Taking over the Chair's role from Sylvia and Peter after so many years of their leadership has been a daunting task.

The past year has seen continued changes at the Practice and within the NHS. The Practice is now part of the Hunts Care Partners. We have joined the Patients Congress to keep abreast of moves within the Area as the on-going changes continue. Working with the other Practices in March we are endeavouring to make sure that 'Fenland' needs are included. We are organising, with the two other Practices, an opportunity for patients to hear more about the planned changes to the NHS on the 5th September.

While fundraising has not been the focus it has been in previous years, we have raised over £450. This combined with donations has meant a number of items of equipment, including among others: spirometer; various oximeter apparatus; weighing scales and pamphlet rack, being purchased. We will continue to fundraise as the need arises.

The Newsletter continues to be a major communication within the Practice and is now available to more through the email list and the website. Thanks to Dennis Baker for the work he puts in to producing this varied and comprehensive newsletter.

Support was given again to the Flu Clinics. While these mornings require a considerable time input, the comments from appreciative patients make it worthwhile.

As already mentioned, this year we have helped encourage patients to join the email list as a means of keeping patients, especially those who do not come into the Surgery on a regular basis, up-to-date with news of the Practice.

This year as part of Government changes, each Practice was asked to form a Patients Participation Group (PPG). This smaller group includes staff members and is charged with seeking the views of patients and acting on those views where possible. The first act was to carry out a major survey on a number of questions. The action plan produced from the survey is now being implemented. To ensure the close working within the Practice, three members of the Patients Association are members of the PPG.

I would like to thank all the members of the Committee for their contributions over this year, but especially Margo Finnigan, who manages not only the roles
of Secretary and Treasurer, but also is key to our Flu Clinic support and fundraising. Entering our second decade, it is clear that a Patients Association still has a major role to play and we can look forward to another active year. *Sue Claydon* 27/06/2012

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**Riverside Practice— Partners Report to the RPA AGM**

**3/6/2012**

**Introduction**

This report attempts to summarise the key developments in the practice over the last 12 months.

**Thank you**

The GP Partners would like to pass on their thanks and appreciation to the members of the patient's association for their support and contributions to the practice.

**Doctors**

We have seen one or two changes over this year relating to our GPs and they are as follows:

In October Dr Kelt reduced his working days from 4 to 2 days a week.

Dr Jakka joined us in October and works 4 days a week, providing an additional 2 GP days per week of appointments.

Dr Marimuthu left us in May to work closer to home and a new GP (Dr Keeling) has been found unfortunately cannot start until later this year Dr Kelt, Dr Yassan and Dr Smith will be provide GP cover.

**Patient Participation Group (PPG) & Patient Survey**

This year saw the launch of the Patient Participation Group that have been involved with the practice with regard to developing and implementing a patient survey and working with the practice to improve services based on the results of the survey. The resultant plan is in place and is being acted on. Members of the PPG/RPA have also attended the Hunts Patient Congress which can be a useful forum to ensure that the March practices are not forgotten about as things can be Cambridge, Huntingdon or Peterborough focused if we are not careful.

**Commissioning**

The Riverside Practice continues to play an active part in the Hunts Care Partners commissioning group. It is indeed a challenge to meet all the patient needs at the practice as well as be involved in this new work. Work this year to improve patient care has included:

- Coeliac reviews in the community.
- Improved COPO care plans - intended to reduce the times patient need to be admitted into hospital.
- Revised Head & Neck pathway (faster access to ultrasound if required).
- Continued work with the medicines management team of the PCT to ensure we are prescribing effectively for our patients whilst also being cost effective.

**List Size Growth**

The practice continues to grow, we have gained an additional 70 patients (net) in the last 12 months. The current list size is 7169 patients.
A brief summary of the accounts as follows.

Income.
Donations. 1523.35
Fundraising 458.20
Interest 1.20 1982.75

Expenditure
Equipment for practice 3327.48
Other Expenses 195.67 3523.15

Income over Expenditure (-1540.40)
Balance brought forward 3926.37
Balance carried forward 2385.97

REPRESENTED BY.
Cash at Bank
Nat West Plc current 1397.03
Nat West Plc reserve 987.48
Petty Cash (Treasurer) 1.46 2385.97

M. Finnigan (Treasurer)
26th June 2012

Election of New Chairperson

Due to the fact that Mrs. Claydon will not be available for part of the year the Management Committee elected:

Mrs. E. Yorke as Chairman
Mrs. P. Sanchez as Vice-Chairman.
Secretary/Treasurer remains the same.
Mrs. Claydon will remain as a member of the Committee.
There are a number of risk factors for cardiovascular disease. These include:

- Smoking
- Hypertension (high blood pressure)
- Obesity (Body mass index ≥ 30 kg/m² and increased waist circumference)
- Raised blood Cholesterol
- Diabetes
- Family history of premature cardiovascular disease <55 in men and <65 in women (= less than)
- Diet high in saturated fat, sugar and salt
- Lack of Physical Activity
- Age, Gender and Ethnicity
In patients who do not have diabetes, the cardiovascular disease risk can be calculated if the following are known:

- Age
- Sex
- Smoking status
- Blood pressure
- Cholesterol level
- Family history of premature cardiovascular disease

**Targets?**
To reduce your cardiovascular disease risk there is likely to be a requirement to make changes in your lifestyle. Making changes in your lifestyle can be challenging and you need to be motivated to do this and have the support of friends, family and colleagues. For health reasons changes may need to be considered.

- Stop smoking
- Aim for a blood pressure of 140/85 or less
- Reduce cholesterol level in the blood
- Lose weight – aim for your ideal body weight
- Increase physical activity

**What help is there?**

1. **Stopping smoking**
   - Practice smoking cessation service - run by the Healthcare Assistant*
   - CAMQUIT – phone 0800 018 4304
   - Local Pharmacies (Boots /Lloyds)

2. **Lifestyle changes**
   - Health Trainer* at the practice – Pearl Charalambos – advice on diet, weight, exercise, alcohol consumption and healthy living.

3. **Losing weight**
   - Community Health Improvement Programme (CHIP)*
   - Prescription for Health (gym referral)*

4. **Health check at the practice***
   Calculation of cardiovascular disease risk

5. Medication to lower cholesterol or treat BP – discussed with doctor

* Contact the practice reception for further advice

**Dr M G Thomas and Nurse Tina Goult**

*July 2012*
IMPORTANT NOTICE
Starting from NOW.

The Riverside Patients Association Meetings
will now be held

bi-monthly 1st Tuesday in the Month.

New Time of 6.00pm.

The first meeting will be September 4th
As a patient of the Practice
your presence would be appreciated.

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**Newslink Availability.**

Newslink can be obtained from the following places.

Riverside Practice waiting room, Boots next to Riverside Practice; Boots in Broad Street; Library; Alpine Health Club; George Campbell Gym; and the Post Office, Wisbech Road. It is also available by email and on the practice website.

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**Newslinl is published in collaboration with The Riverside Practice.**

Items or articles for inclusion should be sent to:
The Editor of the Newslink c/o The Riverside Practice.

*Articles for insertion in the Newslink which contain links to medication or items covered by the NHS or Cambridgeshire PCT, will be directed to the Practice Manager for approval. Other articles will be published at the discretion of officers of the Committee.*

**Next issue due October 1st 2012**
**Articles due date September 12th 2012**