



Newsletter

The latest updates from Chrisp Street Health Centre | October 2023

What's New?

- We have appointed a new First Contact Physiotherapist, Ruchi Dubey, who joined our clinical Team in early July 2023. We also appointed a new Physician Associated recently, Rhianna Warren. To find out more please follow these links <https://www.england.nhs.uk/gp/expanding-our-workforce/first-contact-physiotherapists/> and <https://www.healthcareers.nhs.uk/explore-roles/medical-associate-professions/roles-medical-associate-professions/physician-associate>
- We have two new GP registrars, Dr. Canel Kucuk, who will be with us for one year, and Dr. Pradeep Ravichandran, who will be with us for four months.
- Debbie Ward (Assistant Practitioner), has retired after working with us for over 30 years. We wish her all the best in the future and are very thankful for everything she has done for the Practice and for our Patients over the years.
- Samantha Hinds-Aziz, who was part of our PCC team, has left the practice after working with us for over 20 years. We wish her good luck for her future.
- Tosan Neburagho, who was part of our nursing team for many years, has retired at the end of August 2023. We are very thankful for everything she has done for the Practice and for our Patients over the years. Wish her all the best in her retirement,
- Due to overwhelm of our appointments system, the AccuRx online consultation platform will continue to be switched off between 6pm and 8:30am during weekdays and all day during weekends (similarly to our telephone lines).

We are an inclusive Practice, and as part of NHS, we follow a zero tolerance policy for any kind of racial abuse, discrimination, or aggressive and threatening behaviour on our premises.



Remember!

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, or go online at <https://111.nhs.uk/>

The Tower Hamlets Extended GP Access Hubs
offer valuable local GP & Nurse appointments on weekday evenings and weekends. If you want to book a hub appointment, call our mainline number: 0207 515 4860.

Travel vaccinations
We do not offer any travel vaccinations. For more information about local travel vaccination providers, visit our website: <https://www.chrispstreet.org/clinics-and-services/travel-clinic/>

Are you due your annual health review?
Do not delay – give yourself the gift of health!
As part of our commitment to providing high quality care to patients living with long-term health conditions, we continue to invite them for their annual health reviews each year. For more information, please review our website: <https://www.chrispstreet.org/clinics-and-services/clinics/>

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>

Useful Contact Details

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

**Do not forget that you can also get
sexual health testing at the Practice.**

Patient Participation Group

Your surgery – your views!
Our Patient Group Meetings are held every three months – new members are always welcome! If you are interested in getting involved, contact the Head of our Patient Care Coordinating Team, Lucy, at ppgshc@gmail.com. For more information, including the 2023 PPG meetings schedule, please visit our website: <https://www.chrispstreet.org/about-us/have-your-say/patient-participation-group/>

Date:
25/01/2024
at
6:00pm

FLU vaccinations — have you had yours?

This year we will be offering both the flu and covid vaccine to eligible patients. We will text you with an invite if you are eligible to have these vaccines. Additionally, we will do our usual Saturday walk in clinic! This year it will be on 14 October 2023.

Follow this link for more information: <https://www.nhs.uk/conditions/vaccinations/>



Appointment Times

Monday: 8:30am-6:30pm
Tuesday: 8:30am-7:30pm*
Wednesday: 8:30am-7:30pm*
Thursday: 8:30am-7:30pm*
Friday: 8:30am-6:30pm
Saturday: 9:00am-12:00pm*
*Selected weeks only – ask at reception.

Switchboard:
Monday-Friday:
8:30am-6:30pm

Closures in 2023

Chrisp Street Health Centre is closed for services on the following public holidays in 2023:
25th & 26th Dec.

When we are closed, call NHS 111 or go online at:
<https://111.nhs.uk/> to get help. Thank you!