

NOTICEBOARD

* Remember to cancel your appointment if you don't need it. We had **52 DNAs** last month.

✓ Don't forget to use the **Extended Access Service**. They may have appointments if we don't. Please ask our Receptionists for more details.

✓ Do you have a Long Term Condition? Having difficulty looking after your health? Yes? Then speak with our Receptionists or log on to this link: <https://www.highstreetsurgerycheshunt.co.uk/practice-information/mycognition-app-information/>

✓ We are recruiting new members for our PPG. Do you want to be involved in your Surgery's affairs? If yes, we need you. Please contact the Surgery.

Illustrations credit:

NHS Brighton & Hove
CCG and NHS England

The High Street

High Street Surgery Newsletter

VOLUME 1 ISSUE 1

APRIL 2019

PCNs: Finally Here To Stay

There have been much talks about this latest acronym. NHS is filled with those!

Anyway, PCN - Primary Care Networks - is simply strengthening working relationship with in GP Practices to serve patients better.

The **Kingsfund** says it is 'bringing general practices together to work at scale (which has been a policy priority for some years for a range of reasons, including improving the ability of practices to recruit and retain staff; to manage financial and estates pressures; to provide a wider range of services to patients and to more easily integrate with the wider health and care system'. A mouthful, huh?

All patients are expected to be covered by an integrated care system (ICS) by April 2021, NHS England stated in its long-

term plan.

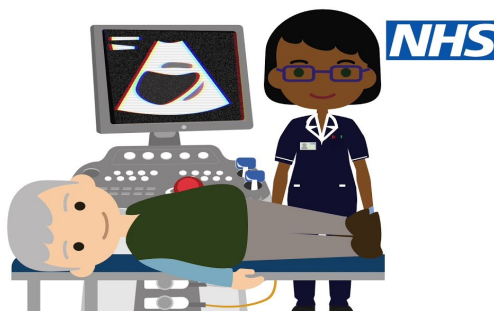
However, when it comes to providing integrated primary care services to a local population, the task will fall to primary care networks (PCNs), which are expected to be up and running by July this year.

Dr Minesh Patel, a GP and chair of the National Association of Primary Care (NAPC) believes PCNs and primary care homes (PCHs) – a type of PCN modelled by the NAPC – will be essential for the delivery of the long-term plan.

'I think it will be almost impossible for ICSs to exist without effective development of PCNs or PCHs,' he says.

Dr Aneela Sattar, our Lead GP, believes our local PCN will be up and running for the deadline.

'As a locality, we have been working collaboratively for a while now. Doing that, we have seen a lot of improvement in our services to our patients. We are working hard to hit the ground running for July,' she said.



Need that medicine? Try OTC

At our last Patients Participation Group (PPG) meeting - 10 April 2019 - our Prescribing Lead and GP Partner, Dr Salim Parkar, spoke passionately about not generally giving prescriptions for **Over The Counter** medicines for a range of minor health concern. 'Over the last year, we spent

over £160,000 on treatments for all common self care conditions. That's a lot of money that

could have been spent on getting more GPs and Nurses', he said.

He urged the PPG to help spread the word about OTC and the cost to the surgery.

'Most of those medications are cheaper to buy in our local pharmacy than on the NHS. Lets work together to stop this and help our NHS'.



HAYFEVER?

Remember, your pharmacist can help with your hayfever

They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with:

- ✓ itchy and watery eyes and sneezing
- ✓ a blocked nose

What Our Patients Say About Us:

"You have polite and helpful Receptionists. Your Doctors and Nurses also. All of the Staff are doing a great job!" - EWC

"Can I just say I have always had excellent service whenever I come to your surgery. I have been a patient here over 20 years, and I find you all very helpful" - CE

Do you have anything to say about us? Email: admin.highstreetsurgery@nhs.net

April: Bowel Cancer Month

Bowel cancer is also called colorectal cancer. It affects large bowel, which is made up of the colon and rectum. Bowel cancer is the fourth most common cancer in the UK. Almost 42,000 people are diagnosed with bowel cancer every year in the UK. Bowel cancer is treatable and curable especially if diagnosed early. Screening available. Speak to your GP.



We are currently accepting new patients. Please register during reception hours

Regeneration, a positive for our Cheshunt

Take a look at that the picture below. Historic it is. That was 31 High Street, a few blocks from us - back in the days! That was what the High Street looked like in the past. **Many thanks to Pubhistory.com for that picture.**

"It shows you how much things have changed around here", says Dr Hiep Nguyen, our GP Partner.

Dr Nguyen has been a GP in the locality for over 16 years.

"There have been recent changes to the area. New developments, regenerations. It's part of the positives I have seen over the years.

"Another good that has come out of this is a few of the GP Practices have also undergone refurbishments - meaning more clinicians who are keen to work in the community and improve Primary Care", he says.

Our **High Street Surgery** is also part of

the Practices in need of a revamp.

"In a few months, we hope to see a new **High Street Surgery**. Things can only get better for our patients and the new ones that will come through our doors once our new building is up", continues

Dr Nguyen.

"We will have more services on offer, better waiting times, and hopefully the impact on the community will be immense."



Got any contributions or comments? Contact: manager.highstreetsurgery@nhs.net