



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**  
**Debbie Portbury**  
**Dr. M. Salahuddin**

# Merry Christmas & Happy New Year 2016

The Staff and the Doctors at Gladstone Medical Centre wish everyone a  
**MERRY CHRISTMAS & HAPPY NEW YEAR**

## The Gladstone Medical Centre — Your Family Medical Practice

Extended hours are on Mondays and Thursdays from 18.30 to 20.00 for GP appointments. These appointments are pre bookable and are for patients who find it difficult to access the surgery during normal working hours due to work or travel commitments.



Home visit requests if possible should be made before 11am. Home visits are mainly for housebound patients.

Most coughs, sore throats, colds and flu are caused by viral infections and antibiotics will not work for these. These conditions usually clear up by themselves. Drink plenty of fluids and try over the counter remedies from your pharmacy. Symptoms should improve after a week.

**High Achiever on NHS Targets**— Gladstone Medical Centre once again was one of highest achievers on NHS Quality Out Come Frame work targets for the year 2014-15.

Please ensure we have your correct contact details please let reception know of any changes to your address or telephone number. If you have a mobile number on record you will receive a reminder text for any appointments you make.

### CALL 111—Non Emergency Number

111 is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

When to use 111 You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

For immediate, life-threatening emergencies, continue to call 999.



## Contents

GMC—Family Medical Practice	1
CALL 111	1
Surgery news	2

## Our Staff

### DOCTORS

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

### PRACTICE STAFF

**Practice Manager**  
 Debbie Portbury  
**Business Manager**  
 Muhammad Ahmed  
**IT/ Data Manager**  
 Zubair Qureshi  
**Practice Admin**  
 Helen Davies  
 Dhun Setna  
**Receptionists**  
 Cathy Pennington  
 Gaynor Munro  
 Julie Haldon  
 Hannah Cordon  
 Katie Rawlinson  
**Secretary**  
 Sue Steen  
**Practice Nurses**  
 Wendy Cox  
 Sue Passingham  
**HCA**  
 Jane Lydiate

# Gladstone

**Caring,  
 Approachable,  
 Efficient  
 and Friendly**

# Medical Centre

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

## Surgery News

**New Staff-** Welcome to new Junior Doctor, Dr Kim Gibson, Receptionists: Hannah Cordon, Katie Rawlinson

**Leavers:** Nicole Kelly, Lyndsey Richards, Lorraine Adkins, and Nurse Lorraine Kilpatrick.

**Achievements**—We congratulate our Business Manager, **Mr M. Ahmed** on winning a prestigious “**Business Manager of the year**” award. The ceremony was held at the Lancaster Hotel, London on 26th November 2015, and brought together over 600 primary care personnel at the glamour-filled evening.



## Other News

### NEW PATIENT REGISTRATION

We are open for new patients. You can register online or by attending the surgery.

### Minor Ailment Scheme

A new service for patients who do not pay NHS prescription Charges. For further details please contact the surgery

## Doctors Rota

Weekdays	AM	PM	Late Evening
Mondays	Dr Alauddin Dr Adegoke Junior Doctor	Dr M Salahuddin Dr Adegoke Junior Doctor	Dr Adegoke
Tuesdays	Dr Adegoke Dr Mehboob Junior Doctor	Dr Alauddin Dr Mehboob Junior Doctor	
Wednesdays	Dr Alauddin Dr Mehboob	Dr Mehboob/ Dr Salahuddin	
Thursdays	Dr Mehboob Junior Doctor	Dr Alauddin Dr Salahuddin Junior Doctor	Dr Alauddin
Fridays	Dr Adegoke Dr Alauddin Junior Doctor	Dr M Salahuddin Dr Adegoke Junior Doctor	

## 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	
Thursday	9:00- 11:30	4:00 – 6:30	6:30 – 8:00
Friday	9:00- 11:30	4:00 – 6:30	Closed

## Contact us

We welcome any comments and feedback from our patients.

Please contact us

**Debbie Portbury** - 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, M. Sleeth, D Stirrup, M Hancock, L Atkins, 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)

### Risk of Drinking Too Much

Most people who have alcohol related health problems aren't alcoholics. They're simply people who have regularly drunk more than the recommended levels for some years.

For advice/ help contact the surgery

### Friends & Family Test

Have your say to improve your care. For further details contact the surgery.

### Useful Numbers

NHS Direct 0845 4647  
Walk-in Centre 488 3706  
Out of Hours 678 8496

## Our Website

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

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

**Gladstone**

Caring,  
Approachable,  
Efficient and Friendly

**Medical Centre**