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| **New Office Manager**Sarah-Jane Cousins has joined us as Office Manager, and is thoroughly enjoying working with us to develop new ideas and implement new services for patients. She brings with her extensive experience in office management and working with the public. Whilst she is camera shy (hence no photo) - she is always happy to meet our patients in person, listen to your thoughts and comments and answer any queries that you may have. We are really pleased in welcoming her to join our team.**What’s happening in your practice?**Please come along to the next meeting of the *Patient Participation Group (PPG) on Wednesday 22nd April in Huntingdon Road Surgery.* You can hear all the latest news from the practice, find out about the latest changes in the NHS, meet Sarah-Jane, our new Office Manager and tell us what you would like us to cover at future meetings.The evening will also focus on providing a demonstration on how to use the practice website at [www.huntingdonroadsurgery.co.uk](http://www.huntingdonroadsurgery.co.uk). This will be followed by an opportunity for you to try it out yourselves on practice computers with support from staff and the PPG Core Group. This will include finding information on this site and through links to other sources, booking appointments and ordering prescriptions online. So, whether you are a complete internet novice or simply have ideas as to how we can make the website more user friendly or what resources you would like to see there, do come along and join us.*New members of the PPG are always welcome***Type 2 Together: Diabetes Support Group**Type 2 Together is an initiative organised by Diabetes UK designed to encourage people with Type 2 Diabetes to meet and provide each other with help and support in how they manage their Diabetes. Research has shown that this type of peer support group does help benefit people with Diabetes. At Huntingdon Road Surgery we feel this is an excellent initiative, and are very lucky to have two experienced volunteers, Jillian and Barbara, who are in the process of setting up the group and gathering opinions. We have written to everyone with Type 2**Travel Advice**http://7428.net/wp-content/uploads/2013/11/Beach-Holiday-illustrator-Vector.jpgHuntingdon 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. When travelling in Europe, make sure you have a valid *European Health Insurance Card (EHIC).* This will entitle you to free or reduced-cost medical care. However, the EHIC won’t cover you for everything that travel insurance can, such as emergency travel back to the UK. | Diabetes registered at the surgery encouraging them to get involved. The first full group meeting was successfully held in the surgery in late March, so Jillian and Barbara plan to organise further meetings once a month. If you have Type 2 Diabetes and would like a reminder of the contact details please ask at reception.Jillian and Barbara will also be at Oakington Garden Centre Cafe between 3pm and 4pm every *first* Thursday in the month for the next few months ready to talk to anyone who may be interested in joining them.**Driving Limits for Prescribed Drugs**

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|  | A new offence of driving with certain controlled drugs in excess of specified levels in the body has come into force. It has always been an offence to drive if any drug causes |

 effects impairing your ability to concentrate and drive safely, for example if it makes you feel sleepy. The new offence applies to people who do not feel effects limiting their ability to drive, but have levels in the blood above a certain limit. Most of the drugs included in this offence are not prescribed, but if they have been prescribed and you are taking them in line with medical advice, and you do not have any effects impairing your ability to drive, then you will be entitled to raise the statutory “medical defence”. The drugs included are: Benzoylecgonine, Cannabis and Cannabinol, Clonazepam, Cocaine, Diazepam, Flunitrazepam, Heroin and Diamorphine, Ketamine, Lorazepam, Lysergic Acid Diethylamide (LSD), MDMA – Ecstasy, Methadone, Methylamphetamine,Morphine, Oxazepam and Temazepam.If you have any concerns regarding this issue please discuss it with your doctor.**Friends and Family question**We are keen to hear your feedback and have started asking the Friends and Family test. Would you recommend the surgery to your friends and family? Please ask at reception for a card to fill in. It also asks whether there are any other suggestions or comments that you would like to make. We will discuss these anonymously with the PPG core group and see how we can take these suggestions forwards. Your feedback is always important.**Sharps bins for the disposal of needles**In order to reduce the risk of needle stick injury we are no longer able to accept used sharps bins at reception.Cambridge City Council and South Cambridgeshire District Council, both offer a FREE clinical waste collection service. So, we would kindly ask that you arrange to have your used sharps bins collected by the councilPlease ask at reception for a referral form, or look on their websites for more information:[www.cambridge.gov.uk/clinical-waste](http://www.cambridge.gov.uk/clinical-waste) or [www.scambs.gov.uk/content/clinicalmedical-waste](http://www.scambs.gov.uk/content/clinicalmedical-waste) **Dementia Awareness Evening**The PPG’s recent *Dementia Awareness Evening* attracted a large group of patients to a highly enjoyable evening. Chantal Bradley, an independent dementia ‘champion’ led an interactive event supported by Joe Lynch, a Community Mental Health Team Manager. The event quickly got everyone involved through interactive quizzes and games that both informed and challenged all our existing knowledge and perceptions about dementia. The result was an evening that was both fun and provoked lots of lively discussion.**New Social Activity for Dementia Sufferers and their Carers**The D’Music’A Choir has started a singing group in Bar Hill Village Hall as an activity for people with memory problems and (importantly) for their carers. The group meets from 1 to 3 pm on alternate Mondays and is open to all patients registered with this practice – no singing experience is necessary! If you would like further information please contact the organiser Edye Hoffman on (01223) 881618 or ehoffmann@dementiacompass.com**New PPG Email**You can now contact the PPG by email as well as through the practice website. Just send your comments and suggestions to us in confidence at:hrsppg@gmail.com  |