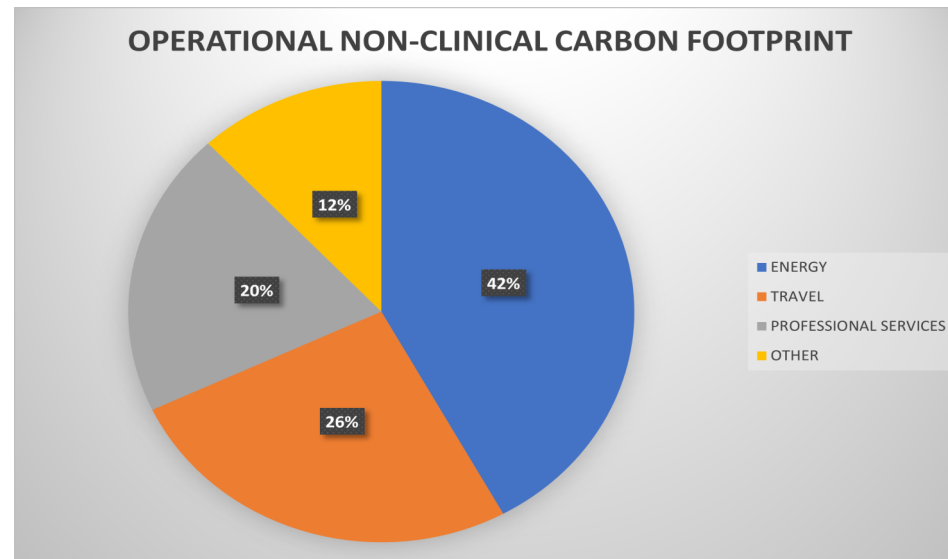
In this issue:

- ◇ Green Impact for Living;
- ◇ Developments at Parkbury House Surgery;
- ◇ Vaccination dates;
- ◇ Social Prescribing;
- ◇ Patient Participation Group.

I'm delighted to announce that Parkbury House Surgery has signed up to The RCGP's (Royal College of General Practitioners) Green Impact for Health (GIFH) Toolkit & Awards.

Over the last few years we have seen a surge in discussions of green issues and environmental damage across the world ranging from BBC documentaries to speeches at the UN by Greta Thunberg. In 2008 the UK Government passed legislation, - the Climate Change Act - to require the country to reduce greenhouse gas emissions to net zero by 2050. So what, you may ask, has this to do with a GP practice? In the figure below I have outlined the :

Operational non-clinical carbon footprint of a sample GP practice¹



As one can see from the graph the carbon footprint is very large. Some 4% of the carbon footprint of the whole country is attributed to the NHS. Primary care aims to provide a high-quality service to protect, diagnose, treat and improve the health of patients, but this comes at a considerable cost to the environment. GP practices cause wasted resources, (time, energy, physical resources), pollution through disposal of items, equipment and products at the end of life, and emissions - especially greenhouse gases.

The carbon footprint of primary care can be split into three areas:

- Operational footprint from the day-to-day running of the practice;
- The footprint from investigations, such as pathology and radiology;
- The prescribing of medication; preventing and treating illnesses in our patients.

1. Sawyer M. Carbon footprinting general practice, 2021, sustainability.co.uk/carbon-footprint. 2. Dr. Matt Sawyer, Pulse 2021

The main carbon hotspots are:

- Energy use;
- Travel (staff and patients);
- Professional services;
- Other activities and factors including procurement, office and medical consumables, water and waste².

To tackle these teamwork and cooperation are vital. At Parkbury House we have set up a 'green team' in order to try to embed greener actions into our everyday routine. To this end we are using the [Green Impact for Health Toolkit](#) which was developed by the RCGP in 2014 using the Green Impact web platform developed by Students Organising for Sustainability (SOS). The toolkit aims to answer the question, "What can I do in my practice?". It lists over 100 actions we can take to improve our environmental sustainability and quality and tips for making the change. The PPG signed up to the toolkit and begun to work with the practice and conduct some research into the 14 different areas in order to effect an improvement within our practice.

Working with local pharmacies we have begun to look at how best to re-cycle used inhalers and empty blister medication packs. In terms of prescribing, social prescribing cut down on potential reliance on certain medications. In the next newsletter we hope to bring you some hard data in respect of this initiative.

Developments at Parkbury House Surgery

We extend a warm welcome to all our new starters and returning staff, the date in the last column is the projected start date.

Ajmal	Naqshbandi	Salaried GP	02/08/2023
Mel	Premchand	Registrar	02/08/2023
Jessica	Hino	Registrar	02/08/2023
Tharssana	Thevathasan	Registrar	02/08/2023
Yunus	Yasar	Registrar	02/08/2023
Gurlyn	Ahluwalia	Registrar	02/08/2023
Naresh	Naidu	First Contact Physiotherapist	07/08/2023
Leila	Garlick	Coding & Summarising	07/08/2023
Isabel	Woodley	Receptionist	16/08/2023
Sara	Laitner	Receptionist	16/08/2023
Zalacha	Kiani	Receptionist	16/08/2023

We are saying 'goodbye' to the following colleagues and wish them well in the future:

Yasmine	Perault	Registrar	01/08/2023
Karina	Kaur	Registrar	01/08/2023
Atchuta	Tadikonda	First Contact Physiotherapist	17/08/2023
Sarah	McMaster	Receptionist	24/08/2023

Training and Development

To maintain our high standards as well as ongoing courses which colleagues may attend we also conduct our own 'in-house' training and development. On Wednesday 13th September we had some PLT, Protected Learning Time, running from 13.30 until 17.00.

Vaccinations



To facilitate the Covid/Flu vaccinations the practice will operate Saturday Extended Access clinics, the dates and times are:

Date

Saturday 23rd September – 0830 to 1130

Saturday 23rd September – 1230 to 1530

Saturday 30th September – 0830 to 1130

Saturday 30th September – 1230 to 1530

Saturday 7th October - 0830 to 1130

Saturday 7th October – 1230 to 1530

Saturday 14th October – 0830 to 1130

Saturday 14th October – 1230 to 1530

Saturday 21st October – 0830 to 1130

Saturday 21st October – 1230 to 1530



Social Prescribing



Social Prescribing is listed as one of the ten high impact actions in the NHS England General Practice Forward View.

Parkbury House started its SP programme in March 2018, run by 4 volunteers, today there are 9 of us and since then we have seen over 400 patients. In January 2019 we appointed a full-time paid social prescriber, Helen Beasley. The bringing people together with a common purpose is always an exciting and powerful venture. We have seen a steady increase in the interest in developing and commissioning social prescribing schemes. At the first Social Prescribing Network conference in 2016, participants were surveyed in advance of the meeting and asked to define social prescribing. Based on this information, the definition below was developed:

‘A means of enabling GPs and other frontline healthcare professionals to refer patients to a link worker - to provide them with a face to face conversation during which they can learn about the possibilities and design their own personalised solutions, i.e. ‘co-produce’ their own ‘social prescription’- so that people with social, emotional or practical needs are empowered to find solutions which will improve their health and wellbeing, often using services provided by the voluntary, community and social enterprise sector’, or put another way, **‘Enabling healthcare professionals to refer patients to a link worker, to help design a non-clinical social prescription to improve their health and wellbeing.’**

Our evidence shows that our patients greatly value social prescribing, our ‘sign-posting’ of different activities and opportunities has open the metaphoric and literal door for many patients who may have felt alone, lonely and or depressed. Appointments, which can last up to 45 minutes, can be made at reception, or by one of our medical team, our sessions run every Wednesday from 09.30 until 12.30.

Patient Participation Group

Put simply our Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service. We have approximately 4 meetings per year, if the need arises we have more. Meetings are held at Parkbury House in its library, starting at 18.30. The next meeting is on 21st September.

We aim to:

- Ensure that patients are involved in decisions about the range and quality of services provided and/or commissioned by the practice;
- Work with the practice to find out the views of the patient community: e.g. in respect of the services being delivered/commissioned by the practice; convenience of access (hours of opening); ability to book ahead; ability to be seen quickly; continuity of care; modes of contact with the surgery (face to face, telephone, electronic etc.); range of skills available and accessibility, and new services that are required by the patient community;
- Put forward ideas and solutions and to seek to improve upon current practice;
- For more detailed information or if you would like to join the group, you would be MOST welcome please refer to the practice website and click the link, or contact:
- **paulmcnally@email.com**
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WE ARE DELIGHTED TO ANNOUNCE THAT THE JADE IN-HOUSE PHARMACY WILL RE-OPEN ITS DOORS ON MONDAY 25TH SEPTEMBER.



Get the App!!!!

It's a pain checking out those food labels; but now you can see how much sugar, fat and salt is in any product simply by pointing your phone at it! Download the app here

<https://www.nhs.uk/change4life-beta/food-smart#zWEvlpPKdwwgvrql.97>



Next PRG Meeting

21st September at 18.30 in THE LIBRARY at PARKBURY HOUSE. All patients are welcome.



Want a Ride!

Need a ride to your appointment; or able to offer one to others? Get in touch with these groups

St Albans Good Neighbour Scheme:

www.stalbansgoodneighbourscheme.org.uk

Tel: 01727 830 713

Harpenden Helping Hands

www.harpendenhelpinghand.co.uk 01582 764 599

Redbourn Care Group

redbourncg.org 01582 794 550