

# Jubilee Lines

Keeping our patients informed

WWW.JUBILEESTREETPRACTICE.NHS.UK

April - June 2020

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***DUE TO THE PANDEMIC THE SURGERY IS STILL OPEN HOWEVER PLEASE FOLLOW THE GOVERNMENT GUIDELINES AND DO NOT COME INTO THE SURGERY AND MAKE USE OF OUR ONLINE SERVICES OR CONTACT US BY TELEPHONE.***





# Kolkata 2020 with DR Ahmed

My husband was invited to help with a charity in India called LIK (Lupus in Kolkata). Lupus is rare and it's when the immune system attacks the organs of the body.

It is 9 times more common in women than men.

Women are affected at a young age and if poor can not afford the immunosuppressant medicines which are expensive. We are lucky to have the NHS for patients with lupus on such medicines. This charity was started by the patients and the doctors and was humbling to see as it's helping lots of people with lupus.



Whilst my husband was working I wandered around. I loved being able to speak Bengali in India and being understood. The food is just how I like it - spicy and lots of vegetables.

They even have chillies for breakfast and I learnt new recipes and words. Upama (spicy semolina) pongal (spicy porridge) other favourites are dosas pooris and parathas all different types of breads. The vibrant colours in clothes, street art, scenery and street markets, to see and enjoy.

It is a land of poetry and many languages.

The birthplace of Rabindranath Tagore a Bengali poet who won the Nobel literature prize in 1913.



*Continued...*



*Give me strength seems apt for this time*

*"Give me the strength lightly to bear my joys and sorrows.*

*Give me the strength to make my love fruitful in service.*

*Give me the strength never to disown the poor or bend my knees before insolent might.*

*Give me the strength to raise my mind high above daily trifles. "*

*Kolkata is also a land of poverty but also resilience and I saw slums and mother Theresa's birthplace and home.*



Before returning I went to Dhaka the capital city of Bangladesh to see my relatives who are always lovely. It has lots of water and greenery ( photo of me near lake and rickshaw) except the cities are very congested. If you do travel to India or Bangladesh you always have your immunisations ahead of time ( this included hepatitis A, typhoid and check up to date with tetanus). Also avoid tap water and stick to bottled water. One of the most interesting things I learnt about Bangladesh was its "green" policy on banning plastic bags. If you go to a clothes shop or market you don't get a plastic bag. It's either made of cloth or jute or paper. Vegetables and fruit are wrapped in paper. (Or people take their own bags everywhere. We should all do this if going to the shops. )

<https://recyclenation.com/2011/03/top-cities-banned-recycle-plastic-bags/>

Dr Salma Ahmed

# Happy Retirement Ruth



## 1. QUESTION: What are your greatest strengths?

**ANSWER:** Organizing and keeping my composure, when faced with inconvenient situations. During my 17 years here, I've made myself aware that every problem can be resolved.

## 2. QUESTION: If there is anything you could change, what would it be?

**ANSWER:** DATA ENTRY!!

I a compassionate person, who benefits from communicating, also enjoy teaching, with extending support to others in a professional manner. I strongly feel that "DATA ENTRY" was definitely not what I signed up for, when I decided to be a nurse at the age of nine.

## 3. QUESTION: What is the most memorable moment?

**ANSWER:** I recall one of my patients informing me of pain in his calf, that had been was constantly hurting him for several days. He tried to endure me, that is wasn't serious. Using my initiative I contacted the GP, the patient was sent to the hospital, he was diagnosed with Deep Vein Thrombosis. This happened years ago, every time I see this patient he show gratitude towards me, by telling everyone in the waiting room "She saved my life". There are many moments like that, which make me feel proud to label myself a Nurse.

## 4. QUESTION: What was your greatest accomplishment working at JSP?

**ANSWER:** 17 years of service given to the practice

Nurse—Ruthlyn George-Mason

**STAY AT HOME** 

**PROTECT  
THE NHS**

 **save  
lives**





## Health Visitor Services 0-5 Years

Jubilee Street Practice

January 2020

### Healthy Child Drop-In Clinic (No appointment needed)

For general health & parenting advice on:

- Feeding and weaning
- Crying & colic
- Toileting
- Nappy rash & cradle cap
- Teething
- Sleeping
- Baby blues
- Skin management
- Weight
- Collect Healthy Start Vitamins
- Signing of Healthy Start Forms



### USEFUL CONTACTS

#### NHS 111

Non-emergency number when you need medical help fast, just dial 111.

#### Minor Ailments (Pharmacy First)

Pharmacists can offer advice on minor problems and decide whether you need to see a doctor.

#### Baby Feeding Service

Answer your questions on all matters related to feeding babies.  
07961 609626  
020 3594 2591

#### JSP HV Team Contact:

##### Main Office/Duty Desk:

St Peter's Centre  
Reardon Street  
E1W 2QH

**0203 950 5685**

#### Health Visitors:

**Lucy Sandl**

Mon-Thurs

**07714741702**

**Syeda Begum**

Mon-Fri

**07714741744**

**Josephina Walker**

Tue-Thurs

**07714741639**

#### DID YOU KNOW?

**We give free Healthy Start vitamins (A,C,D drops) for breastfeeding Mothers and babies. Exclusively breastfed babies and mixed fed babies having less than 500ml formula can collect free vitamins from ANY Children's Centre in Tower Hamlets**

Clinic times and contact details can be found on pages 1 & 2 of the red book

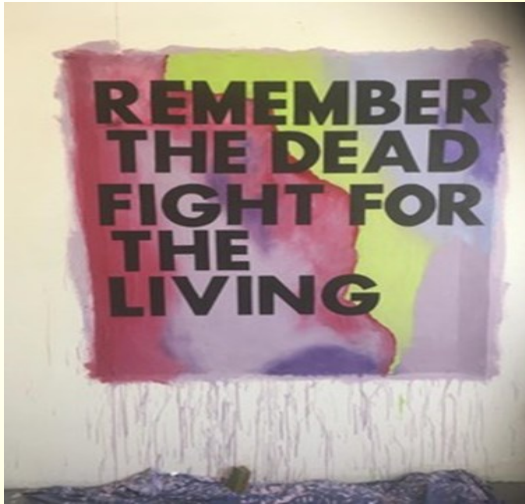
#### Monday 9.30-11.15am Ocean Children's Centre

Whitehorse Road,  
Stepney  
E1 0ND

#### Thursday 9.30 - 11.15am Wapping & Bigland Children's Centre

15 Richard St, Shadwell  
(Entrance is on Bigland St)  
E1 2JP

Please bring your child's Personal Child  
Healthcare Record (red book)



*In recognition of International Workers' Memorial Day, a day of remembrance for workers killed, disabled, injured, or made unwell by their work, which takes place annually around the world on 28 April, Andy Ridley, Practice Nurse at Harford Street and artist, painted a moving tribute (pictured above) to honour the fallen heroes, in particular those affected in the East End.*

*There was a small (socially distanced) ceremony at Royal London Hospital and later at the Shaheed Minar Martyrs' memorial at Altab Ali Park In Whitechapel to honour the fallen workers.*

## The easy way to request your repeat medication...

Request your medication on the go or from the comfort of your own home. Jubilee Street Practice is connected to the NHS App which allows you to request medicines that are on your repeat list via a secure app.

### Benefits of ordering through the NHS App:

**Safe** – Prevent errors made through handwritten requests/third party requests.

**Convenient** – No need to queue in reception. Order from your smartphone wherever you are!

**Efficient** – Allows you to only order the medicines you need to minimise wastage.

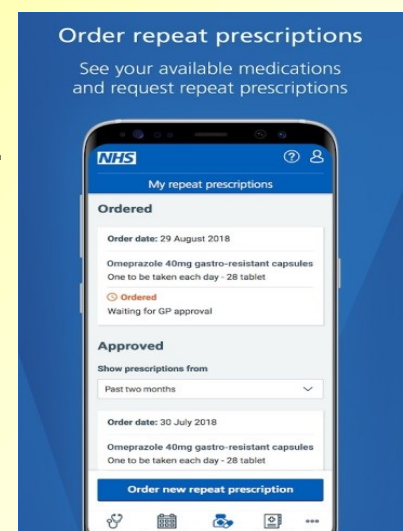
All prescriptions take 48 hours to process. The response to your request will be available to view on the app.

**Download the NHS App from the App Store/Google Play Store.**

For more information, please visit:

<https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/>

**Anjuman Khan— Pre-Registration Pharmacist**







# Comments...

from our patients

## Ear care

★★★★★

by John cardorka - Posted on 18 February 2020

I have had to use both the doctors and the nurses recently, and I have found them both very professional and caring.

Visited February 2020



## Great Service

★★★★★

by Anonymous - Posted on 11 December 2019

Following online consultation we were offered an appointment straight away as I was worried about my daughter. The GP was extremely thorough with the checks and we felt listened to as we talked through our concerns. She also gave advice on what to do if symptoms continue or get worse which was very reassuring

Visited December 2019

## Fantastic service

★★★★★

by Anonymous - Posted on 18 November 2019

I was immediately able to speak to members of the staff and get through to my doctor and get great advice! Couldn't be more satisfied.

Visited November 2019



Please contact our editorial team if you would like your feedbacks/thoughts to be published



# Jubilee Street Practice Staff

## Transformation Manager

Virginia Patania

## Practice co-ordinator

Lyn Owens

## Patient Assistant Manager

Yasmin Rahman

## Senior Patient Assistant

Nicola Cyprien

## Administrators

Christine Hulbert

Helen Olajorin

Majeda Khanom

Asma Begum

## Assistant Practitioner/Care Coordinator

Marjia Sultana

## Health Care Assistants

Kamal Uddin

Maria Rodriguez

## Phlebotomists

Elena Stefanescu

Fahmida Khanum

Nicola Cyprien

Albab Chowdhury

## Caterer

Shakila Wakili

## Doctors

Dr Nicola Hagdrup

Dr Salma Ahmed

Dr Jens Ruhbach

Dr Emma Ovink

Dr Natalie Symes

Dr Ali Klaber

Dr Clare Andrews

Dr Leon Clark

## Registrars

Sonia Bharadwaj

Sophie Von Heimendahl

## Physician Associate

Tabana Gohar

## Practice Nurses

Liz Hands

Lauryn Murdoch

Amey Endersby

Bonnie Mpofu – Diabetes specialist

## Practice Pharmacist

Harriet Abbiss

Anjuman Khan- Pre Reg Pharmacist

## Patients Assistants

Fahmida Khanum

Rukshana Muquit

Nipa Khanom

Valentina Bettozzi

Rahima Begum

Imane Saidane

Arif Uddin

Farjana Sheri

Maryam Khan

Danielle Bramble

## Bangladeshi Health

## Advocates

Saleha Uddin (Monday am)

Aniss uzaman (Tuesday am)

Jakia Haque (Wednesday am)

Kamal Uddin (Thu & Fri am/pm)

## Specialist Community Public Health Nurse (Health Visitors)

Josephine Walker

Lucy Sandi

Syeda Begum

## Psychologists

Alena Torriani

## Walk - In blood test

### Mon - Thu

08:30 - 12:30;

13:00 - 14:45;

15:00 - 16:20

### Fri -

08:30 - 12:30;

14:15 - 16:20

Please note, clinic times might be subject to changes, check website for up to date times.



@Jubilee\_Street

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