

The PPG welcomes comments and suggestions. Please make a note of your ideas and give them to a receptionist, marked 'Attention PPG'.

Surgery news

Easter Holiday hours



Newnham Walk closes 6pm Thursday 13th April, re-opens 7am Tuesday 18th April.

City Centre closes 4pm Thursday 13th April, reopens 9am on Tuesday 18th April.

For service outside surgery hours phone 111

The surgery website

www.newnhamwalksurgery.nhs.uk

Print off surgery registration forms, order repeat prescriptions and book appointments.

Please cancel unwanted appointments – 110 appointments were missed in December, wasting valuable time and precious NHS money.

Cambs GP Network (CGPN Ltd.)

Newnham Walk Surgery has helped create a federation of 32 practices serving 282,052 registered patients. It aims to protect the future of Cambridge general practice by sharing resources where possible and sourcing funding for specific extra services. The directors are three GPs and two practice managers, with a part-time business manager. They will meet at least monthly to develop future projects.

New members of staff

Dr Sara Twajj is with us for four months.

Dr Veera Mirdavoudi is with us for six months.

Staff interview

Meet Sophie Ward, the new assistant practice manager

What is your role in the practice?

"My role is administrative. For example, I manage patient recalls and invitations for health checks, cervical smears and asthma reviews. This enables the doctors and nurses to give patients the best care and treatment."

Tell us some of the rewards and challenges?

"A rewarding part of my job is using my experience in the NHS to help patients and colleagues. I help with student registration and enjoy advising the new students about NHS processes and procedures. One of the main challenges I face is ensuring all of the data I input is accurate and reports are submitted within the agreed timescales!"

Health news

Join our short walks for health!



Walking is vital for health especially as we age. A group of patients will meet at Newnham Walk waiting room for a half hour walk to and around Lammas Land (where there are benches to rest if needed and refreshments may be available).

At 10.30 on Tuesdays 25th April, 2nd, 9th, 16th May and more if successful.

Shingles and Pneumonia Vaccinations

People born between 2.9.1942 and 1.9.1946 or between 2.9.1936 and 1.9.38 are eligible for a shingles vaccination.

Anyone over 65 or suffering from a chronic condition such as diabetes or asthma is eligible for a pneumonia vaccination.

Do you need a check up?

NWS offers a free health check to all patients aged between 40 and 74 without a pre-existing health condition.

Free courses online at www.futurelearn.com

Short courses starting late March/ April include:

- Improving Health of women, children and adolescents - from evidence to action
- Caring for vulnerable children
- Dementia care: Staying connected and living well

Education event report

In an excellent talk by paediatric allergy consultant Andrew Clark, we heard that food allergies are on the increase. Introducing a range of foods from four months reduces babies' chances of developing allergies. Dr Clark is pioneering peanut allergy treatments.

We plan to hold another event in the autumn.
Suggestions for topics are welcome.

FUN

Dr. Spock "Let them eat anything except sugar!"