

The Latest Updates from Chrisp Street Health Centre

DID YOU KNOW ?

- Lucy Dogley-Darani joined our team in March 2018 as a Head of Reception. She can support you with any queries you may have.
- Dr Thuraya Muse will stay with us until end of August 2018.
- Dr Shamira Bhikha comes back from maternity leave at the beginning of June 2018.
- Dr Faz Khwaja left the Practice at the end of February, and we are still recruiting for a permanent replacement. Dr Faz's patients will be seen by other GPs working in the Practice.
- We have 2 GP trainees working at our surgery: Dr Jennifer McArthur & Dr Lauren Kott. They will be working under our GPs' supervision over the summer.



DID YOU KNOW ?

- We provide extended hours appointments on Wednesdays & Thursdays (6.30-7.30pm) for patients who cannot come earlier on weekdays. We are also open one Saturday per month for patients who are unable to come during the week.
- Baby clinic drop in sessions are no longer held at our practice. The service moved to the Chrisp Street Children Centre on Mondays (9.30-11am) at 23-27 Market Way, E14 6AH.
- We will continue to provide six week checks in our Practice on Thursdays 1-3pm (by appointment only).



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

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!



Out of Hours Service & Hub Appointments

OUT OF HOURS

When the surgery is closed, you can call the out of hours service on **0300 033 5000**. The on call doctor will frequently call you back for more information or to give advice. There are also two nearby Walk In Centres: [St Andrews](#) 020 8980 1888 & the [Barkantine](#) 020 7510 4000. Advice is also available from NHS Direct on **111**.

HUB APPOINTMENTS

The Tower Hamlets Extended GP Access Hubs offer extra valuable local GP & Nurse appointments on both weekday evenings and weekends. These appointments are held at four locations across the borough: [Blithehale Hub](#); [Barkantine Hub](#); [East One Health Hub](#); [St Andrews Hub](#). Just ask our reception team for a hub appointment next time if you are unable to find a convenient appointment with your usual GP.

Need to see a GP or nurse in the evening or at the weekend?

Understanding Self-Care for Life – How to Treat Constipation?



What is constipation?

Constipation is when your stools become hard and you find it more difficult than usual, or even painful, to pass them

when going to the toilet.

- **Other symptoms** Constipation may be accompanied by feeling bloated or sick, losing your appetite, and aches or cramps in your abdomen.
- **Common causes** These include not eating enough fibre (contained in cereals, vegetables and fruit), changing your eating habits, ignoring the urge to go to the toilet, not drinking enough fluids, not getting enough exercise.
- **Treatment** Visit your pharmacy first who can provide advice and arrange over-the-counter medication.

When should I seek medical help? In *rare* cases, more serious underlying causes can make you constipated. See your GP if you notice any of the following:

- **Symptoms** Your tummy becomes increasingly swollen, and/or you start vomiting, which could suggest that your bowels are blocked.
- **Age** You're over 50 and have never suffered from constipation before.
- **Medication** You think that a medication makes you constipated.
- **Blood in your stools** You notice blood in your stools, particularly if you don't have any pain or discomfort around the opening of your back passage.
- **General symptoms** You've been losing weight for no apparent reason; you also feel tired all the time, 'not quite right', sweaty or feverish; or you find that these symptoms don't go away within four to six weeks.

Come join the Diabetes Team and learn about how to fast safely during the Ramadan month

Patients only, family members welcome. Diabetes Education Team Tel: 020 8223 8609 or 020 8223 883

DIABETES CARE CENTRE
2nd Floor, Mile End Hospital
Bancroft Road, London E1 4DG

- 11 April 18 (10am-12noon)
- 17 April 18 (2-4pm)
- 24 April 18 (2-4pm)
- 1 May 18 (10am-12noon)
- 4 May 18 (3-5pm)
- 8 May 18 (2-4pm)

EAST LONDON MOSQUE
82-92 Whitechapel Road, London, E1 1JQ

- 30 April 18, 2-4pm (Room 309)
- 9 May 18, 10am-12noon (Room 306)

WHITECHAPEL HEALTH CENTRE
44 Hessel Street London, E1 2LP

- 12 April 18 (2-4pm)

HARFORD HEALTH CENTRE
115 Harford Street, London, E1 4FG

- 24 April 18 (10am-12noon)

CHRISP STREET HEALTH CENTRE
100 Chrisp Street London, E14 6PG

- 3 May 18 (10am-12noon)



Appointment Times & Closures in 2018



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

Chrisp Street Health Centre is closed for services on the following dates for the rest of the year:
 7 & 28 May,
 27 August,
 25 & 26 December.
 We are sorry for the inconvenience. Thank you.

