



Fernville Focus

Newsletter written by patients for patients. June 2025

Fernville Surgery, Midland Road, Hemel Hempstead. HP2 5BL

Tel: 01442 213919 www.fernillesurgery.org

100 years experience as your family doctor

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

Bank Holidays

We will be CLOSED on the following dates:

Summer Bank Holiday:

Monday, 25th August 2025

Half-Day Training Closures:

1:30-5:30pm

Thursday 12th June 2025

Thursday 10th July 2025

Tuesday 16th September 2025

Evening & Weekend Services

Ask us about evening or weekend pre-bookable appointments with 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.

Welcome to the June 2025 edition of Fernville's PPG newsletter.

In this edition, I am focussing on the PPG's role and how patients can get involved. The PPG aims to further build the strong partnership between patients and staff to improve services at Fernville through shared ideas and patient input.

There are two ways to get involved:

Virtual Group – Ideal for staying informed remotely. Members receive newsletters, updates, and surveys via email, SMS, or text. Over 700 patients have joined this group.

How to Join: Link <https://www.fernillesurgery.org/virtual-ppg-sign-up/> or complete the form found on our waiting-room noticeboard (left of the seating area) and pass to reception.

Liaison Group – A small team of 10–15 in-person volunteers representing all the Fernville patients. They meet monthly and work on focused projects. The group is currently seeking 4-5 new members, including a Secretary (male or female) and are especially keen to attract younger and more diverse voices representing our community demographics.

How to Join: Link <https://www.fernillesurgery.org/request-to-join-the-ppg-liaison-group/> or complete the form found on our waiting-room noticeboard (left of the seating area) and pass to reception.

If you would like a more-detailed explanation of what we do, please see the news letter attachment.



Hope to meet many of you taking-part in our new free walking group – joined to Herts Health Walks. Meet-up on Monday mornings (excl BH's), 11am Gadebridge Park Old White Bridge, walk through the park into Old Hemel and have a cuppa or lunch (your budget) in a local cafe. Very suitable for 'first steps'/slow walkers.

Have a great summer! Carolyne Downer-Smith, PPG Chair

Our Doctors

Dr Raj Mapara

Dr Meeta Duggal

Dr Ash Patel

Dr Rebecca Asquith

Dr Sonal Mapara

Dr Frances Waite

Dr Gilly Ennals

Dr Priya Shah

Dr Joe Gerson

Dr Ghada Al-Malky

Dr Fizza Rizvi

Patient Services

Patient Services Manager

Mandy Curtis

Carers & NHS App Champion

Travel Clinic

Planning a trip abroad?

Whether you're travelling for business, leisure, or adventure, your health and safety should be a priority. Don't wait until the last minute to check vaccination requirements or seek travel advice. It's best to consider these factors at the time of booking or even before making your travel arrangements.

- Check travel jab requirements early.
- Declare **pre-existing conditions** to your insurer (to avoid invalidating your policy)

Visit our Travel Clinic Page of our website for more information about the prescribing of sedatives for travel and 'fit to fly' letters.

<https://www.fernillesurgery.org/health-information/travel-clinic/>

John Carlton-Ashton
steps down from the PPG Chairperson's role.

After 14 years dedicated involvement with Fernville's Patient Participation Group, John has now handed over the Chairmanship to Carolynne Downer-Smith but his valuable contribution will continue as the PPG expands and progresses with new and useful initiatives. To celebrate, John was presented with an engraved award plaque and enjoyed a small, surprise gathering with nibbles and non-alcoholic drinks.



Hertfordshire Health Walks (HHW)

are fun, free and led by friendly, independent community trained volunteers.

They have walks to suit all abilities and they often end with a cuppa! Complete their enrolment form here:

www.hertfordshire.gov.uk/healthwalks

If you do not use electronic methods, you will find printed forms on our waiting-room notice board (to the left of the seating area)

Fernville's Patient Liaison Group joined HHW for their first walk in May 2025 through Gadebridge Park, ending-up in the old town for a cuppa or even lunch (your choice, your budget). This gentle walk (first steps) is held on Monday mornings starting at 11am prompt at the Old White Bridge

If you have mobility/learning or sensory impairment, do bring a friend/carer to assist you

(who is also required to complete an application form)

For these Fernville walks, your companion does not have to be a patient at Fernville.

National Patient Participation Week
PPG Awareness Week May 31st-June 6th

This annual event focuses on the importance of patient engagement and participation in healthcare. Your own PPG has an active group known as your Liaison Group, who meet once a month to discuss and act-on issues which come to their attention for the benefit of all patients at Fernville practice. A group of 11 volunteers who just want to help.

Volunteers' Week – June 2nd–8th

First established in 1984 by Volunteering England, Volunteers Week is now coordinated by NCVO (the National Council for Voluntary Organisations). During the week stories about volunteering are shared on social media and hundreds of celebrations and events take place. As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem. There are many voluntary organisations in the UK that rely on volunteers to help others including Fernville's PPG!

Men's Health Week - June 9th-15th

An international event aimed at raising awareness about men's physical and mental health. The week is led by the Men's Health Forum and encourages men and boys to prioritise their health and seek professional help when needed. <https://www.menshealthforum.org.uk/mhw>

Carers Week - June 9th-15th

Focuses on the theme "Caring About Equality," highlighting the challenges and inequalities faced by unpaid carers. The campaign aims to raise awareness and advocate for greater support and recognition for carers.

NHS App Help

The NHS App is the easiest way to access your health information 24/7. If you'd like to try it but aren't sure where to start, our PPG Liaison Group will soon be running drop-in sessions at the surgery to help you get set up. Keep an eye out for details! Our receptionists will also be happy to help if you need assistance.

www.nhsapp.service.nhs.uk

National Hydration Day

June 23rd 2025 is National Hydration Day and now is a good time to remind ourselves about the importance of getting enough fluids, especially with warmer days ahead. Staying sufficiently hydrated is of course important at any time and some of the many benefits include:

- regulating body temperature
- Improving digestion
- Assisting getting rid of body wastes
- Improving appearance and condition of the skin.

The recommended daily intake of fluids is probably more than you'd think!

(See NHS website on dehydration) www.nhs.uk

Dehydration means your body loses more fluids than you take in and if not addressed can potentially become a serious problem. If unwell, being sick/have diarrhoea and are losing too much fluid, you need to put back the sugar, salts and minerals your body has lost. Your pharmacist can offer advice and might recommend oral rehydration solutions.

Most people should aim to drink enough during the day, so their wee is a clear, pale-yellow colour.

The Eatwell Guide recommends 6 to 8 cups or glasses of fluid daily. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>

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

Final word

The Liaison Group has written a new Terms of Reference. If you would like sight of this, please contact the surgery.