


The latest updates from Chrisp Street Health Centre



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Farhana Hussain joined our Practice as a Pharmacist in September 2018. She is working 4 days a week (Tuesday – Friday). Farhana has telephone appointments as well as face to face appointments and looks forward to meeting our patients. Farhana is a clinical prescribing pharmacist with previous experience working in GP surgeries. She is trained to prescribe prescription medications, conduct medication reviews, ensure patient safety with medication management of repeats, and dealing with changes made in hospitals. Farhana also has experience in dealing with minor ailments and long term conditions such as diabetes, asthma, COPD, hypertension.
- Dr McArthur joined the Practice permanently in October 2018 and will be looking after Dr Khwaja's/ Dr King's patients.
- Dr Bhatti reduced his clinics at the Practice in October 2018 and his patients have been reallocated to other GPs until we recruit a new doctor in 2019.
- Dr Twists starts his extended leave in November 2018 and will return at the beginning of February 2019. Dr Moody will look after his patients. Dr Smiles is coming back in November after a long break.
- We changed our Urgent Care system on 1 October 2018. Patients can call the Practice asking for the urgent care clinician during weekdays between **8:30am-12noon & 2pm-5:30pm**. **Outside these hours, patients need to contact NHS 111 for health advice (or dial 999 in case of emergency), ask our Reception team for a hub appointment, submit online consultation via our website (eConsult), or contact pharmacy first.**

Have you had your FLU Jab for the 2018/19 Flu Season?



Seasonal **INFLUENZA (FLU)** is a serious illness affecting hundreds of thousands of people every year. **Vaccination offers the best protection.** And it is not only people in at risk groups who should have the flu vaccination. If your daily life or your job involves being in contact with people who are in at risk groups, then having the vaccination will not only protect you, but also those around you.

REMEMBER THAT THE VACCINE DOES NOT GIVE YOU THE FLU AND DO NOT ASSUME THAT YOU ARE STILL PROTECTED JUST BECAUSE YOU HAD THE FLU VACCINE LAST YEAR!

We have flu appointments available every day. Book yours today – do not delay!

[020 7515 4860](tel:02075154860) or book online at www.chrispstreet.org.

Benefits of the flu vaccination:

- Reduces the risk of getting the flu
- Protects against other serious health conditions
- Reduces the risk of flu-related deaths among the elderly
- Protects against more than one strain of flu virus
- Reduces the possibility of pregnancy complications.



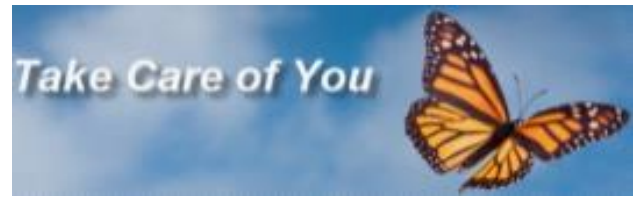
The flu jab is FREE for all of our at risk group patients:

- Over 65
- All 2 & 3 year olds ([nasal spray](#))
- Pregnant women
- Main carers for elderly or disabled people
- People with weakened immune systems
- People who live in a residential or nursing home
- People with long term health conditions.



Do not forget!

- **When the surgery is closed**, call NHS Direct on **111**, which is available 24/7, and speak to a member of their team for a health advice.
- **The Tower Hamlets Extended GP Access Hubs** offer valuable local GP & Nurse appointments on weekday evenings and weekends. These appointments are held at nearby locations across the borough. Just ask our reception team for a hub appointment next time if you are unable to find a convenient appointment with your usual GP.
- **Patient Group Meetings** are held regularly in our Practice – new members always welcome! Ask at Reception for the dates & times of our next PPG meeting. **Your surgery – your views! Get involved – have your say – make a difference!**



Patient Access

Register online to:

- Get your test results
- View your medical records and consultations
- Book or cancel appointments
- Order your repeat prescriptions.

Just ask at reception for more information or visit our website

www.chrispstreet.org



Repeat Prescriptions

We are phasing out paper prescriptions from **1 January 2019**.

Give us details of your preferred pharmacy and our clinicians will send your prescriptions there electronically.



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Nominate a pharmacy today! As well as making your life easier, you will help save some trees!

Consult your GP Online

Whether the practice is open or closed, you can consult with us online and receive healthcare advice for any minor ailments by the end of the next working day.



You must be 18 + and registered with us to use this service!

Do you know the signs of stroke?

You could save your own or someone else's life, or help limit the long-term effects of stroke, by learning to think and act **FAST – Face-Arms-Speech-Time** is easy to remember and will help you to recognise if someone is having a stroke:

- **Face** – has the face fallen on one side? Can they smile?
- **Arms** – can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time** – it is time to call **999** if you see any single one of these signs of a stroke. The faster you act, the better the chance of recovery!



There are also other symptoms that may occasionally be due to stroke: sudden loss of vision or blurred vision in one or both eyes; sudden weakness or numbness on one side of your body (including your leg); sudden memory loss or confusion; sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms. Acting FAST saves lives!

Appointment Times



Monday – 8:30am-6:30pm
 Tuesday – 8:30am-6:30pm
 Wednesday – 8:30am-7:30pm*
 Thursday – 8:30am-7:30pm*
 Friday – 8:30am-6:30pm
 Saturday – 9:00am-12:00pm*

Switchboard:
 Monday-Friday: 8:30am-6:30pm
 We are Closed on Fridays between 1-2pm
 *Selected weeks – ask at reception.

Closures in 2018



Chrisp Street Health Centre is closed for services on the following dates: 25 & 26 December 2018, and on 1 January 2019. We are sorry for the inconvenience. Thank you!