

Parkbury House Newsletter

Summer 2024

SUMMER 2024

NEWS

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- **PPG news, summary notes of June meeting, including Green Impact, The new website and Social Prescribing**
- **Herts & West Essex ICB update;**

NHS TALKING THERAPIES FOR ANXIETY AND DEPRESSION

Primary care mental health service delivering talking therapies for mild to moderate mental health conditions including anxiety and depression. There are a number of online support options available including webinars, self-help videos and guides.

A GP can refer you, or you can refer yourself directly without a referral.

[Visit Talking Therapies' website for more information.](#)

PPG NEWS

Our most recent meeting of Parkbury House PPG was held in the library on 20th June 2024. At the June meeting after receiving a report from Parkbury House, represented by T. Shah, practice manager and Dr L Williams, partner GP, we were journeyed through the new look website; had an update on the Green Impact initiative and social prescribing. The practice manager made a verbal report. We were told that the practice had held interviews to recruit additional partners, there were 4 applicants and Dr Hemal Gandhi was successful. The practice now has 9 partners. A partner agrees to take on additional areas of responsibility within the practice and help to drive the practice's strategies. The practice has appointed a third frailty nurse who will work 30 hours and complement the existing team. One area in which they work is visiting patients in Care Homes in the area and also visiting those who are housebound.

Flo Sawyer, who has had a range of responsibilities in the practice from overseeing the development of the Green Impact initiative, driving us to try to achieve silver status to implementing the new website for the practice, will be leaving us in September to take up a new position. We thanked her for outstanding contribution at the practice and wish her every success in the future.

One of the members of our group, Steve, has been instrumental in using his expertise and guiding the practice in developing the new website, (<https://parkburyhouse.nhs.uk>) for the practice, many thanks Steve. It is now much easier to navigate and find the information.

Green Impact

The chair explained that our submission for our next award is due by the end of September. Flo Sawyer has done a magnificent job in promoting the initiative within the practice. The chair had previously made a presentation to the whole practice on a training day in the practice to raise awareness of the initiative. We have made significant progress on the 14 different areas of the sustainability agenda and look set, subject to our application being monitored and ratified to gain Silver!

Social Prescribing

Many things that affect our health cannot be treated by doctors or medicine alone, like loneliness, isolation or stress due to problems with debt or housing. Social prescribing connects people to non-medical support to address these issues and other unmet needs. This could involve making an appointment to see one of the volunteers at Parkbury House. We can help someone who is isolated to join a befriending group, an art class or a community gardening project, based on what matters to them. Connecting someone struggling with financial stress to a service that helps with managing debt or claiming benefits. Working with someone with high blood pressure to take up a form of exercise that they're comfortable with. Social prescribing involves understanding the complexities of people's lives and the inequalities they may face. It can help change the circumstances that make people unwell, and empower people to manage existing health problems. It can help people to connect and to grow in confidence. Appointments last for about 45 minutes, any member of the practice can make you an appointment or patients can self-refer.

Your practice needs you!

Parkbury House is a large practice with approximately 23,000. The PPG serves to work with the practice seeking to improve our excellent surgery. At the moment we welcome fresh blood. We have four meetings each year and they last about one hour. If you would like to know more about our work please contact Paul McNally, (Chair), paulmcnally@email.com

Herts and West Essex ICB



Health and wellbeing courses for summer term

The New Leaf Recovery and Wellbeing College has published its summer timetable featuring varied courses that help people improve their mental health and resilience.

The college, managed by the Hertfordshire Partnership NHS University Foundation Trust, offers various courses centred around boosting mental health and wellbeing. Courses take place both online and face to face at community venues across Hertfordshire.

Courses are free to Hertfordshire residents over the age of 18.

For more information, visit the [college website](#) or email Newleaf.wellbeingcollege@nhs.net.

Opportunities to get involved



Your experience of end of life care

The NHS East of England, in partnership with Marie Curie, wants to hear people's views on palliative and end of life care. This includes people that are:

- currently living with a terminal illness
- supporting and/or caring for someone living with a terminal illness – whether family, friends, volunteers or health or social care professionals
- bereaved family or friends of someone who has died from a terminal illness in the last 2 years.

The short survey is completely anonymous, and will help the NHS and its partners improve end of life care. You can [start the survey here](#).

It will remain open until 31 August.

