



Surgery Updates

Congratulations

We would like to congratulate Stacey on her new role within the surgery as Deputy Practice Manager and also welcome back Danielle from maternity leave and congratulate her on her new role of Practice Manager. This will be a job share with our current Practice Manager Liz.

June Wellness Month

Our staff have been taking part in the Professional Wellness Month this June.

Each surgery has held a weekly walk to encourage staff to take a break. Our surgery teams often work through lunch breaks and after hours to ensure that all admin is completed for our patients. So, it has been an important reminder that we need to take a break to, to refresh and start again in the afternoon.

Wellness Walk for Charity

We would also like to wish our Senior Clinical Admin Team members Renay a Lyn the best of luck on their 24km walk on 1st July. They are walking as part of wellness month to raise money for East Anglian Air Ambulance.



75 Years of the NHS

5th July 2023 marks 75 years of the National Health Service

Treating over a million people a day in England, the NHS touches all of our lives. When it was founded in 1948, the NHS was the first universal health system to be available to all, free at the point of delivery. Today, nine in 10 people agree that healthcare should be free of charge, more than four in five agree that care should be available to everyone, and that the NHS makes them most proud to be British.

Parkrun for the NHS

The Lodge Health Partnership will be supporting the St Albans Parkrun on Saturday 8th July.

‘parkrun for the NHS’ is an opportunity for parkruns and their local communities to acknowledge the huge contribution that the NHS makes to the health of the nation and celebrate all the staff and volunteers, past and present, who have made the NHS what it is.

This is the second time parkrun UK and the NHS have worked together in this way. In 2018, for the 70th anniversary of the NHS, an incredible UK-wide celebration was held which saw more than 146,000 people taking part as walkers, joggers, runners and volunteers, many of whom had never been to a parkrun before. The celebration was spearheaded by former nursing assistant, regular parkrunner and Olympic gold medalist, Dame Kelly Holmes.

Fit To Travel

What we can do

Some travel companies may require a letter to show that you are fit to travel. This may be due to ongoing treatment, a new illness or due to pregnancy. The surgery can issue you a fit to travel note for £34.50. This charge needs to be paid at the time you request your letter. There is some information we need from you for these letters.

Fit To Travel

Information we require

If you are pregnant, we will need your date of departure and return, how many weeks and days you will be at departure and if you are having multiple babies. If you are unwell, we will need to ensure that you have had a recent consultation with the GP. If you haven't, please book this first and request your letter after your appointment.

Fit To Travel

What can't we do

If you are under a consultant for ongoing treatment for example, organ transplant or cancer treatment, it would be more appropriate for your consultant to assess your fitness to travel, and they will oversee your treatment and care.

Virtual Group Clinics

The Lodge Health Partnership offers video group clinics for our patients.

You may have recently been offered one of these clinics by our reception team when calling for an appointment with a GP.

Group clinics are a different and more sustainable way to deliver one-to-one consultations with patients, they allow patients to discuss their symptoms with others also experiencing the same problems.

It gives patients a chance to meet others who may be further into their journey and learn from each other's experiences. It also offers longer time with a clinician to answer any questions you may have or to gather more knowledge about a particular condition.

We are currently running Menopause clinics to discuss HRT and symptoms you may experience.



Planned roadworks around the surgeries.

Batchwood Drive and Redbourn Road, St Albans. Traffic Control 29th June – 9th July. May cause delays travelling to Lodge and Redbourn Surgeries.

Waverley Road, St Albans, Traffic Control, Multi way signals 3rd July – 7th July. May cause delays travelling to The Lodge Surgery.

There is a current warning of delays through St Albans, Hemel Hempstead and Redbourn which may affect all surgeries from 6th July – 16th July for a local golfing event. Please allow for possible delays when travelling to your appointments.