

# What's New at Crisp Street?



## !! MEASLES ALERT !!

There has been an outbreak of measles locally. Measles can be a serious disease for children, pregnant women, and patients with low immunity. If you or your child has any of the symptoms of measles – very high temperature, rash, red eyes, spots inside the mouth – **PLEASE DO NOT COME TO THE SURGERY**. We will arrange to telephone you back. Measles is a very contagious disease and it's important not to spread it to other patients. The best way to protect your child against measles is through the MMR jab. Speak to the nurses about this if you have questions.



## Stay Healthy in Body & Mind this Summer

The warm weather has finally arrived! Nurse Helen suggests plans for staying healthy this summer.

### Quit Smoking



"It's the best thing you can do to improve your health" says Helen. "We offer several ways to quit including medication and other sorts of nicotine replacement therapy. Last year we helped over 70 stop smoking, including some long-term smokers, and have the best success rates in the Borough!" As well as our own staff, Abul from the Bangladeshi Tobacco Project is also here on Monday mornings.

### Healthy Eating



"There's plenty of healthy eating initiatives locally, including Cook and Eat Classes and Healthy Eating Advice led by our local Health Trainers" says Helen. Ask for a referral or pop into Newby Place Health Centre (by All Saints Station) or call 020 7517 2600. For structured dieting we can refer you to My Weigh if you meet certain criteria. We can also refer diabetics to a specialist dietician. "The Health Trainers are a really good starting point" adds Helen. "But ask us if you're not sure. There are so many options around".

### Other Wellbeing options



Local "self-management" courses include diabetes and epilepsy. Community Options are running courses on Esteem (starts 15 July); hoarding; coping with alcohol; diabetes and mental health; and singing in harmony. Green Candle Dance Company also offer movement classes.

### Try Some Sport



We have access to Fit4sport on Prescription, a local service provided through Poplar Health & Wellbeing Network. Helen says "There are loads of activities on offer including football, tennis, dance, boxing, athletics, cricket and badminton. Something for everybody really. Ask one of the nursing team about a referral".

### Walk More



A good way to stay fit and burn calories is to walk more. Helen's top tip is getting off the tube or bus one stop early and walking the rest of the way. Or you can enjoy the benefits of fresh air, exercise and some company – there are lots of local walking groups. There's a list on our web site, as well as a 30 minute Beginner's Health Walk with a free cuppa at the end. Starts every Monday at 11am at the surgery entrance, led by Lilian. All welcome. Re-starts 3rd August.

### Beware of the effects of heat



Keeping your living space cool is really important for infants, the elderly or those with long term health conditions. Ensure you have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks. Remember to apply sunscreen, wear light, loose-fitting cotton clothes, and try to walk in the shade. Take some water with you if using public transport.

## Chrisp Street in the Community – Banana Bytes



We recently welcomed children from Bygrove School who presented the Healthy Recipe booklets they have designed with Banana Bytes to our current trainee Dr Zahra Husain. The campaign encourages Healthy Eating. As part of the project, Dr Zahra gave talks in school to children and parents to give a better understanding of our bodies and why we should eat healthily.

Dr Zahra says “We were delighted to help the campaign. It’s wonderful to see children being so enthusiastic about eating healthily. The booklet has great recipes and handy tips.”



During a tour of the surgery, Dr Zahra gave children the chance to use a stethoscope and hear their heart beat.

We are currently displaying the recipe booklet at the Practice, which you may also collect from the Idea Store in Chrisp Street. Banana Bytes has also produced some great videos about sugars and fats, available through our web site.

## Patient Group

Our next meeting is on Tuesday 14 July at 6pm. All welcome. Medicines advisor Patrick from Tower Hamlets CCG will be gathering views about medications, what the issues and problems you face when obtaining and using it. If you would like to complete a short survey about taking your medication, please click [here](#).

## Drugs and Driving

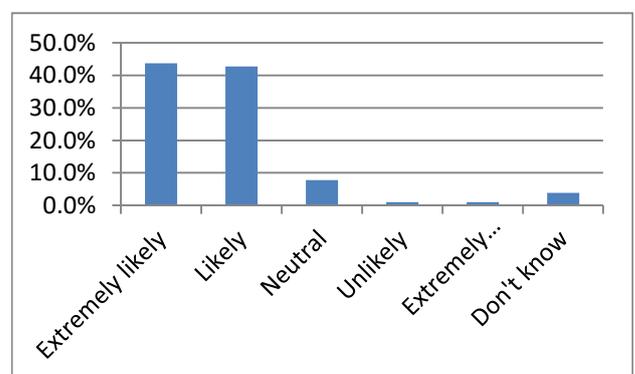
Earlier this year laws were introduced that make it illegal to drive if you are unfit to do so under the influence of legal or illegal drugs. We have produced a leaflet giving details of which drugs may impair your ability to drive. If you are taking any of these or other drugs that you think may impair your ability to drive, please speak to a doctor for advice about whether it is safe for you to drive.

## Friends & Family Test

The Friends & Family Test survey continues. We’ll publish the latest results in each newsletter to keep you up to date. **Thanks for all your positive feedback. We do read all your comments – both good and bad.** To leave your own feedback, ask at the desk or visit our web site.

Here’s what patients who completed the survey between April and June have said:

*How likely are you to recommend the practice?*



**Currently nearly 9 out of 10 of you would be likely to recommend us to friends and family.**

A full set of results is available on our web site.

**Don't forget we are closed on Mon 24 August for Bank Holiday.**

[www.chrispstreet.org](http://www.chrispstreet.org)