

# Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ

June 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 Down –** who will be starting this month.

**Dr Wood** has now retired.

## Health Tips

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

### **Mental Health Carers Support Group**

 9<sup>th</sup> June 2026  7:30pm – 9pm

*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](http://www.carersinherts.org.uk/events)

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

### Patient Feedback from May 2026:

*'No issues and appointment given next day'*

*'Phlebotomist on time and lovely and friendly'*

*'I felt my health concerns had been listened to, addressed & very well dealt with. I personally always find this to be the case at Park Lane Surgery. The entire team are providing an outstanding service bearing in mind the ongoing pressures that our wonderful NHS are experiencing, in terms of patient volumes & insufficient funding'*

*'I did an online form at 8 am had an appointment for 1030. It was all running on time. The doctor was very helpful arrangement prescription for my issue. And booking a Physio appointment for next month for me for my other issue. The doctor was brilliant. He listened and gave brilliant advice.'*

*'Suddenly feel I have a doctors practice that cares again, early days but don't feel I'm on my own with my health decisions.'*

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## ? FAQ: What support can I get from my local pharmacy as a carer?

### NHS Pharmacy First: help for common conditions

Many pharmacies can now treat specific conditions without you needing to see a GP. This includes: ear infections, sore throats, sinusitis, shingles, infected insect bites, impetigo, uncomplicated UTIs in women.

### Help with medicines

Pharmacies can support you to manage medication safely and smoothly:

- Repeat prescriptions — ordering, tracking, and advice on timing
- New Medicine Service — support when someone starts a new long-term medicine
- Medication reviews — checking for side effects, interactions, or confusion
- Emergency supplies — if medication runs out unexpectedly
- Blister packs / compliance aids — available in some pharmacies for people who struggle to manage medicines (for a fee)

### Health checks and monitoring

Many pharmacies offer quick, walk-in checks that can help carers stay on top of health issues:

- Blood pressure checks
- Cholesterol checks (in some pharmacies)
- Diabetes risk assessments
- Weight and BMI checks

These can be especially useful if the person you care for finds GP visits difficult.

### Everyday advice and reassurance

Pharmacists are highly trained clinicians. They can give fast, practical advice on:

- Minor illnesses — coughs, colds, rashes, stomach upsets
- Medication side effects
- How to manage symptoms at home
- When to escalate to a GP or 111

This can save carers a lot of uncertainty.


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## **June 2026 Carers Events**


*Organised by Carers in Hertfordshire*

### **Hoddesdon Hub**

 Friday 26<sup>th</sup> June 2026, 10:30am – 12:30pm

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

### **Ware Bereavement Group**

 Tuesday 9<sup>th</sup> June 2026, 10am - 12pm noon


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

### **Carers' Group (Evening Session)**

 Wednesday 10<sup>th</sup> June 2026, 7pm – 8pm


 Online Event

### **Carers' Group (Morning Session)**

 Friday 12<sup>th</sup> June 2026, 10:30am – 11:30am

 Online Event

### **Men's Carers' Support Group**

 Tuesday 16<sup>th</sup> June 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](mailto:central.herts@alzheimers.org.uk) or 01279 427522 for more information.