

Jubilee Lines

Keeping our patients informed

WWW.JUBILEESTREETPRACTICE.NHS.UK

Volume 17, Issue 1

Ask JSP - CONTACT US ONLINE



You can contact us about a medical, administrative or prescription issue by [clicking HERE](#).

All patients with internet access are encouraged to contact us online unless it's an emergency. This helps us get the information we need to help you efficiently and safely, whilst prioritising the most urgent cases.

The benefits for you are that you can seek help from the comfort of your own home 24/7, without needing to wait in a phone queue. You can let us know how you prefer to be contacted and what you are hoping for, helping us to provide a service that works for you.

It's 'Click and Easy' so try contacting us online!

DURING 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 TO GET IN TOUCH WITH CLINICIANS/ ADMINISTRATIVE STAFF. PLEASE DO NOT COME INTO THE SURGERY UNLESS IT IS ESSENTIAL OR IF YOU HAVE A BOOKED APPOINTMENT.

Happiness Counts

When working at Jubilee Street Practice, nothing is unnoticed!!!!

We always show appreciation to our members of staff by nominating colleagues every month to receive rewards for their commitment and dedication towards the practice and its patients.

Below are some of our staff at Jubilee Street Practice receiving their gifts!



"The secret of happiness is freedom, the secret of freedom is courage."

WAYS TO WELLBEING

Jubilee Street Practice launched a brand new Wellbeing service for patients.

We facilitate bespoke resilience projects in partnership with other voluntary and community sector organisations ranging from therapeutic groups to physical and social activities that support patients with social, emotional and practical needs. Its is open to all our patients.

Check out our activities timetable!

JSP WELLBEING HUB

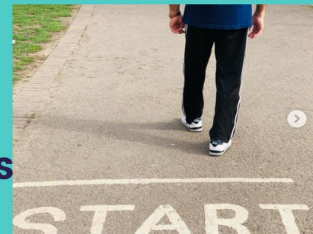


WHAT WE HAVE ON.....



PILATES & YOGA

PARK RUN & WELLBEING WALKS



SOCIAL HUB



COFFEE MORNING WITH
CREATIVE ARTS

BE PART OF ALL THE FUN!



MINDFULNESS PICNICS

GARDENING



GROUP THERAPY

HEALTHY COOKING
WORKSHOP



TALK TO US! 07498862419 OR
THCCG.JSPWELLBEING@NHS.NET



AND MORE TO COME!



JSP WELLBEING

TIMETABLE - 2021

MONDAY

Time To Talk
Anxiety & Depression
workshop
@ the practice
12.30 – 2.00 PM

TUESDAY

Wellbeing Walk
9.30 – 11.00
@ the practice

TUESDAY

Healthy Cooking
Workshop
11.00 – 12.00 PM

TUESDAY

Pain Group
2.00 – 3.00 PM
@ the practice
(Second Tuesday of every month)

WEDNESDAY

Park Run/Walks
10.00 AM
@ Stepney Green Park

WEDNESDAY

Coffee Morning
@ the practice
11.00 – 12.00 PM

WEDNESDAY

BP Watchers
@ the practice
1.30 – 2.30 PM

THURSDAY

Pilates and Yoga
Via Zoom
10.00-11.00 AM

THURSDAY

Come Grow With Us
12-2.00 PM
@ the practice

THURSDAY

Social Hub
2.00 – 3.00 PM
@ the practice

Email: Thccg.jspwellbeing@nhs.net

Mobile: 07498862419

Marjia/Fahmida – Project Manager



@Jubilee.st



07498862419



@Thejubileestreetpractice



JSP Wellbeing Hub

LET'S HAVE A PICNIC!

Picnic In The Park

for your health MOT

Stepney Green Park

@ 11.00 - 1.00 PM

Wednesday 19th May

Food, Refreshments, Games, Pilates, Raffle!!

Health screening for anyone aged 40+

Patients are welcome to bring your own
blankets, picnic chairs, food & drinks



Join Jubilee Street Online



Become part of your practice community and follow us for

- ◇ Practice updates
- ◇ Local news
- ◇ Health tips & awareness days
- ◇ JSP Wellbeing Timetable
- ◇ Wellness Wednesdays

Jubilee Street
WELLNESS WEDNESDAY



 @thejubileestreetpractice
 @jubilee.st

MEET OUR NEWEST TEAM MEMBERS

AMIN-Patient Assistant

Something nice you have done when the current lockdown eased?

My daughter loves animals and being able to take her to paradise Wildlife Park was the best thing we have done after the lockdown was eased.

What's your favourite food?

Moroccan Couscous is my favourite dish, most of the Moroccan Families will have it on Friday.

Fun fact about your self?

I love reading and my favourites authors are Dan Brown and Paulo Coelho, and specially these two books Inferno (Dan Brown) and Alchemist (Paulo Coelho).



*Hi, my name is **Najiya**. I am one of the new patient assistant at JSP.*

Where did you work before working at JSP?

Before working at the practice I worked with children with SEN.

What do you enjoy doing outside of work?

I enjoy cooking, watching programmes based on true life events and spending time with my family and friends.

Fun fact about your self?

I still get mistaken as a teenager!

*Hi, my name is **Silvija**. I am one of the new patient assistant at JSP.*

Something nice you have done when the current lockdown eased?

we went to the seaside and visited few other cities. I missed travelling and I can not wait to show my little son the beautiful world we live in, when life will go back to new normal!

What's your favourite food?

I love food and like all types of cuisines. When travelling, I always try traditional dishes made by local people.

Describe your self in a few words?

I would say that I never follow instructions!



It's official!

A lot of our patients may have seen or spoken to **Dr Aziz Ahmed** over the last year or so as he was a GP registrar at JSP. We are extremely delighted to say that he has now decided to join the JSP family on a more permanent basis as one of our salaried GP's. Welcome (again) Aziz!

JSP Covid-19 Interview

As we spent majority of 2020 in lockdown, we decided to ask a few members of staff their personal experience throughout this pandemic and these are our responses

Valentina Bettozzi (Patient Assistant)

Thoughts on lockdown?

From my perspective, I saw it as positive as it allowed myself to reconnect with my family also, was supported by colleagues at work.

How did it affect you?

Personally, the structure at work was changed and also restrictions such as 10PM curfew.

Positive Points?

I was capable of coming into work and looked after mental well-being.

Maria Rodriguez (Health Care Assistant)

Thoughts on lockdown?

Lockdown has been challenging for a lot of people. A lot of jobs have been lost, treatments delays, etc. From my point of view, it was too late and that's why it has to be put in place for so long. Things should have been done differently from the beginning of the pandemic and then maybe we did not have to come to such a drastic measures.

How did it affect you?

I have been feeling more stressed since the beginning of the pandemic but especially the last lockdown caught me out of guard, and I did not expect it at all. Not being able to visit family or friends has been very difficult for me but luckily, we can now see the light at the end of the tunnel!

Positive Points?

It has taught us that we cannot take things for granted. Things can happen and change our lives very quickly. It has also made see that sometimes we have to slow down and focus on the positive things more and value what we have today because tomorrow could be too late.

Natalie Symes (GP)

Thoughts on lockdown?

Found it very difficult as it had negative impacts on people's mental health. However, people learnt to appreciate the simpler things in life.

How did it affect you?

I was grateful to go work and my kids were able to go school but I did miss my friends and family.

Positive Points?

I was capable of sorting out my cupboards

Lauryn Murdoch (Nurse)

Thoughts on lockdown?

I thought the lockdown was a necessary step to stem the spread of Covid-19, and therefore a positive thing, but I felt wary early on about the long-term effects it would have on our collective mental and physical health. I am amazed by the resilience of both our patients and our staff during this incredibly difficult time, but I would encourage anyone who feels that they are not coping to reach out and ask for help.

How did it affect you?

For a long time, I felt that it didn't affect me too much - we have all been so busy at work that I didn't even have time to think about it! However, it became harder recently as the reality of not being able to see family and friends for such a long time sank in.

Positive Points?

Not having to go anywhere during the winter months and having time at the weekend to cook and laze about watching films with my partner is kind of my dream... So we definitely made the most of that at the beginning!



Jubilee Street

Transformation Manager

Virginia Patania

Practice co-ordinator

Lyn Owens

Senior Patient Assistant

Nicola Cyprien

Yasmin Rahman

Administrators

Christine Hulbert

Helen Olajorin

Majeda Khanom

Asma Begum

Assistant Practitioner

Marjia Sultana

Health Care Assistants

Kamal Uddin

Maria Rodriguez

Albab Chowdhury

Riddhima Baneji

Phlebotomists

Ayesha Khatun

Nicola Cyprien

Valentina Bettozzi

Caterer

Shakila Wakili

Practice physio therapist

Bryan Herry

GP's

Dr Nicola Hagdrup

Dr Salma Ahmed

Dr Jens Ruhbach

Dr Emma Ovink

Dr Natalie Symes

Dr Ali Klaber

Dr Clare Andrews

Dr Zahra Husain

Dr Ursula White

Dr Anoushka Seegobin

Dr Aziz Ahmed

GP Registrars

Dr Milena Marszaleck

Dr Mariam Samuel

Physician Associate

Tabana Gohar

Practice Nurses

Liz Hands

Lauryn Murdoch

Amy Endersby

Bonnie Mpofu – Diabetes specialist

Practice Pharmacist

Harriet Abbiss

Hypertension specialist nurse

Anne-Marie Martin

Patients Assistants

Rukshana Muquit

Nipa Khanom

Valentina Bettozzi

Sultana Begum

Rajna Begum

Rahima Begum

Imane Saidane

Arif Uddin

Danielle Bramble

Amin Nafnaf

Silvija Intaite

Najia Begum

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

Kehinde Idahosa

Smoking cessation advisor

Emma Montero

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



@Jubilee_Street

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