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| **Neil Paterson and our Management Team**  C:\Users\yvonn\AppData\Local\Microsoft\Windows\INetCacheContent.Word\Neil Patterson- cropped.jpg  Neil Paterson joined Huntingdon Road Surgery as Business Manager at the end of last year. He comes with a background in banking, and has already been able to provide a different perspective as to how we organize the surgery. In a short space of time he has moved a lot of projects forwards, perhaps the most important of which is updating our telephone system, which we hope to change in the near future, making it easier for patients to contact the surgery. We recognize that this has been difficult for some people. Neil has 2 children, one taking GCSE exams and the other taking A levels this year, so with starting a new job as well, it is going to be a very busy year for him! Welcome Neil.  We also have a new Finance Officer, Samantha Thomas. Welcome to her too. Sarah-Jane Cousins has taken on the title Operations Manager, ensuring everything continues to operate smoothly. If you have any comments or suggestions to make about the surgery, please do direct them to her, either in writing or at the reception.  Sarah West our previous Practice and Business Manager retired last year after 14 years with the Surgery. She helped guide us through some very big building projects among other things during that time. Thank you. We wish her all the best in her retirement.  **Know the Signs of a Stroke - Act FAST**  SpeechFaceArmsTime  According to research from Public Health England, a quarter of people would wait for more than one symptom of a stroke before calling an ambulance. But it’s important to future recovery to dial 999 immediately if you notice *any* of the main symptoms of stroke. The Act FAST campaign reminds us that these are:   * Face – has their face fallen on one side? Can they smile? * Arms – can they raise both their arms and keep them there? * Speech – is their speech slurred?   Don’t wait till you see 2 or more symptoms of stroke to be sure.  **Patient Group**  Patient group meetings are open to all registered patients – there is no need to book, just come along! These are usually held on a Wednesday evening in the Huntingdon Road Surgery starting at 6.30 pm. These aim to give everyone the chance to:   * find out more about what is happening both in HRS and our local NHS at a time of great change * make general comments and suggestions as to the future running of the practice | **Online Registration**  Please do register for online access to your medical records.  This will allow you to book appointments with your registered GP online, and order repeat prescriptions. You will also be able to see investigation results online once your doctor has reviewed them, and see the consultation entries.  To register for online access, you will need to come in to reception and provide photographic identification, to ensure we give access to the correct person. The access is via Huntingdon Road Surgery website and is password protected. You will need to keep your password safe!  **Batch Prescribing**  If you have regular repeat prescriptions, which do not change between your surgery reviews, please do consider requesting a “batch” of prescriptions. We are strongly encouraged to prescribe one-month supplies of medication at a time by NHS England, to help reduce waste, but if you request a batch of prescriptions you can take these to your usual Pharmacy and simply return to collect the next supply of medication when needed. Your Pharmacist will remind you when you will be due to order a further prescription. Have a look on the website for more information.  If you are eligible to use the Girton Dispensary we are already able to make sure you receive supplies of your regular medication, as the Girton team have direct access to your GP records.  **Contact Details**  Please check that we have all your contact details correct. In particular make sure we have your correct mobile telephone number.  In the future, with your consent, we are keen to use Text messaging more to help remind you about appointments or invite you for check-ups, for example. *Please let us know if you are happy for us to contact you in this way.*   * participate in some interesting discussions about key health issues   Recent topics have included ‘avoiding falls’, ‘end of life’ (a useful and uplifting session!) and ‘mental health’. *‘Preventing and managing diabetes in the family’* is scheduled for Wednesday 29th March – do come and join us.  **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 the practice 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.  http://d25medu75j19j3.cloudfront.net/wp-content/uploads/2016/01/travel.jpg |