



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

## Merry Christmas and Happy New Year

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

Dr. M Salahuddin & Partners

### Celebrations at Gladstone Medical Centre .

Gladstone Medical Centre has been presented with a prestigious Manager of the Year Award. The accolade was presented to Muhammad Ahmed by MP Frank Field during a recent celebration at the practice.

It is a further addition to the 23 awards received by Gladstone Medical Centre in the past decades.



Mr Field congratulated Muhammad Ahmed and his team for this success. During the ceremony. Dr. M Salahuddin, the Executive Partner supported Mr. Frank Mr Field's community project to **eliminate hunger in Birkenhead**. Dr. M Salahuddin also presented a donation cheque to support the initiative.

## Patient Online Access- Key Benefits for Patients

- Convenient way of booking appointments and ordering repeat prescriptions.
- Enables patients to book appointments 24/7.
- Less stress when booking appointments as patients don't have to battle with the morning rush.
- Improved patient safety – prescriptions don't get lost!
- Can order prescriptions or make appointments anytime, anywhere from their mobile phone.
- Improved information – patients who are reluctant to tell a receptionist the reason of appointments, appear more willing to complete "reason for appointment" online.
- Patients only have to leave their house ONCE to collect their prescription from chemist.
- **Please allow 48 hours for your prescriptions to be ready.**



### Do You Need to See a nurse?

Our nurses deal with a range of conditions including:

Asthma	Blood Pressure	Blocked ears and wax
Dressings	Health Checks	Cardiovascular reviews
Travel Advice	Vaccinations	Weight Management



### Stay Well This Winter

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. **Seek advice from your pharmacist.**

You are eligible for the free flu vaccine if you are pregnant, are aged 65 years or over, have a long term health condition, or are a carer. Children aged 2 or 3 years are also eligible. It's an important, easy way to stay well this winter. Ask your GP, pharmacist or midwife about the free flu vaccine.



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

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## Our Staff

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

### PRACTICE STAFF

**Practice Manager**  
 Helen Davies

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

**Asst. Pract Manager**  
 Dhun Setna

**Snr. Receptionist**  
 Leanne Morris

**Receptionists**  
 Cathy Pennington  
 Melanie Aspinall  
 Aleisha Owens  
 Josephine Holland (Trainee)

**Secretary**  
 Sue Steen

**Practice Nurses**  
 Wendy Cox  
 Pam Silas

**Health Care Assistant**  
 Jane Lydiate

**Practice Pharmacist**  
 Kaye Edwards

# Gladstone

**Caring,  
 Approachable,  
 Efficient  
 and Friendly**

# Medical Centre

## Surgery News

**New Starters** Welcome to our new members of staff. Leanne Morris as a snr receptionist, Pam Silas as a Practice Nurse, Aleisha as a receptionist, and Josephine as a trainee receptionist.

**Leavers**—Dr K.Biddle, the Junior Doctor has completed her 4 months GP training at Gladstone Medical Centre and Rachel the Practice Nurse have left us. We wish them good luck for the future.

**Patient Participation Group** We aim to gather the views of patients from as broad a spectrum as possible. We need the views of young people, workers, and retirees, people with long term conditions and people from all ethnic groups. If you wish to join the group, please complete the Patient Group Sign-up Form which is available from the reception. You can also contact our PPG chair **Tony Delaney** [ajdelaney57@tiscali.co.uk](mailto:ajdelaney57@tiscali.co.uk) You can also email to the surgery at [WICCG.Gatekeeper-n85031@nhs.net](mailto:WICCG.Gatekeeper-n85031@nhs.net) with the subject as **“Getting Involved”**

## Other News

### Christmas and New Year Opening Hours 2017-18

The surgery will be closed on Monday 25<sup>th</sup>, Tuesday 26<sup>th</sup> 2017 and Monday 01<sup>st</sup> January 2018, 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– 12:00	4:00 – 6:30	6:30 – 8:00
Tuesday	9:00- 12:00	4:00 – 6:30	
Wednesday	9:00- 12:00	4:00 – 6:30	6:30 – 7:30
Thursday	9:00- 12:00	4:00 – 6:30	
Friday	9:00- 12:00	4:00 – 6:30	

### Urgent Dental Care

Urgent dental care for patients in Cheshire and Merseyside is accessed via Dental Helpline on 0161 476 9651 from 9am to 9.30pm every day, including week-ends and Bank Holidays.

## Doctors Rota

Weekdays	AM	PM	Late Evening
Mondays	Dr Mehboob, Dr Adegoke, Dr. Alauddin	Dr Mehboob Dr Adegoke,	Dr Adegoke
Tuesdays	Dr Salahuddin, Dr. Alauddin	Dr Mehboob	
Wednesdays	Dr Mehboob, Grace Adegoke— adv nurse practitioner	Dr Mehboob Dr Salahuddin	Dr Salahuddin
Thursdays	Dr Mehboob, Dr. Alauddin	Dr Salahuddin	
Fridays	Dr. Alauddin, Dr Mehboob,	Dr Mehboob, Grace Adegoke—adv. nurse practitioner	

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.

### Medication

Please remember to hand in your repeat prescription requests well in advance (within 7 days of due date). Patients are welcome to use our online services to request prescriptions.

**PLEASE ALLOW 48 HOURS FOR YOUR PRESCRIPTIONS TO BE READY.**

### 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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# Medical Centre

## 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:

**T Delaney (PPG Chair) M. Sleeth  
D Stirrup, M Hancock, 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)