

# Huntingdon Road Surgery Newsletter Spring 2018

PLEASE FEEL FREE TO TAKE ME HOME!

**NEXT PATIENT GROUP MEETING: WEDNESDAY 25<sup>TH</sup> APRIL  
THE ROLE OF THE COMMUNITY PHARMACIST  
AT 6.30. PM IN HUNTINGDON ROAD SURGERY**

## Staff news



*Dr. Chayim Freed and Dr. Peter Connan*

We are looking forward to Dr Rebecca Towl returning to work in the summer and Dr Jo Tomlinson later in the year from their respective maternity leaves. Life will be busy for them both. Dr Peter Connan is retiring in the summer and we are close to appointing a new doctor to take over his patient list. We will keep you informed via the website. Dr Alice Hodgkinson will be leaving after Easter and we are in the process of employing further locum doctors to help us through these changes. We also welcome Dr Chayim Freed who is our new Registrar and joined us in February for 6 months

## Travel Advice

Huntingdon Road Surgery offers a travel advice service to patients registered here. We are also a registered Yellow Fever Centre. Planning well for a trip overseas is important, to try and minimise health problems when you are away, which may interfere with the enjoyment or the success of your trip.

If you require any vaccinations relating to foreign travel, please make an appointment with the practice nurse to discuss your travel arrangements. It is important to make this initial appointment as early as possible, ideally at least 6 weeks before you travel, as a second and subsequent appointments may be required with the practice nurse to receive the vaccinations. For more information, please see our website at: [www.huntingdonroadsurgery.co.uk](http://www.huntingdonroadsurgery.co.uk)

Some travel vaccines incur a charge. This is because not all vaccinations are included in the services provided by the NHS. Read the latest health advice for the country you're travelling to and check the travel safety updates with the Foreign & Commonwealth Office. Make sure you have appropriate travel insurance that will cover all the activities (e.g. water-skiing, scuba diving) that you plan to undertake.

## Know your results

You are the best person to check your results. Please don't just rely upon the surgery to contact you. When test results come back they are always seen by one of the doctors before filing in your patient records, with a suggested plan. This might be to continue with treatment or to see you for a follow up appointment as planned, or it might simply be no action required if the result is normal. If you want to phone to get the result please do so in the afternoon when Reception is not so busy, but the best way to check is by registering to do so online.

## Long term conditions

You are also the best person to make sure you have your regular medical reviews. Again don't just rely upon the surgery to invite you. Make a note in your diary when the next review is due and then simply make an appointment ensuring the receptionist knows what the appointment is for. These reviews are important to monitor your condition and the medication you might need to treat it, often needing regular blood tests to check for any potential adverse effects. Make sure you have your reviews

## Patient Screens

The TV screens with important health messages and some advertising have been in situ in the waiting rooms at Huntingdon Road now for a while. We'd be interested to know what you think.

Please fill in a comments form or email through the website. Let us know if you've found the messages useful, and what else you'd like to see on the screens.

Huntingdon Road Surgery Tel: 01223 364127  
Girton Branch Surgery Tel: 01223 364127  
[www.huntingdonroadsurgery.co.uk](http://www.huntingdonroadsurgery.co.uk)

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## Getting to the Surgery

The Huntingdon Road surgery is situated in a busy part of the city at 1 Huntingdon Road, Cambridge CB3 0DB. Although there is a car park adjacent to the surgery, this has spaces for very few cars and patients are encouraged to consider walking, cycling or using public transport to reach the surgery when possible.

There is metered parking in some of the streets close to Huntingdon Road surgery but patients are advised to allow plenty of time to find a parking space if travelling by car to keep an appointment.

The Girton Branch surgery is situated at 1a Pepys Way, CB3 0PA and while there are no parking facilities for patients, it is usually relatively easy to find street parking close to the surgery.

More information on getting to the surgery and on alternative parking is available on our website using the quick links on the home page.

## Please Park Considerately



We have had a number of bumps and scrapes in our car park over recent weeks, and unfortunately people aren't coming forward when they've been involved.

If you are unfortunate enough to bump into an empty car - please come and tell us.

## Recent Patient Group Activities

In February, Patient Group members met with a panel of no less than seven members of the practice staff, representing nurses, receptionists, managers and doctors, when we were free to "Ask the

Experts". Questions from the floor ranged from "What are the symptoms of a heart attack?" to 'How do I deal with nettle rash when I can't find dock leaves?' (surprisingly, human spittle helps!) to the more general 'How has nursing changed over the last 10 - 20 years?' All our queries were dealt with very sympathetically under the chairmanship of Dr Connan, and our members were often able to offer suggestions of their own.

Patient Group membership (free) is available to all registered patients: simply fill in an application (forms available in the waiting rooms or on the practice's website) and we will keep in touch with you (either by email or post), updating you with news about the practice and NHS regionally and nationally.

## Patient Group Plans

This year we plan to re-introduce regular surveys of your experience of the surgery. We are looking at the best ways to do this to get the widest possible range of views. Your contributions, which will remain anonymous, will be very valuable.

## Website Improvement

We have added some tabs on the right hand side of our website, linking to other valuable local websites, giving useful information, and facilitating self-referral to services if needed, which might help, e.g.

- Psychological Wellbeing
- Dynamic health Physiotherapy
- Keep your head
- CHUMS

If there are other websites that you have found particularly helpful, please let us know so that we can consider adding a link

## Long Acting Reversible Contraception LARC

If you would like to consider either having an Implant (Nexplanon) or an Intrauterine Device (Coil or Mirena) for contraception, please book an appointment to discuss this with your usual doctor. If it is a suitable method of contraception for you, your doctor will refer you on to one of the doctors at the surgery able to fit it. Dr Eimear Byrne and Dr Rebecca Towl are able to fit the Implant or Intrauterine device and Dr David Hayton the Implant. Dr Roque is training for this and will also be able to fit the Implant and Intrauterine Device.