

Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ

March 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.

Welcome to our new GP – Dr Forster, who started in February.

Health Tips

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

Mental Health Carers Support Group

 19th March 2026  10:30am – 12pm

Our monthly group for Carers who are supporting someone who is thinking about suicide or who has already tried to take their own life.

 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 February 2026:

'I cannot thank both yourself and my doctor for doing this so quickly. You really don't know how much of a difference it makes. Thank you.'

'Thank you all for your work in getting my blood test to be administered at Park Lane surgery. This was for a crucial meeting for the next step in my treatment. Without this I would not been able to proceed with my next appointment with the consultant.'

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? What is measles?

Measles is a highly infectious viral illness that spreads very easily through coughing, sneezing, and close contact. It often starts with cold-like symptoms before a rash appears.

What are the symptoms to look out for?

Common early symptoms include:

- High temperature, runny or blocked nose, cough, red, sore eyes, small white spots inside the mouth

A blotchy red-brown rash usually appears a few days later, starting on the head and spreading down the body.

What should I do if I think someone I care for has measles?

- Contact the GP surgery by phone first — do not attend in person unless advised.
 - Keep the person away from others, especially vulnerable individuals.
 - Follow the clinical advice given by the GP or NHS 111.

When should I seek urgent medical help?

Seek urgent care if the person you care for:

- Has difficulty breathing, develops severe drowsiness or confusion, shows signs of dehydration, has a rash that doesn't fade under a glass, is pregnant or immunocompromised and may have been exposed to measles.

March 2026 Carers Events

Organised by Carers in Hertfordshire

Hoddesdon Hub

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

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

Ware Bereavement Group

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

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

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Carers' Group (Evening Session)

 Wednesday 11th March 2026, 7pm – 8pm

 Online Event

Carers' Group (Morning Session)

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

 Online Event

Men's Carers' Support Group

 Tuesday 17th March 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