



## REACHING NEW HEIGHTS

### Christmas Opening

We will be open as usual over Christmas, except on the following dates:

Christmas Day 25th Dec 24  
Boxing Day 26th Dec 24  
New Years Day 1st Jan 25

*The voluntary "Fernville Friends" group wishes all Fernville patients a truly happy Christmas and New Year 2025!*

### New Website

We're pleased to announce the launch of our new website at:

[www.fernvillesurgery.org](http://www.fernvillesurgery.org).

We hope you find it to be more user-friendly and easier to navigate. If you have any suggestions on how we can improve it, please let us know- we'd love to hear your feedback!

*"Kindness is the greatest gift you can give a person. Especially when they are not expecting it."  
- Anonymous*

### Opening Hours

Monday 8am-6.30pm  
Tuesday 8am-6.30pm  
Wednesday 8am-6.30pm  
Thursday 8am-6.30pm  
Friday 8am-6.30pm  
Saturday 8am-12noon\*

\*For pre-booked appointments only

Tel: 01442 213919

[www.fernvillesurgery.org](http://www.fernvillesurgery.org)

Great news! Our new lift from the ground floor to the first floor is now 'up' and running. If your appointment is upstairs and you find the stairs challenging due to health or mobility, please feel free to use the lift.

The lift is large enough for a wheelchair, small mobility scooter or walking aid, along with a second person, like a child or carer. Just remember to close the door behind you and **keep your finger on the button until the lift reaches your floor.**

Thank you for your patience as we completed this installation—there were a few delays due to missing parts, but we're delighted it's now ready to make your visits easier!

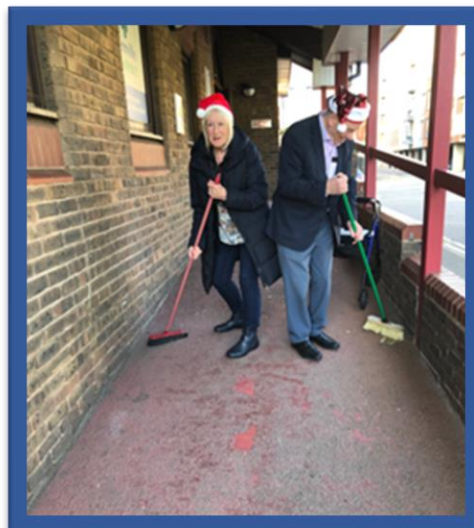


## CAN YOU GIVE US A HAND?

Our surgery would be much easier to access by our disabled or senior patients if there was a handrail on the left side of the ramp leading up to the entrance.

A sturdy, stainless-steel handrail would be ideal, but it does come with a significant cost. Fernville Friends are working on this project, and if you know of an individual or company who might be willing to help here, do let Fernville Friends know by dropping a note or sending a message to reception.

## WE DON'T JUST 'TALK THE TALK'



As we thought the sloped pathway at the surgery was looking a bit unloved recently, so two of the Fernville Friends/PPG members got to work with their brooms removing the general debris and leaves.

Great improvement - job done! We have been informed that the ramp will also be resurfaced in the coming weeks.

## DID YOU KNOW?

### Sign-up for Online Services

Prescription requests can be completed at your convenience, day or night and sent to your nominated pharmacy, saving you from having to visit the surgery. Forms are available from reception or our website: [www.fernillesurgery.org](http://www.fernillesurgery.org)

### Evening & Weekend Services

If you require an evening or weekend pre-bookable appointment, please ask our reception team about the **Dacorum Extended Hours Service**. Clinics may be held in various 'hubs' around Dacorum, perfect for those that find it difficult to attend daytime appointments. If you need help or advice when we are closed; **NHS111** is available 24 hours a day, 365 days a year.

### Prescriptions

Fernville do not offer an emergency prescription service unless it is medically necessary. It is your responsibility to ensure you have adequate medication.

Please allow 3 working days to process repeat prescriptions requests.

### Our Doctors

Dr Raj Mapara  
Dr Meeta Duggal  
Dr Ash Patel  
Dr Rebecca Asquith  
Dr Sonal Mapara  
Dr Frances Waite  
Dr Priya Shah  
Dr Joe Gerson  
Dr Ghada Al-Malky  
Dr Fizza Rizvi

**Patient Services  
Manager & Carers  
Champion:**  
Mandy Curtis

**Community Action Dacorum** is a charity that provides a circle of support to the local community: For details of any of the services below, please call: Tel 01442 212888 or go to: [www.communitytransportherts.org](http://www.communitytransportherts.org)

**Community Wheels** hires minibuses to groups and organisations such as elderly or disabled groups, youth groups or sport clubs, who are Community Action Dacorum members.

**Community Cars** solves transport problems for less able people in Dacorum. A team of volunteers use their own cars in their free time to drive passengers to their destinations.

**Door to Store** provides older or disabled people (who have difficulties in using public transport) with safe, reliable and accessible transport from their homes to a local supermarket. It's also an opportunity to meet and make new friends with other shoppers over a drink in the café. Volunteers can support shoppers around the store and help to bring shopping to their front door. Call: 01442 253935 to book your seat.

**Day Trippers** is a membership outings club for older people and those with disabilities. You will be collected from home and taken to a variety of venues and attractions.

**Community Wheels** provides timetabled bus services throughout Dacorum, using a 16- seater minibus.

## DRY JANUARY



Dry January began in 2012 by a charity to “ditch the hangover, reduce the waistline and save some serious money by giving up alcohol for 31 days”.

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. A month alcohol-free has a lot of benefits including:

- ☞ Better sleep
- ☞ Brighter skin
- ☞ Fuller wallet
- ☞ Improved mental health
- ☞ Lower blood pressure
- ☞ Lowers cholesterol
- ☞ Reduces diabetes risk

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

## A FINAL WORD

The Fernville team wishes to express its gratitude to the dedicated 'Fernville Friends' for creating this newsletter. We would also like to take this opportunity to wish you all a peaceful Christmas and a healthy New Year!