

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

Allergy or Intolerance?

Our next educational talk

Dr Andrew Clark MB BS MRCPCH MD
Addenbrooke's Paediatric Specialist
in allergies and intolerances

at **Ridley Hall**
7.30pm on **Wednesday 1st February 2017**

ALL WELCOME

Surgery news

The current trainee doctors

Glenys Quartey-Irwin
Paula Garzon

Holiday hours

Newnham Walk Surgery closes



24th December, re-opens 28th December,
closed 2nd January, re-opens 3rd.

City Centre Surgery closes

24th December, re-opens 3rd January
also closed in the afternoons from 19 to 23 Dec.

And remember!

For out of hours service at any time call NHS 111
New mental health out of hours call 111
and select option 2

www.cpft.nhs.uk/about-us/mental-health-crisis.htm

Flu jabs

Have you had your flu jab?

If you haven't and are over 65 or suffer from
asthma or other chronic illnesses, are a carer,
pregnant or have a child aged 2 – 8 make
an appointment NOW!



Health news

Did you know?

Vitamin D could help you in the upcoming
winter months? Ask your pharmacist.

www.futurelearn.com has great online courses
related to health? There are courses on ageing,
musculoskeletal care and many other topics.

The surgery website

www.newnhamwalksurgery.nhs.uk

Did you know?

You can

- print off surgery registration forms
- order repeat prescriptions
- book 10 minute appointments

Missed appointments waste money!

Please cancel unwanted appointments.
150 appointments were missed in four
weeks this autumn, wasting valuable
time and precious NHS money.

Staff interview

We are very lucky to have exceptional staff in
all areas. **PPG Newsletter** talked to May, one of
the receptionists.

What do you like best about working at Newnham Walk Surgery?

"I especially like working at the City Centre
Practice because I can talk to the patients. The
elderly patients really appreciate this."

What do you like about interaction with the patients?

"After a while you get to know the patients and
they mean something to you."

Local walks

Would you be interested in leading a
local walk in 2017? Let us know.



FUN

Screeched is the longest one syllable word in the
English language.

"You can discover more about a person in an hour of
play than in a year of conversation." *Plato*