



# Cookham Medical Centre News

Winter 2015

Produced for CMC by the Patient Participation Group (PPG)  
[www.cookhamdoctor.co.uk](http://www.cookhamdoctor.co.uk)



## Christmas Opening Hours

### Cookham Medical Centre

Thurs 24 Dec - 8.00 - 1pm  
Christmas Day - Closed  
Boxing Day - Closed  
Sun 27 Dec - Closed  
Mon 28 Dec - Closed  
Tue 29 Dec - Normal hours  
Wed 30 Dec - Normal hours  
New Years Eve - 8.00-1pm  
New Years Day - Closed  
Sat 02 Jan - Closed

**In an emergency, call 111**

**To be sure of getting  
normal routine repeat  
prescriptions processed in  
time for Christmas, please  
get them to the Medical  
Centre no later than Tues  
December 22nd**

## Some snippets about our GP Partners...



### Dr Azmy Birdi

Dr Birdi is a qualified Gynaecologist and Obstetrician having worked in hospital for several years before moving to General Practice. Dr Birdi retains her specialist interest in Obstetrics & Gynaecology and is a Member of the British Menopause Society as well as the British Society for the Study of vulval disease.



### Dr Mike Sealy

Dr Sealy qualified at University College London in 1998 and did his GP training at Wexham Park Hospital and in practice in Windsor. He has been a partner at the practice since 2007. His clinical interests include Dermatology and skin surgery and he performs joint injections.



### Dr Anu Swamy

Dr Swamy qualified in Medicine and worked in hospital in Bradford for 3 years before training to be a GP. Dr Swamy has completed a Diploma in Child Care and has done contraceptive training. Dr Swamy joined the practice in October 2013. She is married with 2 children.



### Dr Kenney Tsoi

Dr Tsoi qualified at St Mary's Hospital Medical School, London in 1997. He completed his GP training in the Reading Vocational Training Scheme working in other practices before joining Cookham Medical Centre in 2015. He performs joint injections regularly. He is married with 2 children who take up all his time and energy!

## More about our other doctors...



### Salaried GP - Dr Lucy Follis

Dr Follis qualified at the University of Birmingham in 2009. She completed her GP training as a registrar at Cookham before joining as a Salaried GP in 2014. Prior to this she has worked in Oxford, High Wycombe and Wexham Park Hospitals. Dr Follis is developing an interest in Dermatology. She is married and when not working likes to bake and make wedding stationery.



### GP registrar - Dr Rebecca Mitchelson

Dr Mitchelson originally studied for a degree in Geography and spent 2 years in Asia and Australia. She then took a career change and trained and studied Medicine at King's College; then worked in hospitals in Cheshire, Luton and at Wexham Park doing the hospital part of her GP training with rotations in acute medicine, obstetrics & gynaecology and paediatrics. Dr Mitchelson is looking forward to meeting the patients in Cookham and completing her training here over the next 2 years with a gap in the middle for maternity leave as she is expecting her 2nd child in December.

## And then there's our lovely Nursing Team...

### **Deborah Roberts (Debs)**

Studied a degree in nursing in Oxford, qualifying in 1994. Worked in a variety of hospital departments, Medical, Surgical, ITU and A&E in Oxford, Poole, Bournemouth and Wycombe before moving into practice nursing at Cookham Medical Centre in 2002. Since then Debs has become Lead Diabetic nurse, a respiratory nurse and is a Nurse Prescriber. Debs is married with 2 children and enjoys keeping fit, singing in a choir and socialising.

### **Kirstie Thomas**

Originally from Northumberland, Kirstie came to London and qualified as a registered general nurse at St Bartholomew's Hospital in 1991. Most of the next 10 years were spent in Singapore working as a school nurse for children with multiple disabilities. Kirstie came back to the UK in 2001 and has been in practice nursing ever since. Married with 2 grown up children, Kirstie loves her dogs, travel, socialising and the theatre.

### **Christine Penny**

Christine qualified as a nurse in 1983, specialising in Ophthalmics and then moved to General Surgery. Was a ward sister on a surgical ward and then moved into education and did a degree at Canterbury. Christine took a career break to have children and returned to work at Cookham Medical Centre in 2002, then moved to Singapore, returning to CMC in 2013. Outside work Christine plays tennis and enjoys yoga.

### **Alfiyah Jiwajee**

Trained and worked in a private GP practice as a Licensed Vocational Nurse in Dallas, Texas for 16 years. Alfiyah moved back to the UK 6 years ago and joined Cookham Medical Centre in 2014. Outside work Alfiyah likes to bake and read.

### **Kate McCormick**

Kate qualified as a registered general nurse at St Thomas' Hospital in 1985. She trained as a buyer for Fenwick's and has worked as a PA for a firm of architects. Kate moved to South Africa for 3 years, returning to Wargrave to start a family. In 2000 Kate began work at Redwood House as a Medical Secretary and then trained as a phlebotomist. Kate joined CMC in 2012 and now works in both roles at both surgeries. Married with 6 children, Kate enjoys running and yoga when she has time!



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



## Pharmacy Christmas Opening Hours

### **Cookham Pharmacy**

Christmas Day - Closed  
Boxing Day - Closed  
Sun 27 Dec - Closed  
Mon 28 Dec - 10.00 - 4pm  
Tue 29 Dec - 8.45 - 6.15pm  
Wed 30 Dec - 8.45 - 6.15pm  
Thurs 31 Dec - 8.45 - 6.15pm  
New Years Day - Closed  
Sat 02 Jan - 9.00 - 1pm

### **Other McParland Pharmacies (open when Cookham closed)**

#### **Marlow Pharmacy**

High Street, Marlow, 01628 482241  
Sat 26 Dec - 9.00 - 1pm

#### **McParlands Cliveden View**

9 Shifford Crescent, Maidenhead,  
01628 781817  
Sat 26 Dec - 9.00 - 1pm

## And backing up the medical team....

### **Practice Manager - Jill Stinchcombe**

Jill graduated from the University of Manchester in 1989. She began her NHS career as a medical laboratory scientist in Histology, at the Christie Hospital in Manchester and worked in several NHS and private hospitals over the years. Jill was the Head Biomedical Scientist in Cellular Pathology at the Royal Berkshire Hospital before a career change into Practice Management, joining a Surrey practice in 2013. Jill joined the Cookham Medical Centre at the end of June 2015.

### **Finance Manager - Wendy Roels**

**Secretaries - Nicola Constable and Julie Harvison**

### **Admin team**

Janet Fieldhouse and Rosie Tilbury

### **Insurance and Medical Reports**

Pat Todd

**Reception Team - Debbie, Fay, Gaby, Jenny, Julie, Pat, Rachel, Rosemary and Stella**

**Cleaner - Lyn Bawden**