

# The latest updates from Chrisp Street Health Centre

## Patient Participation Group (PPG) – new members always welcome

In 2006 we formed our Patient Participation Group (PPG). The PPG meets every 3 months, with meetings taking place for the remainder of the year as follows: **Tues 18 July at 6pm & Tues 10 October 2017 at 1pm.** Our PPG is arranging a stand in Reception for a week in July/ August where you can learn more about their activities.

As well as patients, the Practice Manager, Reception Manager and a GP attend the meetings, where we discuss the following areas:

- Services in the Practice and areas patients feel could be improved
- Feedback about changes we have made
- Agreeing priorities for the year ahead
- Discussing topics of interest or that patients would like to know more about.



## Have a Healthy Holiday

If you are planning to holiday abroad this year make sure that you book a nurse appointment **8 weeks** before travel as some vaccinations need to be given well in advance!

The NHS offers the following vaccines for free:

- Diphtheria, tetanus and polio
- Hepatitis A
- Typhoid.

The vaccines available to pay for at our Surgery are:

- Yellow Fever: **£50** including certificate
- Meningitis ACWY: **£10** including certificate.

**Please note that we offer only a limited number of Travel Vax appointments each month.** Please **book well in advance.** If no appointments are available, we will refer you to other **local services.** You can access free travel advice and vaccination information at: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).

## 17 & 18 year olds – don't forget to get your MenACWY & MMR jabs this summer

Many teenagers and young adults will be travelling abroad or attending music and arts festivals round the UK over the summer months. There are currently several large measles outbreaks across Europe with Romania and Italy being the worst affected countries. Measles can be more severe in teenagers and adults and some may need hospital treatment.

Teenagers who left school in 2017 are now eligible for urgent catch-up with MenACWY vaccination. The vaccine protects against meningitis and septicaemia which can be life threatening illnesses.

## Cervical Smear test – don't ignore it!

For women over 25 we offer a cervical smear every 3 years (every 5 years over the age of 50). A smear test lasts 5 minutes, the impact of cervical cancer lasts a lifetime! Attend your smear test, reduce your risk! **Find out more:** <https://www.gov.uk/guidance/cervical-screening-programme-overview>

## What's new?

### Registrations Process

You can now book a registration slot on Tuesday & Friday evenings (4-6:30pm), on Wednesday mornings (9-11:30am), or on Saturday mornings 9-11:30am (one Saturday per month). Just phone the surgery on **020 7515 4860**.

We can also register patients urgently at other times, but you may have to wait at the main Reception desk. For more information please visit our web site: <https://www.chrispstreet.org/index.php/how-to-join-our-practice>.

### Staff Update

- Dr Shamira Bhikha is on maternity leave until 7 June 2018. Until then, Dr Thuraya Muse will be looking after Dr Bhikha's patients.
- Dr Melanie Low who has been covering Dr Faz Khwaja (on sabbatical leave until February 2018) will start her

maternity leave from September 2017. Dr Emma King will take over until Dr Khwaja's return.

- Due to working arrangements some patients from Dr Bhikha, Dr Bhatti, and Dr Cole have been allocated to other GPs. If you are affected, you will receive a letter with more information shortly.
- We would like to welcome our new Reception Manager, Shanaj Begum, who joined our Practice on 15 May 2017. If you have any queries or concerns you wish to raise, please ask to see Shanaj.

## Gentle Pilates and Relaxation Classes

**Wednesdays (3:30 - 4:30pm), The Cabin (in front of Balfron Tower)**

**82 St Leonards Rd, E14 0QU; Tel: 0203 069 7401; Email: [jayne.clavering@poplarharca.co.uk](mailto:jayne.clavering@poplarharca.co.uk)**

Join this small & friendly class to stretch & gently strengthen your body (£1 per class).



## Don't forget!

- You can consult us online at <https://chrispstreetpractice.webgp.com/>. Just fill in a simple online questionnaire and a GP will respond to your online consultation request by the end of the next working day.
- You can use the Benefits Advice Service which is run in our Practice by Island Advice Centre & Social Action for Health – sessions are held regularly on a weekly basis. Just book an appointment with Fojorul Islam to find out more about housing benefits, tax credits, employment opportunities or personal development training sessions.

## Understanding Self-Care for Life – How to Treat Heartburn and Indigestion?

**How does it present?** Heartburn and indigestion are symptoms of pain or discomfort in the upper abdomen or chest. They often result from infection with a bug, overeating or eating high fat meals, being overweight.

**Duration** Your symptoms will usually improve within one or two weeks. But if you find that you keep taking indigestion medicines all the time for several weeks or that your symptoms affect your day to day life, you need to consult your GP.

**Effect of changing your diet** In about 8 out of 10 people, symptoms will improve by making lifestyle changes alone, such as healthier eating and losing weight. Also try to avoid carbonated soft drinks, coffee and alcohol.

**Investigations** Most people don't need any tests. But if your symptoms aren't controlled, or your GP suspects a particular underlying cause, you may need further testing.

**Over-the-counter (OTC) medication** Visit [www.medicinestonline.com](http://www.medicinestonline.com) for lists of medicines available without prescription at pharmacies and other stores.

### When should I seek medical help?

Rarely, more serious medical problems may cause indigestion – particularly if you are aged 55 or over. Seek medical advice if your symptoms do not respond to treatment or you notice any of the following:

- **Pain and other chest/stomach symptoms** You suffer from severe, persistent (longer than three weeks), worsening and unexplained pain in your upper abdomen – particularly if occurring together with other symptoms, such as pain in your chest, breathlessness, sweating, swallowing problems, feeling faint, sick or vomiting.
- **Vomiting blood** You vomit blood or dark lumps (like 'coffee grounds').
- **Dark stools** Your stool colour has become very dark (looking like tar). But remember that if you take iron tablets your stool can also become black – a harmless side effect which will go when you stop taking iron.
- **Other problems** You suffer from unexplained fever, night sweats, weight loss for no apparent reason, or you notice a swelling or mass in your upper abdomen.

Find out more: <http://www.nhs.uk/conditions/indigestion/Pages/Introduction.aspx>

### Appointment Times

Monday – 8:30am-6:30pm  
 Tuesday – 8:30am-7:30pm\*  
 Wednesday – 8:30am-6:30pm  
 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 on Fridays between 1-2pm  
 \*Selected weeks – ask at reception.

### Closures in 2017



Chrisp Street Health Centre is closed for services on the following dates: 28 August, 25 & 26 December 2017. We are sorry for the inconvenience. Thank you!