

## Alconbury & Brampton Surgeries

### RCGP parkrun Practice

We are pleased to announce that we will be promoting our local parkrun at Hinchingsbrooke Country Park to enhance the physical and mental well-being of our patients. For those of you that run, walk or are just getting started parkrun is a free weekly timed inclusive event that happens every Saturday at 9am. For those less keen on being active parkrun offers the opportunity to volunteer, meet new people and become part of the local community. Parkrunners are known for being friendly, enthusiastic and supportive and I can highly recommend this as a positive and uplifting way to start your week-end. To find out more and register with parkrun visit [www.parkrun.org.uk](http://www.parkrun.org.uk). Bring your printed barcode to Hinchingsbrooke Country Park and I promise you won't be disappointed...there may even be cake!

### Flu Season 2018

We will be having two FLU DAYS this year due to the phased delivery of vaccines from the supplier.

ALCONBURY FLU DAY - Saturday 29<sup>th</sup> September 2018 from 08.30-11am

BRAMPTON FLU DAY - Saturday 3<sup>rd</sup> November 2018 from 08.30-11am

We will also have vaccines available in-between these dates so please just ask to be immunised if eligible and attending the Surgery for any other reason. Also of importance is that NHS England have recommended 2 different types of vaccine for those under 65 and those aged 65 and over and it is important to ensure patients receive the correct vaccine to maximise efficacy. Please support our ongoing delivery of these services by attending the Surgery for your vaccination.

### Additional Services

Just a reminder to patients that we offer travel immunisations, contraceptive advice, NHS Health Checks and many other additional services at the Surgery. Please make an appointment with a suitably trained member of the team to ensure we meet your medical needs.

**Team Changes;** In September we welcome a new receptionist to compliment the team at Brampton, Loraine. At the beginning of August Dr Figures joined us for 2 months and in October she will be replaced by Dr Nelapatla until March 2019. In February Drs Singh and Taiye-Akinsun will leave us as they become fully qualified. The first 6 months of 2019 are also busy months with us hosting medical students from Cambridge University.

**Albram:** We have a vacancy at our Alconbury Surgery for a volunteer who can spare some time and coordinate our busy drivers scheme. This is a service provided to patients for minimal cost which can be accessed by all to attend appointments either at the surgery or elsewhere in the local Health Community. If you have a few hours to spare on a regular basis then perhaps this could be an ideal way to give back to the community.

Melanie Gearing  
Practice Manager