

Park Lane Surgery

8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ

August 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

 18th August 2026  7:30 – 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

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

Patient Feedback from July 2026:

'I was very pleased with the information provided and the treatment suggestion'

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'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.'

'I have been a patient at park lane for a long time; it was always an excellent surgery but went downhill terribly after lockdown. I have avoided doctors' appointments because of my past experiences, but I have needed to re visit recently and have been very impressed with how quickly and efficiently things have been dealt with. I was given appointments with medical professionals that had good understanding in specific areas, I have found them easy to talk to and very understanding. Park lane keep going as you are, it's like the helpful friendly surgery it used to be. My confidence has been restored.'

'Service was excellent. Staff very friendly and professional.'

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August 2026 Carers Events

Organised by Carers in Hertfordshire

Ware Bereavement Group

 Tuesday 11th August 2026, 10am - 12pm noon

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

Carers' Group (Evening Session)

 Wednesday 12th August 2026, 7pm – 8pm

 Online Event

Carers' Group (Morning Session)

 Friday 14th August 2026, 10:30am – 11:30am

 Online Event

Men's Carers' Support Group

 Tuesday 18th August 2026, 10.30am - 11.30am

 Online Event

Dementia Carer's Support Group

 Friday 7th August, 1:30pm – 2:30pm

 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