

Jubilee Lines

Keeping our patients informed

WWW.JUBILEESTREETPRACTICE.NHS.UK

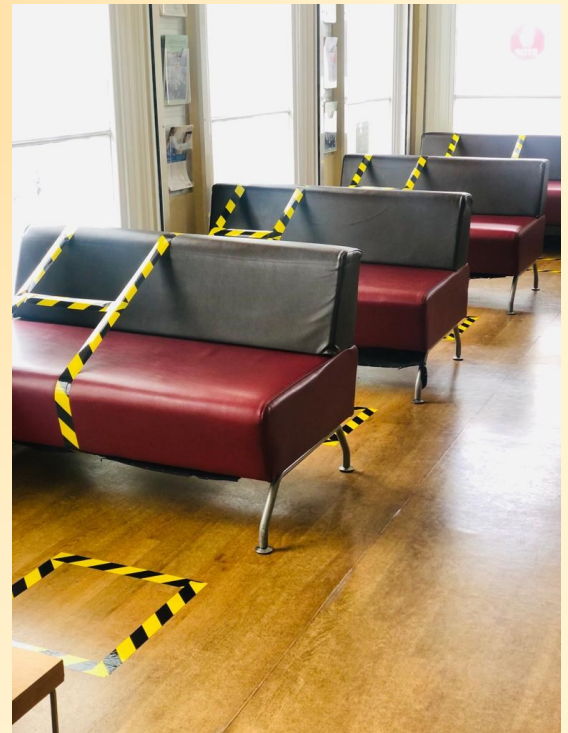
Jul—Sept 2020

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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 OR CONTACT US BY TELEPHONE.



The National requirement to maintain 2m social distancing wherever possible means that we will only allow one patient at a time into the reception area.



JSP Spreading Kindness

for Mental Health Awareness Week



We raised **£305** for the Tower Hamlets food bank, who have scaled up their support by 700% to support peo-



We exchanged notes of gratitude with our colleagues.

Be Mindful Today!

We used mindfulness prompts and meditation to help us be kind to our minds.

Mental Health Awareness Week takes place every May and this year's focus was kindness.

We know that changes to our lives due to the coronavirus pandemic are having a profound effect on many people's mental health. Many people need a little extra kindness right now and going forwards, supporting our mental health will be vital to society's recovery, so it felt especially important for us to get involved at JSP this year.

According to the Mental Health Foundation, 'research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships...Kindness can even improve feelings of confidence and optimism.'

We hope our activities throughout the week had a positive impact on our staff and our community.

#kindnessmatters



We were kind to our bodies with lunchtime yoga sessions.

We performed countless small acts of kindness and loved taking part in this week of positivity which coincided with the end of Ramadan too!



Costa brought us free coffees and we shared them with our local pharmacies who have been working so hard.



Harriet Abbiss (Practice Pharmacist)

ShapeUp4Life

My name is Matt,

I am a weight management coordinator for Solutions4Health, a public health company delivering a number of contracts throughout the country.

We have recently been commissioned by Tower Hamlets Council to deliver our 12-week weight management programme ShapeUp4Life in the borough. The programme is a 12 week, discussion based, group programme that focuses on making small lifestyle changes to people's diet and physical activity habits that has been proven to help people lose weight and keep weight off long term as well as improving self-confidence, mobility and independence.

Due to Covid-19 we are delivering our sessions online for the foreseeable future.

The programme is available to residents who are 18+, have a BMI of 30 or above (or 27.5 and above if of South Asian origin) and either live in a Tower Hamlets postcode **OR** are registered with a Tower Hamlets GP surgery.

Participants can be referred by medical professionals through an auto-completing form available on EMIS and SYSTMONE or can self-refer through email, through our website <https://www.shapeup4lifetowerhamlets.co.uk/> or calling 0800 246 5877.

Matt Bearne- Weight Management Programmes Coordinator

ShapeUp4Life

T. 0800 246 5877 | M. 07773474423 | A. ShapeUp4Life, Unit 1 Thames Court, 2 Richfield Avenue, Reading, RG1 8EQ | E. matt.bearne@solutions4health.co.uk

Secure Email. matthew.bearne@nhs.net

www.shapeup4life.co.uk | www.solutions4health.co.uk

How will I benefit from joining ShapeUp4Life?

ShapeUp4Life has been proven to help people

✓ Lose weight ✓ Exercise more ✓ Feel better ✓
Try new things

SU4L sets you a realistic weight loss target – just 5%, which can give you significant benefits including:

- Improved self-esteem and confidence
- Less breathlessness
- Improved sleep
- Lower blood cholesterol
- Reduced blood pressure
- An improvement in back and joint pain
- Improved blood glucose levels
- Reduced risk of diseases such as type 2 diabetes, cardiovascular disease and some cancers



Matt Bearne (weight management coordinator)

How to avoid spreading the infection

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>



- Only use designated areas to sit whilst waiting to be seen by a clinician.
- Stay at least 2 meters away from anyone in the practice.
- Do not attend appointments with any family member unless necessary.
- Only one person at a time in the lift.

- There is a one way system in and out of the practice, please follow the arrows on the floor.



- Use the designated hand sanitisers when you enter and leave the building.



We are advising all our patient to wear a face mask or a scarf when you come into the surgery.



Doing What Matters – Our Pain Group Journey



Think of the worst pain you can imagine. Now imagine what it might be like to wake up with that same pain every day, every week, for months or years on end. According to the British Pain Society, 14% of UK adults live with widespread pain that has lasted for three months or longer. Chronic Pain has been termed the 'silent epidemic' of our times and at JSP we were seeing many of our patients struggling to manage their pain and continue with fulfilling lives.

In November 2019, with little more than an interest, passion for improvement and a few courses between us, three Jubilee Street Clinicians embarked on a project to offer something new to our patients living with pain.

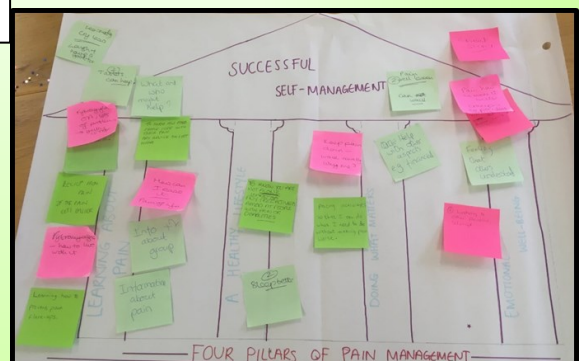
Our aim was to create a supportive environment where we could deliver information and ideas but more importantly, encourage peer-to-peer support and learning from the sharing of experiences.

We have now held a total of 8 monthly groups with 25 women participating in one or more of the sessions. Each session focused on a different area of self-management, including goal setting, sleep, managing moods and learning about pain processes. We were also fortunate enough to collaborate with a guest psychologist and physiotherapist from our wider community team. Not deterred by the coronavirus situation we moved online for our last three sessions keen to keep up what had become a valued source of support in this most challenging of times.

After a break over the summer, we plan to launch the next edition of the group in September 2020 and will be welcoming new members as we continue our journey towards more effective management of pain.

Harriet (Practice Pharmacist), Dr Emma Ovink and Dr Salma Ahmed would like to thank all the members of the group for your contributions – we learnt as much from you as you did from us!

Foods for pain and inflammation



Our Four Pillars – ideas for learning, healthy lifestyle, doing what matters and emotional wellbeing.

Harriet Abbiss (Practice Pharmacist)

EQUIP

TOWER HAMLETS TIME SHARE

JOIN YOUR COMMUNITY

Contact us to get involved
em: thccg.timebank@nhs.net
phone: 07714366657

We at Jubilee Street Practice recognize the importance of staying connected with people especially during these unprecedented times, we would like to encourage our patients to join Time Share, a safe and creative space for local communities to exchange skills and support one another through the currency of time.

What is Time Share?

Time Share is a community engagement initiative which has recently been launched by EQUIP as part of Tower Hamlets CCG and is open to everyone in the borough. You can get involved by attending and/or leading weekly online sessions, workshops and activities with the community. It's our mission to empower Tower Hamlets residents and help them feel more connected with their local community and GP practice.



Who can join?

Time Share operates as a Timebank and is open to anyone living in Tower Hamlets. Age, ability, income or limited mobility are not barriers to participating in the Timebank. Everyone has something to offer and everyone's time is valued equally.

How does it work?

Time Share is a community initiative for the people of Tower Hamlets, led by the people of Tower Hamlets!

For every hour that is shared with the community or local GP practice, a time credit is received, which can then be spent on learning new skills, getting support from someone else or on vouchers where available.

Time is exchanged through skill sharing activities and workshops. These sessions are facilitated by lead members in the community.

How much time is required?

If you would like to join Time Share, and exchange your passion and skills with your community or GP practice then we'd love to hear from you! Even if you can join us for 1 hour per week. We're always looking for new members and members of the community to lead new sessions.

Please email us to express your interest on thccg.timebank@nhs.net

NOW SHARING ONLINE



Why Time Share?

Time share empowers people to bring about change, make choices, and take control of their own lives and neighbourhoods. By bringing people's skills and energy to life and giving people equal access to Time Share, we have a sustainable and connected community. *Together we can say that people can!*

To sign up to sessions and find out more about what Time Share is please ask a member of staff at reception, or visit:

<https://equiptowerhamlets.nhs.uk/time-share/>

Time Share Activities

Group Therapy

Join in on weekly group therapy sessions which uses psychotherapy and focuses on the here and now. You'll meet others in your community and together share your experiences and hear each other's point of view. These sessions can help with feelings of loneliness, anxiety, relationship difficulties and depression.

Community Cooks

Take part in these fun virtual cook-alongs with your community as part of Time Share's healthy cooking series. Make new friends and share cooking experiences and recipes over Zoom and Whatsapp.

Creative Writing

Bringing together a community of writers, this is an open space for kind conversations and collective story telling. Bring your pen and paper and write from the wrist with your creative thoughts. Tarana will guide you through expressive writing and give you tips and exercises on how to write creative sentences, short stories and poems. Suitable for beginners and no experience necessary.

Virtual Coffee Morning

Come along and bring your energy and creativity to Time Share's weekly virtual coffee morning over Zoom. Make new friends in your local community and join in on themes such as art therapy, health and well-being and money management.

DAY: **Tuesday (weekly)**

TIME: **11.30am – 12.30pm**

Creative Futures

Create fantastic artwork in your home and be part of a bigger project. Creative Futures believe in the power of the arts to improve people's lives. We want to encourage people from all walks of life to stay connected and build new friendships through creativity – it is good for our minds, our health and general well-being.

Women's Cycling Club

What's your cycle story? An online conversation for women to share courage and information about cycling. A 5 week programme of topics and group chats, helping to reshape cycling by connecting women.

DAY: **Tuesday (weekly)**

TIME: **1- 1.30pm**

Session dates: **16th, 23rd, 30th June and 7th and 14th July Register by emailing rosalinda.baker@yearhere.org**

The Lockdown Kitchen

If you're aged 16-21, come along to talk all things food, learn from innovative young chefs on how to cook and create and drive change for your community!

Enhance your CV by learning how to build a fun healthy eating campaign, make new friends and get vouchers for attending. **Workshops commencing in September – register your early interest by emailing monica.pun1@nhs.net**



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

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

GP Registrars

Dr Aziz Ahmed

Dr Sonia Bharadwaj

Dr Sophie Von Heimendahl

Physician Associate

Tabana Gohar

Practice Nurses

Liz Hands

Lauryn Murdoch

Amy Endersby

Bonnie Mpofo – Diabetes specialist

Practice Pharmacist

Harriet Abbiss

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

Kehinde Idahosa

Smoking cessation advisor

Emma Montero

Hypertension specialist nurse

Anne-Marie Martin

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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