



Hall Grove Group Practice Newsletter



www.hallgrovesurgery.co.uk

May 2019

If you cannot attend your appointment please cancel it as it can be used by someone else

You can book, check, and cancel appointments using the automated phone line.

If not done so already you can book appointments and request repeat medications using on-line access. Please ask at reception to arrange this.

Useful Telephone Numbers

Appointments (Hall Grove)	01707 328528
Appointments (Parkway)	01707 332233
Emergency House Call Line	01707 323355
'111' out of hours advice	111
Lister Hospital	01438 314333
Patient Transport (QEII, Lister & CCG)	0345605 1208
CCG	01707 685000

'Over the counter' medications

Since 2018 the local health authority have placed restrictions on the prescribing of certain types of medications that could be purchased 'over the counter' (pharmacy, supermarket, internet). This decision was made after public consultation with the aim of being able to divert the financial savings to other areas of local health care.

The biggest areas/medication types this affects are:

- Moisturisers for dry skin and mild eczema
- Hayfever medications (antihistamines, nasal sprays, eye drops)
- Laxatives for occasional constipation
- Simple painkillers, eg Paracetamol and Ibuprofen
- Decongestants and sore throat remedies
- Conjunctivitis if over 12 years old
- Excessive sweating
- Mild acne
- Oral thrush
- Ear wax
- Head lice
- Threadworms
- Haemorrhoids
- Nappy rash
- Athletes foot
- Cold sores
- Occasional migraines

Healthy and Sociable Weekly Activities

Compiled April 2019 by Hall Grove Group Practice Patients' Voice

Hertfordshire Health Walks

Walks are FREE, between 30 and 90 minutes and graded to suit all abilities. Led by trained and insured leaders, the walks are a great way to make new friends, explore your local area and beyond and give your health a boost. Most walks are on a bus route and have refreshment facilities afterwards. Please register, once only, with Hertfordshire Health Walks before your first walk at:

www.hertfordshire.gov.uk/healthwalks/ or arrive 15 minutes early on your first walk.

Grade 1-2 – 30 to 45 minutes, about 1.5 to 2 miles, gentle to moderate pace

Mondays 12 noon – Cinema Entrance, Campus West, WGC, AL8 6BX (supported by MIND)

Tuesdays 12:30pm – Activity Centre, South Lake, Stanborough Road, WGC, AL8 6DF

Thursdays 8:00am (Apr-Oct only) – as above both flat and even ground, buggy friendly

Grade 2 – 45 minutes, about 2 miles, moderate pace, moderate inclines

Thursdays 10:00am – Cinema Entrance, Campus West, WGC, AL8 6BX

Grade 3 – 1 hour, about 3 miles, brisk pace, a few longer inclines

Mondays 10:00am – Welwyn Garden City Bowls Club, 288 Knightsfield, WGC, AL8 7NQ

Thursdays 10:00am – Cinema Entrance, Campus West, WGC, AL8 6BX

Fridays 10:00am – King George V Playing Fields Pavilion, Beehive Lane, WGC, AL7 4BP

Parkruns

Parkruns are FREE, weekly, timed 5km runs that you can walk, jog or run. They are open to all ages (from 4) and abilities. Children under the age of 11 years must be accompanied by an adult.

Please register, once only, with parkrun before your first run at: www.parkrun.org.uk/register/

Bring along a printed copy of your barcode – if you don't, you won't get a time.

Panshanger Park, Thieves Lane entrance, Hertford, SG14 2WN

Saturdays 9:00am – For more information visit: www.parkrun.org.uk/panshanger/

Ellenbrook Fields, adjacent to

University of Hertfordshire Sports Village, de Havilland Campus, Hatfield, AL10 9EU

Saturdays 9:00am – For more information visit: www.parkrun.org.uk/ellenbrookfields/

Walking Sports

For more information visit: <https://sportinherts.org.uk/getting-active/walking-sports-inhertfordshire/#>

Walking Basketball is a walking paced version of the game, suitable for all, irrespective of gender, age, size, ability and/or impairments. It is available at Birchwood Leisure Centre.

Walking Football is aimed at the over 50's age group. It has very specific rules that outlaw all running and allow no contact between players with players briskly walking through matches. It is available at WGC Football Club.