

## Please see our schedule for the Christmas period

Fri 24 <sup>th</sup> Dec	-	Normal Hours
Sat 25 <sup>th</sup> Dec	-	CLOSED
Sun 26 <sup>th</sup> Dec	-	CLOSED
Mon 27 <sup>th</sup> Dec	-	CLOSED
Tues 28 <sup>th</sup> Dec	-	CLOSED
Wed 29 <sup>th</sup> Dec	-	Normal Hours
Thurs 30 <sup>th</sup> Dec	-	Normal Hours
Fri 31 <sup>st</sup> Dec	-	Normal Hours
Sat 1 <sup>st</sup> Jan 2022	-	CLOSED
Sun 2 <sup>nd</sup> Jan	-	CLOSED
Mon 3 <sup>rd</sup> Jan	-	CLOSED
Tue 4 <sup>th</sup> Jan	-	Normal Hours



🎁🎄 We would like to thank you for all your help and hard work this year and to wish you a very Merry Christmas and a Happy & Healthy New Year 🎁🎄

## Premises move

Since the last Newsletter, we have moved from the existing premises into the new building whilst the contractors reconfigure and refurbish the old building. It has been pleasing to hear the positive comments from both patients and staff about the new building being an improvement and nicer to come to and work in.

The move was stressful, to shut everything down at 6.30pm on Friday 1<sup>st</sup> October, move everything from the old to new build to the new site and have everything in place for 8.00am on Monday 4<sup>th</sup> October. Pleasingly, most things went smoothly. For those who have been here, you will have seen that as we are only in half of the finished premises, we are having to work from temporary rooms until around April 2022 when we hope to have the project finished. For example, the Reception area is working out of what will be a consulting room, the waiting areas are also a future clinical areas. This, and the Covid restriction we are working with, has meant that it has not been as straightforward as we would like it to be for patients, eg having to use the window in reception to collect items, only having a small waiting area so that we cannot allow as many patients in there as we would like. Also finding your way around the new layout has been a learning experience for all of us, but hopefully we now have the correct signage to make this simpler. The Friends

of Parkwood also did a video showing the move & around the new premises, which can be found on their website.

We have been working with the contractors to find a way of how we can put some sort of a shelter over the window area by reception and also somewhere patients can wait in the dry. Thank you for your help with this temporary move and we are all looking forward to the spring when the development will be complete and we can make use of the whole Surgery.



### Partners

Dr S Stier  
Dr H Antscherl  
Dr H Shakir  
Dr M Nicholas  
Dr A Kamal  
Dr F Sunassee

### Associates

Dr T Fernandes  
Dr S DaSilva  
Dr T Darku  
Dr J Bilaney  
Dr A Gohar  
Dr N Zourob  
Dr S Chopra  
Dr H Kazaz (mat)  
Dr S Fonseka  
Dr B Awujoola  
Dr H Dent  
Dr M Zamir (Locum)

### Registrars

### Pharmacist

Miss R Lakhani (mat)

Mrs P Shah

### Practice Nurses

Clare Jones  
Kerry Farmer  
Charlie Rooney  
Louise Hibberd  
Ann Timms  
Karen Dancer, HCA

### Practice Manager

Mr C Neal

### Asst Practice Manager

Miss K Day

### Deputy Managers

Miss S Wartnaby  
Mrs S Conway

# Flu Vaccinations 2021

Once again, this year's campaign has had its challenges with vaccination delivery problems and delays, the change of premises, increased eligibility criteria and the inclement weather.

Despite this we have given almost 5000 vaccinations over 5 Saturdays and a number of weekday clinics. We do have a few vaccines left, so if you are eligible for an NHS flu vaccination, are visiting the Surgery for an appointment with a Doctor or Nurse and want the flu jab please mention it to them.

Again, thanks to the Friends of Parkwood for turning up to each clinic to help direct patients whilst explaining their role as an advocate for the patients, especially on the bitter cold and wet days.

## Home Blood Pressure Pilot Scheme

High blood pressure (BP), or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes. Around a third of adults in the UK have high blood pressure, although many will not realise it. The only way to find out if your blood pressure is high is to have your blood pressure checked. For this reason we have joined with Herts Valleys CCG to run a pilot scheme where we will lend out BP monitors to patients so that they can measure their blood pressure reading at home and then send these readings through for a Doctor to review and to ascertain if any medical or lifestyle changes need to be discussed to reduce the BP levels to a safer range. We are looking to roll this pilot out over the next couple of weeks.

***The Partners and staff wish all of our patients and their families a happy, healthy, fun filled and stress free festive season.***



## Friends Of Parkwood Surgery



Our Patient group would like to thank the Co-Op in Warners End and all of the shoppers as, through their charitable scheme, they have made a donation to the Group. These funds, together with other monies raised, will be used towards Surgery items that will help our patients. Items are likely to be a new blood pressure machine for the waiting area and a shelter for patients while waiting for an appointment.