



241-247 Old Chester Road  
 Birkenhead  
 Wirral CH42 3TD  
 Tel: 0151 645 2306  
 Fax: 0151 643 1734  
 Email: m.salahuddin2@nhs.net  
 Web: www.gladstonemed.co.uk

Tony Delaney  
 Mr. Zubair Qureshi  
 Muhammad Ahmed  
 Helen Davies  
 Dr. M. Salahuddin

## Merry Christmas and Happy New Year

On behalf of Doctors and staff at Gladstone Medical Centre, we would like to wish you a Happy New Year.

Thinking for your Best Health  
 Dr. M Salahuddin—Executive Partner

### Wirral Clinical Commissioning Group (CCG) Matters

#### Changes in Phlebotomy services

From 1st December 2016, changes have been made to the phlebotomy service by the Wirral CCG. Most practices no longer receive in-house phlebotomy service. Gladstone Medical Centre currently has an in-house phlebotomist service. However, this could change due to on going discussion with the Wirral CCG.



#### CCG proposal for Medicines for the treatment of Minor Ailments

As from 1st December 2016, the Wirral CCG has proposed for all practices that:

**Wirral CCG will not fund** the prescribing of medicines and treatments for minor, short-term conditions where: a) Self-care is the most appropriate route ;b) Medicines and treatments are available to buy over the counter

**Wirral CCG will not fund** the prescribing of medicines and treatments for ANY medical condition where: a) There is insufficient evidence of clinical benefit or cost-effectiveness; b) The medical condition has no need of clinical treatment .

**For any comments / suggestions on the above please contact Wirral CCG at 0151 643 5334 or via email: [wiccg.intouch@nhs.net](mailto:wiccg.intouch@nhs.net)**



### Think Pharmacy

Pharmacy can offer you a quick, confidential diagnosis and treatment. The Think Pharmacy scheme can offer you management, including prescriptions, for Urinary Tract Infection, Migraine, Conjunctivitis, Impetigo, Fungal skin infection, Oral Thrush. **For further details please contact the your local pharmacy.**



### Antibiotic Resistance

Antibiotics are essential medicines for treating bacterial infections in both humans and animals. Antibiotics are losing their effectiveness at an increasing rate as resistance in the drug becomes greater. Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant', so that the antibiotic no longer works. Many antibiotics are prescribed and used for mild infections when they don't need to be. All colds and most coughs, sinusitis, earache and sore throats often get better without antibiotics.



# Gladstone

**Caring,  
 Approachable,  
 Efficient  
 and Friendly**

# Medical Centre

**Feel free to visit our website at [www.gladstonemed.co.uk](http://www.gladstonemed.co.uk)**

### Contents

<i>CCG Matters</i>	1
<i>Surgery news</i>	2
<i>NHS E-referral</i>	2

### Our Staff

Dr. M. Salahuddin (Male)  
 Dr. K. Alauddin (Female)  
 Dr. A. Adegoke (Male)  
 Dr S Mehboob (Female)  
 Dr. M. Ramsamy (Junior Doctor)

#### PRACTICE STAFF

**Practice Manager**  
 Helen Davies

**Business Manager**  
 Muhammad Ahmed  
**IT/ Data Manager**  
 Zubair Qureshi

**Practice Admin**  
 Dhun Setna

**Receptionists**  
 Cathy Pennington  
 Julie Haldon  
 Melanie Aspinall  
 Rebecca Trevitt

**Secretary**  
 Sue Steen

#### Practice Nurses

Wendy Cox  
 Janet Timperley  
**Health Care Assistant**  
 Jane Lydiate

## Surgery News

**Debbie Portbury** has resigned from the position of Practice Manager. She has been working with absolute commitment, leadership and dedication to the surgery. The doctors and staff are thankful for her 23 years of active service.

**Retirement** – Sue Passingham has been working with us for the last 23 years as Nurse Coordinator looking after diabetic and CHD patients. We thank for her commitment and dedication.

**Helen Davies** who had been working with us for the last 13 years has been appointed as Practice Manager. Helen Davies has served well in her previous position and we are sure that she will be as committed and dedicated towards patient service.

### New Starters

Melanie Aspinall and Rebecca Trevitt has joined us as receptionists in place of Gaynor Munro and Joanna Ashcroft. We welcome the new staff and wish good luck for future for the leaving staff.

**Junior Doctor** – Dr. Shelby Ramsamy has recently joined as a Junior Doctor.

## Other News

### Christmas and New Year Opening Hours 2016-17

The surgery will be closed on Monday 26<sup>th</sup>, Tuesday 27<sup>th</sup> 2016 and Monday 02<sup>nd</sup> January, on account of Christmas, Boxing Day and New Year.

For urgent advice during these times please call 111.

In case of life threatening situation please call 999.

## GP Appointment Times

Days	Mornings	Evening	Late Evenings
Monday	9:00- 11:30	4:00 – 6:30	6:30 – 8:00
Tuesday	9:00- 11:30	4:00 – 6:30	
Wednesday	9:00- 11:30	4:00 – 6:30	6:30 – 7:30
Thursday	9:00- 11:30	4:00 – 6:30	
Friday	9:00- 11:30	4:00 – 6:30	

## Doctors Rota

Weekdays	AM	PM	Late Evening
Mondays	Dr Mehboob Dr Adegoke, Jnr Doctor	Dr Mehboob Dr Adegoke, Jnr Doctor	Dr Adegoke
Tuesdays	Dr Salahuddin, Jnr Doctor	Dr Mehboob Jnr Doctor	
Wednesdays	Dr Mehboob Jnr Doctor	Dr Mehboob Dr Salahuddin	Dr Salahuddin
Thursdays	Dr Mehboob Junior Doctor	Dr Salahuddin Dr. Mehboob, Jnr Doctor	
Fridays	Dr Adegoke Dr Mehboob, Jnr Doctor	Dr Mehboob Dr Adegoke/, Jnr Doctor	

We use locum doctors on an ad hoc basis to provide extra clinical sessions.

We have a limited number of same day emergency appointments, please ring the reception early in the morning if you need one.

## Contact us

We welcome any comments and feedback from our patients. Please contact **Helen Davies** - Practice Manager (0151) 645 2306 / 645 3738

[www.gladstonemed.co.uk](http://www.gladstonemed.co.uk)

## Patient Participation Group

We have a very active patient involvement group. Members are:

**M. Sleeth (PPG Chair), T Delaney, D Stirrup, M Hancock, L Atkin, and D Liston.**

If you would like to join our virtual group please forward your details to Helen Davies.

[helendavies3@nhs.net](mailto:helendavies3@nhs.net)

## NHS e-Referral Service?

The NHS e-Referral Service is a free NHS appointment booking service. If you're referred to a hospital or clinic, the NHS e-Referral Service lets you book the appointment at a hospital or clinic of your choice, on a date and time that suits you. For further information please contact the surgery.

## Weight Management

Our weight management & advice service run by our Practice Nurses. If you are interested please contact the surgery.

## Our Website

[www.gladstonemed.co.uk](http://www.gladstonemed.co.uk)

Request your prescriptions, book your appointments and submit your comments and suggestions online.

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