

LEA VALLEY HEALTH PCN NEWSLETTER

A quarterly newsletter brought to you by Lea Valley Health PCN



The NHS App

The quickest and easiest way to access health services.

Please contact your practice for help and advice.

Drop in sessions available upon request.

Help and support

If you have any problems using the NHS App, you can:

- go to 'Help' in the top right-hand corner of the app
- visit nhs.uk/helpmeapp



Do you Care for someone?

Are you helping a family member, friend or neighbour who could not manage without you. Maybe this only started during the pandemic but they still need your support. The person you look after might have a physical or learning difficulty, be ill or frail, have mental health problems or misuse drugs or alcohol. They may be your child, partner or parent, or a friend or neighbour, and they might live with you or live elsewhere.

You are an unpaid carer. As a carer, you need to look after your own health and wellbeing too. Whatever your situation, make sure your GP knows you are a carer so that they can support you in your role as well as other health care professionals who may be supporting you. You can also speak to the Carer Champion within the surgery or health care setting.

Caring for someone else is not easy, there are some ways you can help yourself when things become a bit too much.

- If you care for someone, you can have an assessment to see what might help make your life easier. To book please contact your surgery.
- Do you know your tenancy rights as a carer? Are you aware of all your care at home options? Do you need tips on moving someone around the home?
- Caring for someone can be a full-time job, but it's essential that you take time out for yourself too. Read our guide to accessing breaks and respite.
- Caring responsibilities can make it difficult to maintain friendships or develop new ones. Telling your friends you're a carer is important so they understand and can support you.

More information and links to a number of charities can be found on your practice website or click on the logo below..




Carers Information Cafe

A free, drop-in, event for anyone looking after someone close to them who is ill, disabled, elderly or misuses substances.

- Enjoy a cuppa and find out about services, information and advice to help you with your caring role.
- Run by Carers in Hertfordshire and local GP surgeries.
- Book a carer health check
- One to one support

Meets the second Wednesday of each month, 10.30am - 12pm noon.
At Laura Trott Leisure Centre, 33 Windmill Lane, Cheshunt, Waltham Cross, Herts, EN8 9AJ.

For more information or for support with a caring role call Carers in Hertfordshire on 01992 58 69 69 or visit www.carersinherts.org.uk



Free Home Fire Safety Check

The Hertfordshire Fire and Rescue Service are offering free home safety checks.

This isn't just to check you have working smoke detectors but to inform you of the most up to date fire safety advice available. Firefighters are exposed to multiple incidents that happen at home, with prior knowledge these can be avoided.

Common Issues they find in properties include:

- Smoke detection out of date, incorrectly sited or faulty
- No escape plan
- Internal doors being left open
- Overloaded power sockets
- Unsafe charging of mobile phones

Whilst carrying out your Home Fire Safety Check they will also be able to identify if you have any other needs where partner agencies may be able to assist you. This includes Adult and Youth Care Services, meals on wheels and Herts Help.

To book you free Home Fire Safety Check please phone 01992 901 900 and request Blue Watch safety visit or email archie.pearmain@hertfordshire.gov.uk



Hertfordshire Fire and Rescue Service in partnership with Public Health

Hertfordshire Fire and Rescue would like to offer you a

FREE SAFE & WELL visit

incorporating HOME FIRE SAFETY

- You may be eligible for a FREE smoke detector.
- The visit includes advice on aspects of health and wellbeing to help keep you safe and well.
- This service is open to all Hertfordshire residents.
- All fire service personnel will be in uniform and show an ID card.



Please book online or call:
www.hertfordshire.gov.uk/fire
0300 123 4046

Hertfordshire County Council: Providing the opportunity to be healthy and safe.

Hertfordshire Health Walks

Do you want to include more walking in your day? If so, join one of our free, friendly and safe Health Walks.

Broxbourne Timetable of walks

JANUARY TO APRIL 2025 Enjoy the countryside and local green spaces with FREE Hertfordshire Health Walks led by friendly, trained volunteers.

Walks and meeting point	Day/time	Date	Walk Grade/Information
Rosedale Community Church St Andrew's Lane, EN7 6LB Free Parking	Tuesday 10-11am	Weekly	Grade 2 Lasts approx. 1 hour less than 2 miles, on mostly flat terrain
Cheshunt East Pindar Car Park, Windmill Lane, EN8 9AJ Parking charges are £1 for up to an hour and the machine is card only . Alternatively use nearby street parking	Wednesday 10.30-11.30am	Weekly	Grade 2 Lasts approx. 1 hour less than 2 miles, on mostly flat terrain
Cheshunt East Turnford Brook Car Park, Cheshunt, EN8 0HX Free Parking	Alternate Fridays 1pm	Jan 17th, 31st Feb 14th, 28th Mar 14th, 28th Apr 11th, 25th	Grade 1 30-45 minutes, even footpaths, flat terrain

All walks are FREE, no booking required. All walkers need to register first. You can do this online or arrive 15 minutes early to fill in a form. Walks range from a gentle First Steps (20-30 minutes) and increase in length and time up to Grade 4 (90 minutes) unless otherwise stated. The walking times are for guidance but may be longer depending on the fitness of walkers and the weather.

Contact T: 01992 555888 E: healthwalks.cms@hertfordshire.gov.uk or visit www.hertfordshire.gov.uk/healthwalks

NHS

Over 40? You need to know your blood pressure

Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit nhs.uk/bloodpressure

Your health matters. Help us help you

What is on offer

Active Herts have a vast array of low impact exercise sessions which are all led by qualified health and wellbeing coaches. New referrals receive 6 weeks free of Active Herts sessions and then it's £4.50 per person a session. We will also be signposting a number of Council run activities and external exercise groups from Park-Run, Hertfordshire Health Walks and Walking for Health.

Inclusion criteria

- Over 16 years of age
- Does less than 30 minutes of Physical Activity a week
- A resident living in the Borough of Broxbourne

To self refer visit www.broxbourne.gov.uk/community/i-like-self-refer-active-herts

Active Herts

Your first step to a more active lifestyle

Patient Participation Group (PPG)

The PPG are a group of patients who work together with the practice staff to improve GP services for everyone.

All patients and the carers of registered patients are welcome to join to share their skills, ideas and enthusiasm.

The PPG meets four times a year and is attended a GP, the Practice Manager, Reception Manager and Senior Admin Staff.

If you would like to join your Practice PPG please pop in for an application form.

