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Richard John Cook

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After training posts at Barts, in Brecon, and in Hereford Richard John Cook moved to Ross on Wye with his wife, Jenny, and their young family. He joined what was to become Alton Street Surgery in 1977 and eventually became senior partner. Richard was the epitome of a local GP, contributing fully to the community in so many ways. He was a passionate advocate of preventing poor health, and in particular the benefits of staying active and keeping to a healthy weight. A map on the waiting room wall marked out walks of different lengths with leaflets to encourage patients to take up exercise. He practised what he preached, enjoying and leading walks for patients and practice staff. He was ahead of his time in many ways, building an energy efficient house and introducing the first computer to the surgery.

Richard and Jenny helped to found the French twinning association and made many firm friendships as a result. Richard played trombone in Monmouth Big Band, which again he was involved in from the outset. He enjoyed teaching English to those moving to the town from abroad and retained a deep love of the outdoors.

His intellect, wisdom, dry sense of humour, and commitment to his patients over decades of service made him an impressive role model and mentor to his colleagues.

Richard was actively involved in ensuring the best healthcare for the town, supporting and protecting Ross Community Hospital, and visiting the wards with his family on Christmas Day to carve the turkey. He chaired the locality group, represented Ross on the local professional executive committee, and was a member of the National Community Hospitals Association, all of which have helped to preserve high quality healthcare in the town to this day.

Richard leaves his wife, Jenny; three children; and six grandchildren.

GP Ross on Wye (b 1947; q Oxford/London, 1973. MRCGP), died from Parkinson's disease on 9 September 2022