

The latest updates from Chrisp Street Health Centre

What's New?



- Dr Moody has taken over Dr Bhatti's patients list since March 2019.
- We have a new GP Trainee who started in April 2019: Dr Caroline Morton.
- We have a new medical coder who is helping us with the management of patients' documents. Her name is Dr Shivangee Sinha.
- Dr Dasgupta is starting her maternity leave at the end of May 2019. We will inform her patients of the new arrangements.
- We now have a regular advocacy service in our Practice. Simply ask Reception when you book your appointments:
 - Monday-Friday for Bengali speaking patients
 - Tuesday for Somali speaking patients.
- **We apologise for the ongoing issues with our phone system which is currently under review with our supplier.**

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. You can also use NHS 111 online to find out what to do if you can't see your usual doctor or dentist: <https://111.nhs.uk/>
- **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 including Poplar, Bow, Isle of Dogs, Bethnal Green and Old Street. If you want to book a hub appointment, call our mainline number: **0207 515 4860**.
- **Your surgery – your views! Get involved – have your say – make a difference! Our Patient Group Meetings** are held regularly in the Practice – new members always welcome! If you are interested in getting involved, contact our PPG chair, Sandra: ppgcshc@gmail.com

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

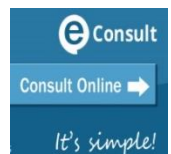
Phasing out paper prescriptions in our Practice is nearly complete. If you have not already done it, let us know what pharmacy you use most and our clinicians will send all your prescriptions there electronically.



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!

Useful Contact Details

- **NHS out of hours service line – call 111, or get help online: <https://111.nhs.uk/>**
- **Emergency dental line – 020 3594 0938; 0207 767 3203**
- **Citizens Advice Bureau – 0207 247 1050**
- **Tower Hamlets 24 hour Mental Health Crisis Helpline – 0207 771 5807**
- **Sexual health advice and support – www.alleast.nhs.uk; www.booking.alleast.nhs.uk (for sexual health test results, call 020 3465 7960. You will need your clinic ID number and your date of birth in 6 digits format).**
- **Do not forget that you can also get sexual health testing at the Practice.**
- **Emergency contraception – FREE through your local pharmacy!**



RAMADAN TIMETABLE 2019

	Ramadan 1440	Day	May/June 2019	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
Are you aged over 40? Book your health check at the surgery with our nurses	1 *C	Mon	6	3:41	5:21	1:02	6:09	8:34	9:45
New Mobile Phone Number? Let us know and we can text you your appointment details	2	Tue	7	3:38	5:19	1:02	6:10	8:36	9:47
	3	Wed	8	3:37	5:18	1:02	6:11	8:38	9:49
Consult your GP online – Visit our website or download the NHS App. Ask reception for your login codes to view your medical information	4	Thu	9	3:34	5:16	1:02	6:12	8:39	9:50
	5	Fri	10	3:32	5:14	1:02	6:13	8:41	9:52
	6	Sat	11	3:30	5:13	1:02	6:14	8:42	9:53
Please allow 48 hours for your repeat prescriptions – or request your medications online	7	Sun	12	3:28	5:11	1:02	6:15	8:44	9:55
	8	Mon	13	3:25	5:09	1:02	6:16	8:45	9:55
Do you have diabetes? Speak to your doctor or nurse for advice on adjusting the timings of your medications	9	Tue	14	3:24	5:08	1:02	6:17	8:47	9:57
	10	Wed	15	3:21	5:06	1:02	6:18	8:48	9:58
	11	Thu	16	3:20	5:05	1:02	6:19	8:50	10:01
	12	Fri	17	3:17	5:03	1:02	6:20	8:51	10:02
Ramadan – the ideal time to quit smoking – book an appointment with a local smoking advisor	13	Sat	18	3:16	5:02	1:02	6:20	8:53	10:04
	14	Sun	19	3:14	5:01	1:02	6:21	8:54	10:06
The following do NOT have to fast:	15	Mon	20	3:12	4:59	1:02	6:22	8:56	10:08
• All those who are ill (physical or mental illness) or frail	16	Tue	21	3:10	4:58	1:02	6:23	8:57	10:09
• Pregnant and menstruating women	17	Wed	22	3:09	4:57	1:02	6:24	8:59	10:12
• Lactating women who have concerns about their own, or their child's health	18	Thu	23	3:06	4:55	1:02	6:25	9:00	10:13
• Insulin treated diabetics	19	Fri	24	3:04	4:54	1:02	6:25	9:01	10:14
• Travellers	20	Sat	25	3:02	4:53	1:02	6:26	9:03	10:17
Things that do NOT break the fast	21	Sun	26	3:01	4:52	1:03	6:27	9:04	10:18
• Injections (intravenous, intramuscular or subcutaneous)	22	Mon	27	2:59	4:51	1:03	6:28	9:05	10:19
• Bloods taken (thumb prick or intravenous)	23	Tue	28	2:58	4:50	1:03	6:28	9:06	10:21
• Eye / ear drops or inhalers	24	Wed	29	2:56	4:49	1:03	6:29	9:07	10:22
• Eating and drinking out of forgetfulness	25	Thu	30	2:55	4:48	1:03	6:30	9:09	10:24
	26	Fri	31	2:53	4:47	1:03	6:30	9:10	10:26
	27	Sat	1	2:52	4:46	1:03	6:31	9:11	10:27
Do you want to exercise? A great tip is to go for a walk before Iftar!	28	Sun	2	2:51	4:46	1:03	6:32	9:12	10:29
	29	Mon	3	2:50	4:45	1:04	6:32	9:13	10:30
	30 *C	Tue	4	2:48	4:44	1:04	6:33	9:14	10:31

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 2019



Chrip Street Health Centre is closed for services on the following public holidays: 6 & 27 May, 26 August, 25 & 26 December. Call NHS 111 at these times. Thank you!