



Patient Participation Group

Third Quarter Newsletter 2025

Welcome to our third newsletter of 2025.

Our Patient Participation Group (PPG) is a Voluntary Group working with the Cobham Health Centre and the local community to deliver key information and messages for all its patients. The PPG seeks to be a link between the Health Centre and its patients – a platform to raise any concerns or suggestions to improve the service.

In each quarterly issue of our newsletter we are hoping to give you relevant and helpful information from the Health Centre and the latest priorities from the NHS. We will also have a 'Part of the Team' feature which will introduce you to the experienced and varied members of your Health Centre Team. Local Charity and services which are supporting the Community will also be a topic each time. Much of this information will be displayed on the PPG noticeboard which is up and running in the Health Centre waiting room.

We welcome feedback. So, please do get in touch with any questions or concerns. And, if you would like to get involved with your PPG then we would love to hear from you.

Thank you

email: ppgcobham@gmail.com

In this issue you will find the following information:

- Vaccinations are about to begin
- Part of the Cobham Health Centre Team
 - John Zoumides
- Clinical Pharmacists and Pharmacy Technicians are part of the Health Centre Team
- The Cobham Pharmacy – a private pharmacy based at the Health Centre
- Supporting the Community
 - St Andrew's Church Cobham
- The out of hours hub
- Are your contact details up to date?

Flu vaccinations are about to begin



Apologies

- Please accept our apologies for the technical issues we have been experiencing
- These have been resolved and you can now book your flu vaccinations

Cobham Health Centre provides a comprehensive vaccination programme which will start in September with flu vaccinations.

The NHS guidance for this first stage of vaccinations is for:

Our 2–3 year olds from Monday 1 September

- text invites to parents will be sent out for this group of children
- if you have not heard from the Health Centre by the 3rd week in September, please contact them to book an appointment

Saturday 4 and Saturday 11 October from 9 am – 4 pm

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer-led occupational health scheme

Invitations will be issued by text or email in September with a link to book an appointment if you are eligible for the first round of vaccinations. If the Health Centre does not have an email address or mobile phone number for you, they will contact you via your landline.

If you think you are eligible for a vaccination and have not been contacted by the end of September please do get in touch with the Health Centre.

Part of our Cobham Health Centre Team



John Zoumides

*Bringing an altogether
different type of experience
to our Cobham Health Centre
and GP Health Practice (GPHP)*

Before joining our team as a Paramedic, John served in the Armed Forces as a Combat Medic for 10 years - deployed numerous times to different combat zones, he has attained a wealth of understanding in critical care, traumatic injuries and emergency medicine.

Working globally offshore in remote and austere environments he developed a keen understanding of acute and primary healthcare. His last job, alongside London Ambulance service was as a set medic for major motion pictures.

Completing his Paramedic Degree at St George's University of London saw the attainment of a life-long goal. Working for London Ambulance Service and private ambulance trusts ensures he stays current with latest updates to front-line medicine. He is also trained to mentor at PPED1 and PPED2 levels.

Moving from frontline medicine to primary care within GPHP in June 2024 has been another step towards the ultimate goal of attaining a Master's Degree as an Advanced Clinical Practitioner. He began his First Contact Practitioner course with the University of Cumbria in April this year.

He remains in-service, fulfilling his reserve Armed Forces commitments and he prides himself on discipline, routine and patient-centred care.

Part of our Cobham Health Centre Team

Our Clinical Pharmacists and Pharmacy Technicians

At Cobham Health Centre we have an experienced team of Clinical Pharmacists and Pharmacy Technicians. The NHS has made it a priority to integrate such teams into general practice reflecting the growing complexity of medicines management and the increasing demand on primary care services. Their roles extend beyond the traditional dispensing function, and offers essential clinical, technical, and organisational support to improve patient care, enhance safety, and optimise the use of healthcare resources.

Here is some of what they do:

Clinical Pharmacists

- advanced expertise in the safe and effective use of medicines
- ensure that treatment is appropriate, effective, and aligned with clinical guidelines
- conduct structured medication reviews
- play a vital role in repeat prescribing systems
- through deprescribing initiatives, they can reduce unnecessary or harmful medicines, thereby improving patient outcomes and minimising risk
- conduct direct patient consultations, offering education on medicines and lifestyle
- contribute to quality improvement through audits, clinical governance activities, and the implementation of safety protocols to reduce medication errors

Pharmacy Technicians support the Clinical Pharmacists

- technical and administrative tasks relating to medicines management
- managing repeat prescription requests
- medicines reconciliation following hospital discharge or outpatient appointments
- preparation for pharmacist-led reviews and assisting in patient education, for example by demonstrating correct inhaler techniques
- stock management within the practice, including vaccines and emergency medicines

The integration of Clinical Pharmacists and Pharmacy Technicians within general practice has been shown to provide multiple benefits. From a patient perspective, access to specialist medicines advice enhances safety, improves adherence, and supports better health outcomes. The delegation of medicines-related tasks reduces pressures on our general practitioners and nurses, enabling them to focus on more complex clinical needs. They also help to ensure cost-effective prescribing, reduce medicine waste, and minimise hospital admissions related to medicines use.

Our Clinical Pharmacists and Pharmacy Technicians are indispensable members of our multidisciplinary Health Centre Team.



The Cobham Pharmacy is a private business located within Cobham Health Centre.

Key services the pharmacy offers include:

NHS Services

- [Pharmacy First](#) - the pharmacist will happily review walk-in patients suffering from the 7 Pharmacy 1st conditions which include: Impetigo, UTI's, Sinusitis, Shingles, Sore throat, Infected Insect bites, and acute otitis media (Note - age limitations apply on each condition)
- [Hypertension Service](#) – walk-in free blood pressure checks are available for eligible patient groups
- [New Medicines Service](#) - Eligible patients will receive follow up phone calls to assess how they are getting on with their medications and have the opportunity to discuss side effects and dose information
- [Contraception Service](#) - Patients no longer need to see their GP for pill checks and reviews. Both emergency and ongoing contraceptive supplies can be obtained via the Pharmacy. Other sexual health services include Chlamydia test kits and treatment/Condom distribution
- [COVID and Flu Vaccines](#) - We are proud to offer the ongoing boosters of COVID vaccinations to eligible groups and walk-ins are provided wherever possible. Flu Vaccines are also provided on a walk-in basis

Private Services

- [Travel Clinic](#) - Travel consultations, Chicken Pox Vaccinations, and other travel Vaccines/anti-malarials can be provided - Our website has more information on pricing.
- [Delivery Service](#) - we have a delivery driver available daily for medications to arrive swiftly to your door.
- [Blister Pack Service](#) - for patients with complex medical regimens, having their medications pre-packaged can be useful - enquire at the Pharmacy.



Supporting the Community

St Andrew's Church in Cobham brings the Community together by providing a variety of social activities and support groups.

Keep scrolling down for information for the following:

- The Bereavement Journey – a place to talk
- Cuppa & Chat every Thursday
- Summer Specials
- Afternoon Film Club
- T4U – tea, cakes and a quiz
- Spiritual Cinema
- Little Fishes

Supporting the Community

Grief is hard.
Death can impact
all of life.

The Bereavement
Journey
a place to talk

7 Sessions of films
and discussion
for *anyone* bereaved *anytime*

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

To find out more visit:
thebereavementjourney.org

Running soon:

Wednesday's 7-9pm
(6:30pm refreshments)
10th Sept - 22nd Oct 25
PRE-BOOKING REQD

Church Gate House Centre
St Andrew's Church
Downside Bridge Road
Cobham, KT11 3EJ
Interested? contact us at
sac.church/bereavement-journey/
or email: Moni@SAC.Church



Supporting the Community



Supporting the Community



Did you know?

Out of Hours Hub

This pre-bookable service to see a GP out of normal surgery hours is available at Cobham Health Centre:

- Monday and Tuesday evenings - 18:30 - 21:30
- Saturday - 09:00 - 17:30

For appointments call:

- Cobham Health Centre (08.30 – 18.30) 01932 867231
- The Hub (out of hours) 01372 232 001

This service is with local GPs and the Cobham Reception team. You will not be able to book to see your regular GP or a specific GP from the Practice.

Contact details

- Have you recently moved?
- Have you got a new mobile phone number?
- Changed email address?

Your Cobham Health Centre needs to know, so that at any time, in any NHS location they have the correct information to hand.

Please take a moment to make sure all your contact details are up-to-date.

You can let them know by dropping the information into the surgery or by using the surgery website.