

An Apple A Day

Newsletter for patients registered at GP Surgeries in Hitchin and Whitwell



 @hitchinandwhitwellpcn

HWPCN

**Hitchin & Whitwell
Primary Care Network**

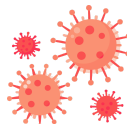
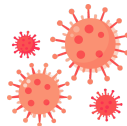
Hello Spring! Flowers are blooming and birds are singing! Why not go for a walk and top up your vitamin D!

Welcome to the latest edition of the Hitchin and Whitwell Primary Care Network (PCN) newsletter, your local update on healthcare services, events, and initiatives in our community.

From April 2026, the spring Covid-19 vaccine will be available for free on the NHS to those at increased risk from severe illness, including those aged 75 or over, people with a weakened immune system, or who live in an older adult care home.



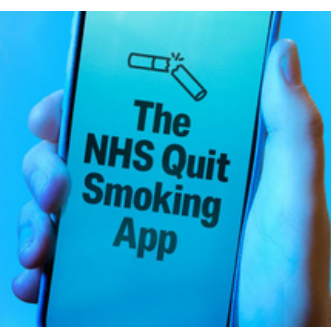
If you have a weakened immune system you can get extra protection against COVID-19 this spring.



Aged 75 or over? Check that you are up to date with all vaccines available to you including the spring COVID-19 vaccine.

WANT TO QUIT SMOKING?

Get the free NHS Quit Smoking App



NHS

DEMENTIA NURSE LUCY

We are delighted to welcome Dementia Nurse Consultant, Lucy Cosgrove, to our PCN team. Lucy has a wealth of experience working with people with memory concerns and their families.

She will be offering annual checks for our patients who are on our dementia registers, as well as providing support at the new Memory Café at Hitchin Swimming and Leisure Centre on Thursday afternoons 1-3pm.



DIABETES UPDATE

We're also lucky to welcome Diabetes Nurse Specialist, Mary Hayes, to our team. Mary has worked in this specialist area for many years and has great relationships with our community diabetes team. Our nursing associate, George Scott, can offer the first part of your annual diabetes review, including taking the necessary blood tests, and Mary can then provide the in-depth review with the blood results. Your practice will still be offering their own appointments - this is to offer additional capacity and to try to optimise the care of our patients living with diabetes.



Patient who are at risk of type 2 diabetes (blood HbA1c 42-47 mmol/mol) can also self refer to the National Diabetes Prevention Programme with "Living Well, Taking Control".

You will be invited to take part in a nine-month behaviour change programme designed to prevent or delay the onset of type 2 diabetes, through face-to-face peer group sessions in their local community or via 1:1 app-based coaching delivered by our digital partner, Liva Healthcare.

With the right support, around three in five cases of type 2 diabetes can be prevented or delayed through healthy weight management, improved diet and increased physical activity. The programme equips you with the knowledge, skills and confidence to make sustainable lifestyle changes, supporting them to achieve:

- A balanced diet
- Regular physical activity
- Effective stress management
- Improved sleep
- Emotional wellbeing

You can also self-refer if you have, or have ever had, diabetes in pregnancy (gestational diabetes):

[Gestational Diabetes Registration Form - LWTC Support](#)

[Self Registration Form - LWTC Support](#)

EAST & NORTH HERTS TRUST PATIENT HUB: WHAT IS IT? HOW DOES IT HELP PATIENTS?

The trust Patient Hub is a secure digital platform designed to help patients manage their outpatient care more easily.

What is the Patient Hub?

The Patient Hub allows adult patients (18+) to access their hospital outpatient information online. Many trust specialties have already gone live.

Patients can:



View upcoming appointment details



Access copies of appointment letters



Download leaflets and questionnaires related to their care



Confirm, cancel or request changes to appointments digitally



[About us](#) [GPs and Professionals](#) [Resources](#) [Careers](#) [Charity](#) [Do I need A&E?](#)

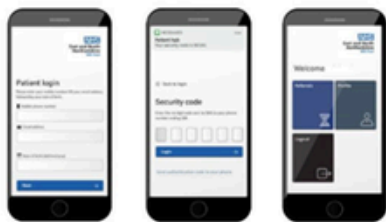
Search ...

[Home](#) [Hospitals](#) [Patients, carers and visitors](#) [Services](#) [Consultants](#) [Private patients](#)

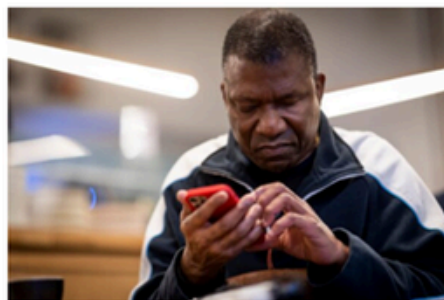
[Home](#) > [Services](#) > Patient Hub

Patient Hub

Our Patient Hub is a secure, online platform that allows you access to your hospital appointment information on your phone, computer, or preferred digital device.



[Patient Hub – Information](#)



[Patient Hub – FAQs](#)



[Services available on our Patient Hub](#)

[Patient Hub – East and North Hertfordshire NHS Trust](#)

CARING HERTS CIC



Caring Herts CIC is a new Community Interest Company, founded by Jeanette Farrow. Jeanette took matters into her own hands when funding was withdrawn from the Compassionate Neighbours programme and Wellbeing Hubs, and has worked tirelessly with her team of staff and volunteers to provide these much-needed services through Caring Herts CIC.

Jeanette runs a 1-1 befriending service, matching housebound residents with suitable, fully DBS checked and trained volunteers. You can access this service through your GP's Care Coordinators.

Caring Herts also provides 15 Wellbeing Hubs across our local area. Your Hitchin groups are shown below:

Mondays

Hitchin

Location: Blueharts Hockey Club, Lucas Lane, SG5 2JA

When: 13.30-15.30

Contact: Ian Allinson, 07506 992757

Wednesdays

Hitchin

Location: St John's Community Centre, St John's Road, SG4 9JP

When: 13.30-15.30

Contact: Helen Collins, 07355 130957

Your first visit to any Hub is free; subsequent visits are £8 for two hours, which includes activities such as games, crafts, quizzes and structured exercise – as well as a cuppa and a chat!

You can find all their locations here:

[Wellbeing Hubs – Caring Herts CIC](#)



HERTS TENNIS FOUNDATION

Would you like to play tennis? Do you have a disability, long-term health condition or just want to be more active? Herts Tennis Foundation is hoping to find participants to play daytime, weekday, walking tennis at Bancroft Park in Hitchin. The first six weeks will be free to see whether it's for you!

If you're interested, please email hweicbenh.hwpcn.admin@nhs.net

HAVE YOUR SAY! MOUNT VERNON CANCER CENTRE

Share your experiences of travelling to and using Mount Vernon Cancer Centre – your feedback will help shape future services!

[Mount Vernon Cancer Centre Travel and Access Survey](#)





Funded by
UK Government

Get **FREE** meal plans

**FREE FOR ALL
HERTFORDSHIRE
RESIDENTS!
USUALLY £86 PER YEAR - NOW
FREE - YOU'LL NEVER BE
CHARGED!**

**Fed up of deciding what to
cook every night?**

**Want to save money on
food shopping?**

Want to eat healthier?



Then this is for you!

Every week you'll get:



Personalised meal plan



Smart shopping list



Access to chef hotline



**Join over 40,000 others
enjoying dinner!**

*Five*Dinners



Scan the QR code
or visit link to get instant access:
FiveDinners.com/MyCommunity



Hertfordshire

HEALTHY CHOICES QUIZ

Preventable health conditions are costing lives, the NHS and damaging our economy. More than a quarter of the population now have a long-term health condition, and health inequalities are also widening.

Key risk factors such as smoking, obesity, drinking alcohol and mental health problems affect millions of people. But making small changes to the way we live day to day can have a big impact on our health in the immediate and longer-term. We want to empower people across the country to make positive changes for their health through engaging with our tools and support.

How does the quiz work?

The Healthy Choices Quiz provides an easy first step for those who want to feel healthier but may not know where to start. After capturing some basic demographic information and exploring different health motivations, the quiz asks a series of lifestyle questions across six main themes: movement, eating, alcohol consumption, smoking and vaping, mental health and sleep. Then giving you an overall score out of 10 based on your answers.

This score indicates how your lifestyle could be affecting your health and wellbeing and how you are doing in each lifestyle area. Most importantly, it recommends what to do if you should need to make any changes. This includes directing you to NHS apps, advice and resources to help you get going with confidence. Users can also sign up to an email programme to get additional information and support on key lifestyle areas straight to their inbox.

What support does the quiz offer?



Active 10
A tool to encourage users to record and increase daily brisk walks



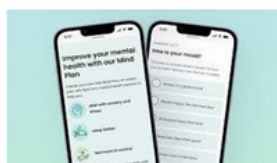
Couch to 5K
A running programme for absolute beginners



Quit Smoking
Personalised support to help users quit smoking for good



Drink Free Days
A tool to help users cut down on alcohol by tracking drink free days



The Mind Plan
An action plan and email programme with support from mental health experts



Better sleep
A six-week email programme with tips to help improve your sleep



Healthy recipes
Over 100 healthy recipe options that are easy to follow and include cooking times



NHS Health Check
You may also be asked to find out whether you are eligible for an NHS Health Check

For more information or to take the quiz please visit:

www.nhs.uk/better-health/healthy-choices-quiz

We would love to hear your thoughts! If you would like to give feedback about our newsletter please contact: hwpcn.admin@nhs.net

Thank you