



Cookham Medical Centre News

Autumn 2018

Produced for CMC by the Patient Participation Group (PPG)
www.cookhammedicalcentre.co.uk

Flu Vaccinations 2018

This year there is a different vaccine for patients 65 and over, specifically designed for that age group. It is called Flud[®]. This vaccine will arrive here the week ending 28/09/18. Our Flu clinic on **Saturday 6th October is for patients 65 and over ONLY (9-11am)**



The vaccine for eligible patients aged 18 to 64 is an Inactivated Quadrivalent vaccine (QIV) **arriving the week ending 12th October**

We will run lunchtime clinics (throughout October for both types (book or drop in - if drop in there may be a very short wait))

Our receptionist will check the **right type of vaccine for you** is in stock when booking

Fluenz, the live nasal vaccine for 2 and 3 years olds is now in stock. Please book appointment.



Don't forget...

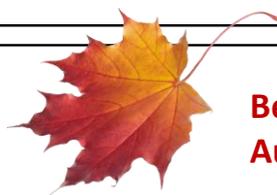
- To order repeat prescriptions in plenty of time
- To cancel an appointment if not needed
- To be near your phone if you have arranged a call back!

New Faces for Autumn

We have a new full time HCA, Jamie-Lee King, who joined us in early September. HCA Christine Penny has left but will be coming back to provide holiday cover for Jamie-Lee. HCA Alfiyah will be leaving us shortly.

Our regular registrar rotation took place in August. Dr Catherine Tichler and Dr Clare Westcott have left but have been replaced by Dr Jo Kyte - with us until end of January and Dr Aga Louw until end of July 2019.

Our Clinical Pharmacist (shared post with 3 other practices: Linden, Cordwallis and Woodlands Park) also started in early September. Nicola (Nicky) Greenberg will be assisting the Doctors with medication reviews, prescribing changes, clinical audit and handling medication queries.



Be prepared for Autumn Bugs

Now is the time to stock up your freezer with individual portions of soups and easy meals. Viruses tend to be so debilitating and exhausting that it's difficult to think about food or cooking but if available then at least you will get the nutrients by simply defrosting something and reheating.

Drink lots of fluids to maintain proper hydration and get plenty of rest. With fluctuating temperatures, wear sufficient clothing, layered, so as you are able to regulate your personal comfort level throughout a changing day and lastly keep washing those hands as this is where many germs begin their journey into our bodies.

Volunteering in Cookham

Cookham is blessed with an excellent Medical Centre which provides the local community with a top-quality medical resource but there are limits to the services they can provide. Where there are needs which the NHS or the Local Authority is unable or unwilling to satisfy, it falls to local volunteers to step up to the plate.

Elizabeth House

For some of our senior citizens, companionship and the chance to get out of the house to meet others is a very real need, often as real as medication for an illness. Elizabeth House at Cookham Rise is an inspirational and award-winning day centre for Cookham's older people. Open 5 days a week, it provides members with tea and coffee, a nutritious hot lunch as well as the chance to chat with friends old and new. It runs a regular programme of stimulating activities and events, including outside visits to the theatre or places of interest. The centre's facilities also include on-site hairdressing and podiatry. Close links exist between Elizabeth House and the Cookham Medical Centre, reinforced by the recent appointment of a Social Prescriber at the surgery.

Elizabeth House employs a small team of just 3 dedicated professionals to run the day centre, but they could not function without a truly amazing team of local community volunteers. They provide a wide range of much needed and appreciated support, including helping to prepare and serve meals, engaging with the members and driving members to and from the centre. The Day Centre Manager is constantly on the look-out for new volunteers, prepared to donate a little of their time on a regular basis to make sure that Elizabeth House can continue to serve the people of Cookham.



Cookham Voluntary Services (CVS)

A patient can only receive medical attention if they are able to get to the surgery. For those with mobility problems or without access to their own, a simple journey to the Medical Centre or a local hospital can pose almost insurmountable problems. Cookham Voluntary Services was set up on the initiative of doctors at the Medical Centre to resolve such problems.

In simple terms it provides transport for people to get to their appointments. Using a team of volunteer drivers, it matches the availability of drivers, on a day to day basis, to the needs of patients needing transport. The CVS office is based in Elizabeth House and a small team of volunteers man the office on weekday mornings to deal with requests for help.



Volunteers needed!

Both Elizabeth House and CVS need volunteers prepared to give just a little of their time to provide worthwhile and rewarding community service.

For more information about Elizabeth House go to: www.elizabethhousecookham.org or phone the Manager on: 01628 527621.

For more information about Cookham Voluntary Services phone the office on: 01628 523839, or speak to Mike Clark on: 01628 530047.