



Cookham Medical Centre News

Winter 2018

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



Christmas Opening Hours

Cookham Medical Centre

24 Dec – Normal hours
Christmas Day - Closed
Boxing Day – Closed
27 Dec – Normal hours
28 Dec - Normal hours
29/30 Dec – Closed
31 Dec – Normal hours
New Years Day – Closed
02 Jan - Normal hours

**When the surgery is closed:
For medical advice, call 111
In an emergency, call 999**

**Please note that as usual over the
Christmas period we will switch to
mainly book on the day and Duty
Dr triage to ensure we meet the
more urgent demand**

**We will have very few pre-
bookable appointments**

Repeat Prescriptions

Please make requests for
prescriptions by Wed 19th
December but earlier if possible



Flu Vaccinations

We have stocks of vaccine for all age groups so if you are eligible for an NHS flu jab please book an appointment ASAP.

- age 65 and over
- pregnant
- clinical condition such as diabetes, heart disease, COPD
- carers
- children aged 2 or 3
- if unsure if eligible please ask at reception



Change to Appointment System December 2018

In October, 129 appointments were wasted as patients Did Not Attend (DNA) and did not cancel. In November it was 117. As some of these were doubles this is over 45 hours of clinical time!

Audit shows the further ahead the booking is made, the more likely it is that the patient will not attend. Text reminders help a little, however many patients do not have mobiles or do not switch them on.

We would like to improve access to appointments by reducing this unacceptable level of waste. Therefore we will now be making more appointments available at shorter notice on a rolling release basis but will not be booking further than 2 weeks ahead.



'Mental health in Young People'

CMC Patient Participation Group Medical Information Evening

Tuesday 19 February 2019 at 7.30 p.m.

At Elizabeth House, Station Hill, Cookham Rise

A panel of professional experts will discuss some of the problems of mental health faced by today's young people and will help signpost the places where help might be sought.

There will be opportunities for questions and general discussion on what is a currently very topical medical issue.

The meeting will provide helpful information and guidance for many parents and carers in the community. Admission is free and refreshments will be provided



Farewell to Dr Alexander

Dr Charlotte Alexander is leaving to work in a practice closer to home. Her last day will be 27/12/18. We are sorry to see her go and wish her well in her new post.



Cookham Medical Centre

Lower Road, Cookham, Berkshire SL6 9HX

Health Centre Doctors

Dr Azmy Birdi
Dr Michael Sealy
Dr Anu Swamy
Dr Kenney Tsoi
Dr Charlotte Alexander

Practice Manager

Jill Stinchcombe

Nursing Team

Nurse Debs Roberts
Nurse Nola Pallot
HCA Jamie-Lee King
HCA Christine Penny
Clinical Pharmacist Nicky Greenberg



All the staff at Cookham Medical Centre together with the PPG wish you a peaceful and healthy Christmas and New Year

If you are reading a paper copy of this Newsletter, please help us to keep you up to date on changes at the surgery and PPG activities by giving your e-mail address to Chris Oxtoby (chris.oxtoby@ihbs.co.uk)

Please tear off this strip and place it in the Comments Box.

email address: _____