

The Grove Medical Centre

Spring 2024 Newsletter



SELF-SERVICE POD

All adult patients are now able to record their BLOOD PRESSURE, HEIGHT & WEIGHT in our self-service POD by following the instructions on the touch screen.

The Pod can also be used to help record other health information.

We encourage all adult patients attending the surgery to arrive a little earlier for their appointments and use the POD to record your blood pressure, height and weight before seeing the GP, nurse or clinical pharmacist. If you need assistance, please ask reception and they will arrange a member of staff to come into the POD.

Cost of Living

Food Banks in Borehamwood are available to anyone who is in need.

WD6 Food Support at Parkside School **open** Friday's 1.30pm to 3pm during the school holidays

Trussell Trust at St Theresa's Church which is open Mondays 1-3.30pm, Thursdays 10am-12.30pm

Gratitude, the old Library on Elstree Way Monday to Sunday 10am-5pm

SEBBYS CORNER based in Cowley Hill is a charity that believes no child should go without essentials such as clothing, nappies, formula, toiletries, and baby equipment. Families can be referred by professionals once every 3 months.

Donations can be made by appointment:
<https://www.sebbyscorner.co.uk/donate-stuff>

If you can help by donating non-perishable food and toiletries etc. donation boxes are in most supermarkets.

Information about clubs, food banks, free activities and much more are available in the Town Crier and/or by visiting the library.

MEASLES

Measles is an infection that spreads very easily and can cause serious problems in some people.

Having the MMR vaccine is the best way to prevent it.

CHECK IF YOUR CHILD HAS MEASLES

MEASLES usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get spots in their mouth.

Cold-like symptoms include a high temperature, runny or blocked nose, sneezing, a cough, red, sore, watery eyes.

<https://www.nhs.uk/conditions/measles/>

Immunisations & Vaccinations

Timeline of CHILDHOOD IMMUNISATIONS

- 8 weeks
- 12 weeks
- 16 weeks
- 1 year
- 3 years & 4 months (preschool booster)
- 12-13
- 14 years (teen booster)

Please contact Reception to book an appointment for your CHILD IMMUNISATIONS if they are missing any of the above.

SPRING BOOSTER VACCINATIONS are now available and those eligible will be contacted to book their vaccination.

The Practice will host limited in practice clinics. Alternatively eligible patients can book with a local pharmacy as Allum Hall is no longer providing this service.

TRAVEL VACCINATIONS

Our Nurses provide comprehensive travel health advice and arrange for appropriate immunisations. However not all immunisations are available on the NHS. Where our Nurses are unable to help, you can try private travel vaccination clinics or pharmacies offering travel healthcare services.

Adult Vaccinations.

- Shingles
- Pneumococcal
- *These are available all year round for eligible patients.*

Mental Health

If you are feeling distressed or have concerns for your wellbeing and need to talk to someone, contact your GP or call any of these numbers:

NHS Single Point of Access (SPA): 0800 6444 101: For people to access NHS mental health support and services. Lines are open 24/7.

NHS Wellbeing Service: To make a self-referral or find out more about the service, visit:

www.hpft.nhs.uk/services/community-services/wellbeing-service/referrals/

To request a self-referral form be sent to you via post, please call **0800 6444 101**.

Healthy Young Minds in Herts: Access Hertfordshire CAMHS Mental health support and services for children and young people. For more information visit: www.healthyyoungmindsinherts.org.uk

NightLight Crisis Helpline: 01923 256391 – Telephone line open from 7pm to 1am every day of the year. For more information visit: [Nightlight Crisis Helpline](#)

Samaritans: 116 123 Lines open 24 hours a day. Calls are free. Website: <https://www.samaritans.org>

Saneline: 0300 304 7000: Open every day 4.30pm to 10.30pm.

Shout: Free 24/7 support for people in crisis. **Text SHOUT to 85258** in the UK to text with a trained Crisis Volunteer. For more information visit: Giveusashout.org

Mindline Trans+ National Helpline: 0300 330 5468 National helpline for people who identify as Trans, non-binary & their friends and families. Open every Mon- day and Friday 8pm-Midnight

HOT TOPICS TOPIC ONE

Communities First Services

This Service can be found on Leeming Road next door to the CO-OP.

They offer a multitude of services including:

A Shopper Bus service that goes to: Watford, Welwyn Garden City, Hatfield, and all-around Hertsmere.

It is a subscription service costing £10.00 per year, and £6.00 per trip. They can also provide people to help with shopping, and helping to take it into the home.

They also provide a Bus Service to Hospitals/Clinics for outpatient appointments. They will drop you off, and arrange a pick-up time for you. Which would be a lot more reliable than Patient Transport Services, which are always overworked and understaffed.

They also provide a “healthy hub” which can provide advice on: Stopping smoking, weight loss, fitness classes and Mental Health outreach.

The Community Hub provides: Free Computer and Internet use, Typing, Scanning and emailing services. Form filling support, Computer, Tablet and Smartphone help, Community Bowling and Much More.

They also do Day Trips, it costs £6.00 return not including entrance fees and refreshments, and they have already visited: Dutch Nursery and Garden Centre, Enfield Garden Centre, Hatfield House and Old Hatfield, and Luton Hoo Walled Garden.

They also have various social groups, including: Men that Meet, they meet at Windsor Hall on Tuesdays from 1.30pm-4pm. Creative Community Café, which can include: Knitting, Crocheting, Needlework, Painting or any other hobby. They meet at Windsor Hall on Mondays 10.30am to 12.30pm

They also offer various training courses including: A New You – Confidence Building, Various Arts and Crafts, an introduction to British Sign Language and many more, these are either free or very low cost.

They also help with Numeracy skills and shopping on a budget.

HOT TOPICS TOPIC TWO

Men's Health

PSA screening

Routinely screening all men to check their prostate-specific antigen (PSA) levels is a controversial subject in the international medical community. There are several reasons for this.

PSA tests are unreliable and can suggest prostate cancer when no cancer exists (a false-positive result). Most men are now offered an MRI scan before a biopsy to help avoid unnecessary tests, but some men may have invasive, and sometimes painful, biopsies for no reason.

Furthermore, around 1 in 7 of those with normal PSA levels may have prostate cancer (a false-negative result), so many cases may be missed.

The PSA test can find aggressive prostate cancer that needs treatment, but it can also find slow-growing cancer that may never cause symptoms or shorten life. Some men may face difficult decisions about treatment, although this is less likely now that most men are offered an MRI scan before further tests and treatment

Treating prostate cancer in its early stages can be beneficial in some cases, but the side effects of the various treatments are potentially so serious that men may choose to delay treatment until it's absolutely necessary.

Although screening has been shown to reduce a man's chance of dying from prostate cancer, it would mean many men receive treatment unnecessarily.

More research is needed to determine whether the possible benefits of a screening programme would outweigh the harms of:

- overdiagnosis – people being diagnosed with a cancer that would never cause symptoms or shorten life expectancy
- overtreatment – people being treated unnecessarily for tumours that would unlikely be harmful
- If you're aged 50 or over and decide to have your PSA levels tested after talking to a GP, they can arrange for it to be carried out free on the NHS.