

Parkbury House Newsletter

Winter 2024

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NEWS

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Provost Awards 2024

These awards honour staff whose endeavours have resulted in significant improvements in health and safety over the past year.

The Provost's Awards for Excellence in Health and Safety are made to individuals and teams for their outstanding commitment. The awards serve to recognise colleagues who have gone above and beyond their duties..

This year the Annual Awards Evening and Provost Dinner was held at Putteridge Bury Conference Centre. Many GP practices from the Central & East of England Region were present. We had an inspirational talk by Dr Waheed Arian who joined us to present the awards and provide an inspirational talk: "In *the Wars*; from Afghanistan to the UK and beyond - a refugee's story of survival and saving lives." Dr Waheed Arian has been praised for overcoming incredible challenges to create an award-winning telemedicine charity. Now he is helping people and organisations achieve their own visions and dreams to make the world a better place. Dr Arian's incredible journey has taken him from the bomb-ridden backstreets of Kabul during the Soviet conflict to speaking before presidents and international experts. Two awards are made, INDIVIDUAL & TEAM. We are delighted and proud to say that staff at Parkbury House were nominated for awards:

- The team award went to our team of frailty nurses: Rachel East and Sarah Handley;
- Shelley Morris received an individual award;
- Dr Bruce Covell received a special individual award for his passion and dedication in the last 30 years and for training new doctors!

Their work and dedication was recognised with these prestigious awards, each of them goes way beyond doing the extra mile. Richly deserved awards.

Our Award Winners



Green Impact

Having been awarded the Bronze award last year, this year we tried for Silver. With the NHS attempting to deliver the world's first Net Zero health service, we understand our role, as a general practice, in helping to reach those sustainability goals. As an organisation we declare a climate emergency, as such we are willing to set ambitious emissions' reduction targets, disrupt unsustainable processes and routines, raise awareness of sustainable behaviours throughout our staff and patients, and prioritise climate action. We, as a practice, are committed to our 'Green Plan of Action' which has been made in response to the identification of energy hotspots and environmentally damaging areas and now move towards decarbonisation, waste reduction and carbon literacy. We took the decision to take meaningful action to mitigate and adapt to climate change and better embed sustainability within the practice's culture. For more information please follow this link:

<https://www.rcgp.org.uk/representing-you/policy-areas/sustainable-development>

We are proud to say that we were successful in our bid for the Silver Award, we now strive for Gold

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 can be booked at Parkbury House through reception.
Appointments (45 minutes long) are every Wednesday from 09.30 -12.30**

Parkbury House Developments

- Parkbury House Surgery has gone back to the ICB about the planned development to the north of St. Albans to say that we are keeping our services for Physio2 Go and Jade Pharmacy on site, these are in a long lease contract. However, there is a possibility to consider moving Sandridge to a new surgery building if that is a cost viable option for the ICB.
- We are putting in some much needed new flooring on the ground floor.
- **Flu so far have been a success with a big turnout on Saturdays. Patients are encouraged to get theirs if they have done so yet.**

Patient Participation Group

At our last meeting Rennie Grove Peace gave a fantastic presentation about their work, it was truly inspiring. Our thanks to them.



The next meeting of the PPG will be on Thursday 16th January at 17.45 in the library at Parkbury House. We would love to see you there. If you would like more details please contact me: paulmcnally@email.com

WISHING YOU A HAPPY CHRISTMAS AND A PEACEFUL NEW YEAR!