

Welcome to the Fairbrook PPG Newsletter!

It is time to share the latest updates and important information with you. Our goal is to empower you to take charge of your health and wellbeing, and we hope this newsletter is helping to keep all patients informed.

YOUR VOICE Matters!

As your PPG, we are committed to providing you with information.

We would like to hear from you. Are there any aspects you would like to be clarified?

Between the 8th and 16th of June there will be a suggestion box at reception in the Surgery, and on the 17th the box will be present at the Health and Wellbeing event at Allum Hall (see poster below for more details).

Please let us know what you would like to see in your newsletter, what you want more of, what you want less of, or if you are generally happy with its content.



When to use 111 vs GP vs A&E

Knowing where to go for medical assistance helps you to get treated faster and keeps emergency services free for those who need them most.

Your **GP (Fairbrook Medical Centre)** should be your first point of contact for non-urgent problems such as ongoing conditions, mild symptoms, medication reviews, and routine care. If your problem can safely wait, your GP is the best place to start.

If you need medical help **on the same day but it's not an emergency**, use **NHS 111** (online or by phone). This is a good option if you're unsure what to do or your Surgery is closed.

You can contact 111 for things like:

- Symptoms getting worse unexpectedly
- Fever, infections, vomiting or diarrhoea
- Moderate pain or minor injuries
- Advice for an unwell child
- Mental-health support (no immediate danger)



NHS 111 can give advice, arrange an urgent GP appointment, or direct you to the right service, including booking you into an Urgent Treatment Centre.

Walk-in centres and Urgent Treatment Centres (UTCs) provide care without an appointment for minor illnesses and injuries. They are a good option when you need

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same-day care for issues such as cuts, sprains, minor burns, infections, or common illnesses.

Your nearest centres are:

- Edgware Community Hospital, HA8 0AD
- Finchley Memorial Hospital, N12 0JE
- Queen Elizabeth II Hospital, Welwyn Garden City, AL7 4HQ

More information: <https://clch.nhs.uk/services/walk-in-centres>

You should only attend **A&E** for serious or life-threatening conditions that need urgent hospital care.

These include:

- Severe chest pain or difficulty breathing
- Signs of a stroke (drooping mouth, weak arms, slurred speech)
- Heavy bleeding or serious injuries
- Severe abdominal pain
- Major burns
- Seizures or sudden loss of vision

If the condition is immediately life-threatening, **call 999** instead of making your own way there.

Sunscreen and Sun Safety

As we approach the summer months, it's important to protect your skin from the sun. Sunburn increases your risk of skin cancer and can happen in the UK (even on cloudy days), not just on holiday. There is no safe or healthy way to get a tan, and a tan does not protect your skin from sun damage.

While it is important to expose your skin to a certain amount of regular sunlight, so that the body can manufacture vitamin D, this has to be balanced with the need to protect your skin.

To stay safe in the sun, remember to:

- Try to stay in the shade, especially between **11am and 3pm**
- Avoid sunburn at all costs
- Cover up with suitable clothing, a hat, and sunglasses
- Take extra care with children
- Keep babies under 6 months out of direct sunlight
- Use **SPF 30 or higher sunscreen**, apply generously, and reapply regularly



Hertfordshire Health Walks

HHW continue to have a strong impact in Hertsmeire, with 589 walks completed between April 2025 and March 2026 and with over 7,500 participants. Feedback shows real benefits, with many people reporting increased physical activity, improved overall health, and feeling more socially connected after joining. Health professionals also support the programme, highlighting walking as a simple, effective way to improve both physical and mental wellbeing, particularly for those with long-term conditions or feeling socially isolated.



The new **Summer Health Walks timetable** is now available, offering 16 walks each week, from gentle beginner sessions to more brisk evening and weekend options. New summer evening walks are launching in Aldenham, Borehamwood, and Bushey. The programme is open to everyone, and new volunteers are always welcome, especially those interested in supporting their local community while staying active.

Young Carers Support Update

From April 2026, Hertfordshire County Council is now delivering support for young carers directly, following the end of the contract with Carers in Hertfordshire. This change will help strengthen support by integrating services more closely with local families and partners.

Support for **adult carers remains unchanged** and will continue to be provided by Carers in Hertfordshire. A new Young Carers webpage is now available, offering information on support, contact details, and an online registration form to help young carers access the help they need.



HEALTH AND WELLBEING EVENT 2026
 at Allum Hall,
 Allum Lane,
 Borehamwood, WD6 3PJ
Wednesday 17 June
 4pm to 9pm

Come along to talks and visit stalls on:
 Physical Activity
 Prostate Cancer UK
 Pharmacy Support
 Family Support
 Carer Awareness
 Local GPs

+ many more! (see back page)

Come to our **FREE** community health event to find out information for you and your family!



HLE EVENT

Wed 17th June

4pm-9pm



Don't miss this FREE event!

No need to book; just drop in!

What to expect:

Market Place
4pm-9pm: Come and browse stalls offering health and well-being information services to the local community

Health Talks (subject to change)
5pm: HILS - More than just a meal
5:30pm: The Grove Surgery - Move it or lose it: Why activity matters
6pm: Community Pharmacy Lead - Health Care in your Local Pharmacy
6:30pm: Home-Start - Supporting families to thrive
7pm: Prostate Cancer UK - Prostate cancer and me
7:30pm: Fairbrook Surgery - Leg ulcers and wounds
8pm: Carers in Herts - Carer awareness

Working in partnership with:



Surgery Updates

We're pleased to announce that improvements to our waiting room are now complete, including the addition of a new treatment room. You may also notice that all room numbers have changed: these now run in clockwise order, starting with Room 1 in the waiting area, continuing down the corridor and around the second bay, finishing back in the waiting room with Room 14 (Becky's room). If you're unsure where to go, please ask a member of staff, who will be happy to help.

We've also installed a **self-service blood-pressure machine** in the waiting room, located in the corner in front of the clinicians' photo wall. Patients are welcome to use this during their visit.



To help maintain patient confidentiality, we now have background music playing in the Surgery. We've received lots of positive feedback, but if you find the music too loud please let reception know and we will be happy to make reasonable adjustments during your visit.

We also have some staff updates to share. We have said goodbye to **Dr Lakhanpaul**, and we thank him for his hard work and wish him all the best.

At the same time, we are pleased to welcome **Dr Arab**, our new salaried GP.



Dr Tameem Arab
(Salaried GP)

Leave us a 5* Review



Register with Our Practice

