

Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ

July 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.

Mental Health Carers Support Group - Relaxation Session

 15th Jul 2026  7pm – 8:30pm

This session will be a relaxation session especially for those of you who are supporting someone with severe mental health challenges and/or suicidal ideation. The aim is to give you a bit of time to yourself to relax and benefit from some self-care.

 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 June 2026:

'Very attentive doctor, very sympathetic, he examined me thoroughly and identified issues and fully explained treatment going forward. I have full confidence I am in good hands.'

'Dr Forster is excellent; he is really thorough and explains everything clearly.'

'Travel clinic - friendly and excellent service'

'Friendly staff, good facilities, excellent treatment. Everything was ok'

'Good communications from the practice, great advice from the doctor. Wonderful staff'

'All the staff are brilliant and very helpful.'

'Nurse Emily has been so helpful today shea gone out of her way to make sure to fit me in and give advice. The online service is very efficient, and the reception staff were very helpful. I feel very lucky to have such an efficient surgery.'

'The doctor showed he had time and patience even though he was running late and I was the last patient he listened and sorted my problems. I feel comfortable and safe in waiting area staff are always helpful'

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Caring for Someone in Hot Weather — FAQ

1. How can I keep the person I care for cool during hot weather?

Keep rooms shaded, use fans, and encourage light, loose clothing. Cool showers, damp flannels, and avoiding direct sun during peak hours can help. If you need more guidance, ask about **heat-safety tips**.

2. How much should they be drinking in the heat?

Most people need more fluids than usual in hot weather. Offer drinks regularly — water, squash, or oral hydration solutions. If they're drinking less than normal or you're worried about dehydration, ask the surgery for **hydration advice**.

3. What signs of heat exhaustion should I look out for?

Watch for dizziness, headache, confusion, heavy sweating, nausea, or feeling faint. Move them to a cool place, give fluids, and rest. If symptoms don't improve, contact the GP or call 111 for **urgent advice**.

4. What should I do if they stop eating because of the heat?

Offer cold foods like fruit, yoghurt, jelly, or salads. Small, frequent snacks are often easier than full meals. If appetite stays low, ask about **nutrition support**.

5. How can I help someone who is less mobile stay safe in the heat?

People who are bedbound or have limited mobility can overheat quickly. Keep rooms cool, turn them regularly, and check skin for redness or dryness. You can request **home-care heat guidance** if you're unsure.

6. What medications can be affected by hot weather?

Some medications increase dehydration risk or make people more sensitive to heat. If you're unsure, ask the pharmacist or GP for a **medication review**.

7. When should I seek urgent help?

Call 999 if they become confused, collapse, have a very high temperature, or stop sweating despite being hot. These can be signs of heatstroke, which is a medical emergency.


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July 2026 Carers Events


Organised by Carers in Hertfordshire

Hoddesdon Hub

 Friday 31st July 2026, 10:30am – 12:30pm


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

Ware Bereavement Group

 Tuesday 14th July 2026, 10am - 12pm noon


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

Carers' Group (Evening Session)

 Wednesday 8th July 2026, 7pm – 8pm


 Online Event

Carers' Group (Morning Session)

 Friday 10th July 2026, 10:30am – 11:30am

 Online Event

Men's Carers' Support Group

 Tuesday 21st July 2026, 10.30am - 11.30am

 Online Event

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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