

Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ

February 2026



Practice Updates

Carers Questionnaire: Please complete the carers questionnaires sent out in text messages so we can provide the right support to you as a carer.

Health Tips

Feeling stressed? You're not alone. Caring for others can be rewarding but also overwhelming at times.

Looking After Your Emotional Wellbeing

 3rd and 10th Feb 2026  10:30am – 1pm

In today's fast-paced world, finding balance between caring for others and nurturing our own wellbeing is essential.

Join us as we delve into practical strategies to manage stress, cultivate resilience and improve everyday communication. Over the course of three weeks, you'll learn invaluable techniques to enhance relationships, both personal and professional. This free course will give you time to reflect on what matters to you, share experiences with other carers and learn to maintain your own wellbeing.

 Reserve your spot at www.carersinherts.org.uk/events

Mental Health Matters: Feeling low? Our team can help. Ask about our mental health support options.

Patient Feedback from January 2026:

'Thank you so much for helping my husband and me last week with a prescription, whilst away on holiday.'

PPG meeting was held on 27th January.

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? What should I do if the person I care for becomes unwell outside GP hours?

Caring doesn't stick to a timetable, and it can be worrying when someone becomes unwell in the evening or at the weekend. If you need medical advice outside our normal surgery hours, there are several options available:

NHS 111

If it's not an emergency but you need help quickly, you can call 111 or visit 111.nhs.uk. They can offer advice, arrange an out-of-hours GP appointment, or direct you to the most appropriate service.

Pharmacies

Many local pharmacies offer extended hours and can advise on minor illnesses, medication queries, and over-the-counter treatments.

Urgent Treatment Centres

These centres can help with injuries or illnesses that need attention but aren't life-threatening. Our closest ones are QE2 and Chase Farm.

999 for emergencies

If the person you care for has severe symptoms, difficulty breathing, chest pain, or you feel their condition is life-threatening, call 999 immediately.

February 2026 Carers Events

Organised by Carers in Hertfordshire

Hoddesdon Hub

 Wednesday 27th February 2026, 10:30am – 12:30pm

 Hoddesdon Baptist Church, Burford Street, Hoddesdon, EN11 8HX.

Ware Bereavement Group

 Tuesday 10th February 2026, 10am - 12pm noon

 The King's Mead, Hertford Road, Ware, SG12 9LE

Carers Information Café


 Wednesday 11th February 2026, 10:30am – 12pm

 Laura Trott Leisure Centre, Cheshunt, EN8 9AJ

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Carers' Group (Evening Session)

 Wednesday 11th February 2026, 7pm – 8pm


 Online Event

Carers' Group (Morning Session)

 Friday 13th February 2026, 10:30am – 11:30am

 Online Event

Men's Carers' Support Group

 Tuesday 17th February 2026, 10.30am - 11.30am

 Online Event

Information from Alzheimer's Society:

Together group

10:00 - 12:00, every Thursday at Royal British Legion, 37 Crossbrook Street,
Cheshunt, Broxbourne, Hertfordshire, England, EN8 8LY, United Kingdom.

Chat to people with dementia, their carers, family and friends at our friendly and
relaxed dementia café. You can ask questions, share your
experiences and get the help, advice and information you need.

Contact central.herts@alzheimers.org.uk or 01279 427522 for more information.

Information from Memory Support Hertfordshire:

Cheshunt Memory Hub

Are you forgetful? Are you worried about memory loss? Are you living with
dementia or caring for a loved one who is? We offer companionship and support at
the Cheshunt Memory Hub.

Location: Upstairs in the bar area, Laura Trott Leisure Centre - the last Friday of the
month from 10.30am - 12pm

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Some local support details:

HertsHelp –

A county-wide service offering advice, emotional support, and practical help for carers. They can connect people with local groups and funding options.

0300 123 4044

info@hertshelp.net

Carers in Hertfordshire –

A charity that supports unpaid carers with training, advocacy, and peer support groups. They often run events and workshops in the Broxbourne area.

01992 586969

<https://www.carersinherts.org.uk/about-us/>

Citizens Advice Broxbourne

Provides free, confidential advice on benefits, housing, debt, and legal matters — all of which can be especially helpful for carers.

0300 303 4417

www.citizensadvice.org.uk

Carers UK and Carers Trust

Both provide expert advice, advocacy, and online resources for carers across the UK. They often collaborate with local services.

Carers UK: 020 7378 4999 Carers Trust: 0300 772 9600