

# JUBILEE LINES

*keeping our patients informed*

**2022**

Volume 18 Issue 2

Autumn issue

**AUTUMN EDITION: BACK TO  
SCHOOL, STAYING WELL IN COLD  
WEATHER AND MORE**



**SCAN OUR QR  
CODE TO ACCESS  
THE NEWSLETTER  
ONLINE**



**[WWW.JUBILEESTREETPRACTICE.NHS.UK](http://WWW.JUBILEESTREETPRACTICE.NHS.UK)**

# JUBILEE LINES

*keeping our patients informed*

## JUBILEE STREET PRACTICE'S NEW WEBSITE LAUNCH

After listening to our patients regarding how they use our current website, we have launched our new look website in August 2022.

There has been a lot of background work over the past 18 months to design a website from the ground up that is easier to use, with information that is easier to find.

We are grateful for the discussions with patients from the practice, who kindly volunteered their time and thoughts through surveys and focus groups.  
Thank you.

We hope you enjoy using our new website.



You can contact us about a medical, administrative or prescription issue by clicking here:  
[jubileestreetpractice.webgp.com](https://jubileestreetpractice.webgp.com)

The benefits for you are:

- You can seek help from the comfort of your own home
- No need 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

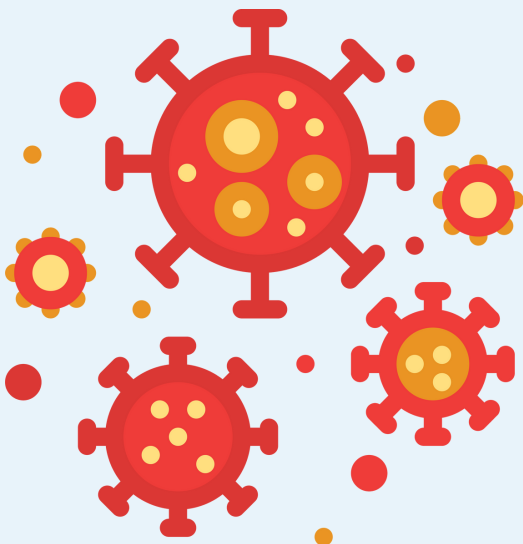
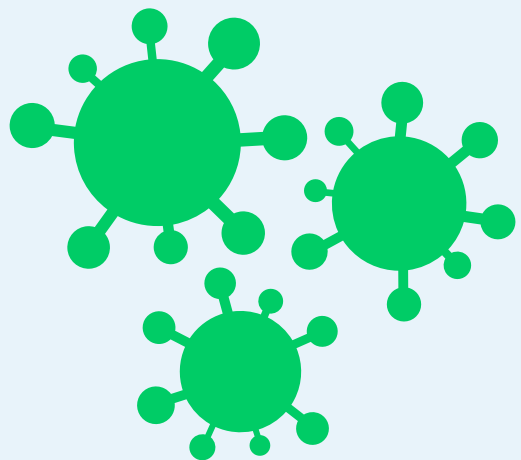
It's 'Click and Easy' so try contacting us online!

# JSP FLU CLINICS

## OUR WEEKEND FLU VACCINATION CLINIC WILL BE RUNNING ON SATURDAY 15TH OCTOBER 2022

We will be running the service from 9am - 1pm.

It is a walk-in service and open to specific patient groups - for more details contact reception.





# The JSP "Vibe"

Dr Ahmed held a practice meeting where we discussed what we feel the Jubilee Street Practice environment means to us. This word bubble sums it up!



**@reallygreatsite**



# Wellbeing projects

WELLBEING PROJECT LEAD - MARJIA SULTANA

## Article edited by Shereen Hussain

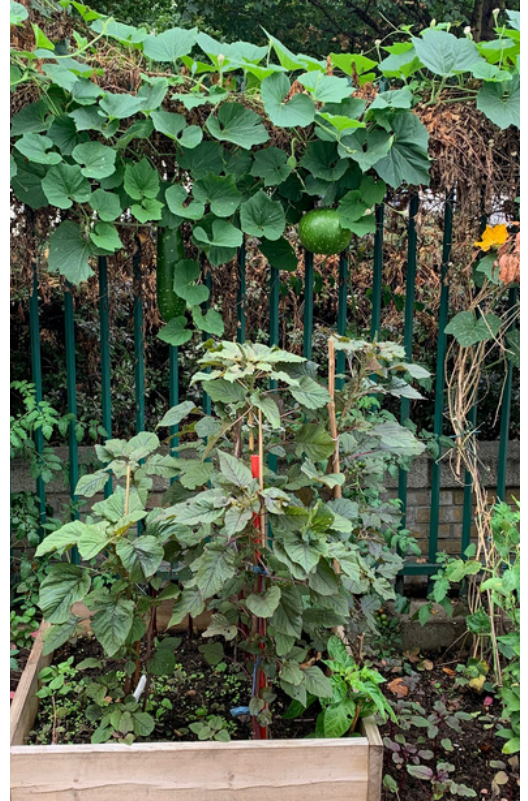
Our wellbeing projects have been running at Jubilee Street Practice for over 2 years now - they have been very successful and well received by our patients and local community!

Some of our most popular wellbeing hub activities are:

### Come grow with us Gardening Group

This activity runs every Thursday 10-12 outside the Practice.

It has helped to improve physical and mental wellbeing of our patients, creates a sustainable green space in our surroundings here in Shadwell, and has created a great opportunity for our patients to socialise and reduce feelings of loneliness.



# WELLBEING TIMETABLE

WELLBEING PROJECT LEAD - MARJIA SULTANA

## **Women's Keep Fit group**

New cohort of Women's keep fit classes are starting 28th September 22! These morning classes help with general fitness and improve wellbeing! It has helped our patients who may not have had easy access to a gym and has also given opportunities to make new friends.

**First class Wednesday 9:45-10:45, second class 11-12 at Exmouth Community Hub.**

## **Social Hub**

**Runs every Thursday 2pm-3:30pm Carers Centre**

The partnership between 'We Connect Communities' and JSP saw the formation of the social hub project, which set out to reduce isolation and loneliness of the patients. The sessions consist of word searches, games, knitting, arts, crafts, conversations, and discussions for patients to participate in.

## **Cooking Group**

**Runs every Tuesday 10-12 at the Tarling East Community Centre**

The Bigland Cooking Academy is a participant-driven, experimental cooking class. JSP Wellbeing Hub is supporting the group and collaborating on sessions together along with the Gardening group. The gardening group have harvested vegetables, fruits and herbs grown from the JSP community garden and shared with the cooking academy for cooking and enjoying. This promotes partnership within both the activities allowing us to share resources and maximise our impact in the community whilst enjoying some organic and delicious recipes.





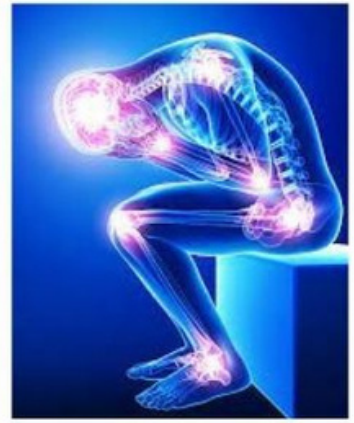
# JSP WELLBEING HUB PAIN GROUP

with talking therapies

**In Bengali**

Venue: Jubilee Street Practice  
368-374 Commercial Road  
London E1 0LS

2nd Floor Large Teaching Room



"Learning exercises, meeting people, and learning more about how to endure my pain is what I look forward to every pain management session".



## **What to expect:**

**Wednesdays 11am-12:30pm**

**13th July:** Introduction to Pain

**10th August:** Pacing & Routine

**14th September:** Goal setting & Motivation

**12th October:** Self Care

**9th November:** Mindful Relaxation

**14th December:** Worry Management

We have been facilitating chronic pain groups in collaboration with Tower Hamlets Talking Therapies. Individuals who attend the course of sessions will have a better understanding of the links between pain and wellbeing, while learning numerous strategies to manage their wellbeing and improve their quality of life despite their chronic pain condition.

## **Runs monthly and the next sessions taking place are:**

**Wednesday 12th October 22 11-12:30**

**Wednesday 9th November 22 11-12:30**

**Wednesday 14th December 22 11-12:30**

We will also be looking to start a peer support group for our participants who have completed the programme, to find out more contact: [thccg.jspwellbeing@nhs.net](mailto:thccg.jspwellbeing@nhs.net)

# WELLBEING TIMETABLE

WELLBEING PROJECT LEAD - MARJIA SULTANA

## **Walking group**

Weekly walking group for all abilities.

**Runs every Tuesday 11:30-12:30**

**Meeting point Harford Multicentre E1 4PJ**

**Contact Farrah 07395790863**

## **Over 50s group/coffee morning**

**Runs Tuesday 10-11:30am Exmouth Community Hub**

Our classes usually start with a short mindfulness or breathing exercise before we begin to move, and we finish with a relaxation.

We use the chair to make yoga poses more inclusive and accessible. Elements are included to promote joint mobility, strength, flexibility and balance; factors that are especially important to maintain as we get older in order to stay healthy, pain free and independent.

The JSP Wellbeing Hub are looking for new volunteers to help us with current and future projects. We are also looking to set up a Patient Advisory Board (PAB). The members of the board would contribute towards the responsibilities and decisions of the Hub and be a voice and representation for the community. If this is something that interests you, please get in touch with Marjia by emailing [thccg.jspwellbeing@nhs.net](mailto:thccg.jspwellbeing@nhs.net)

**To find out about any of these activities or to be involved please contact the JSP Community Wellbeing Hub team.**

**Email [thccg.jspwellbeing@nhs.net](mailto:thccg.jspwellbeing@nhs.net)**

**Phone: 07498862419**

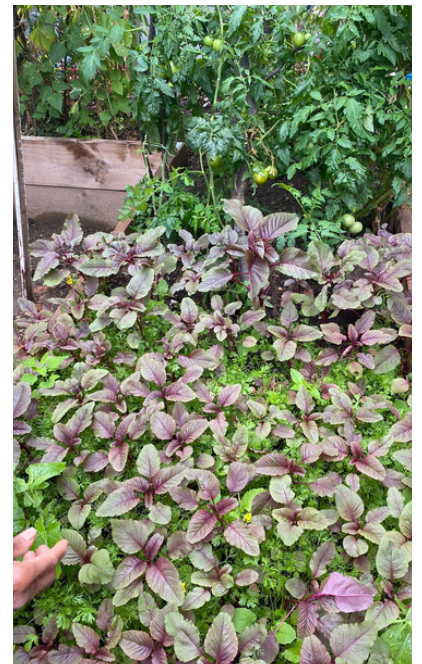


# Garden Bench Opening

In Memory of Henry Walters

## Article by Marjia Sultana

We were honoured to receive a bench and fruit trees for our garden from a patient who sadly passed away, to thank our staff for the care and love received. His daughter Jean joined the group for the opening of the bench recently and thanked the gardening group and the practice for all their efforts.





# Winter Blues and Diabetes

Bonnie Mpofu, Diabetes Specialist Nurse



## TO ALL OUR PATIENTS LIVING WITH DIABETES

The chill is in the air. You have enjoyed the sunshine during the warm months and enjoyed the walks in the parks or along the streets with everyone looking cheerful and generally happy.

The weight has come down and diabetes has improved too, what a good feeling.

Don't let the cold weather ruin all the work that you have done. Wrap up warm and continue the daily walks and you will be surprised; you will actually feel warm without being very sweaty and all that.



# Winter Blues and Diabetes

Bonnie Mpofu, Diabetes Specialist Nurse

CONTINUED

Try and maintain the healthy diet and no need to over eat to feel warm but can have tea (unfortunately without sugar) but it will make you nice a warm.

Please drink enough fluids over the winter to keep your body well hydrated. Don't forget your flu jab and Covid vaccines if you haven't already had them. Having diabetes unfortunately means your recovery from common ailments or illnesses is longer than usual therefore protect yourselves.

Those on insulin might need dose adjustments therefore monitor your glucose levels and seek help if needed.

REMEMBER NO WINTER LASTS FOREVER AND  
THERE IS CHRISTMAS TO LOOK FORWARD TO.

Spring will soon be here!





# PREPARING FOR COVID THIS WINTER

## — 8 PRACTICAL TIPS —

### Dr Zahra Husain

We are likely to see a rise in COVID again this winter. The past 2 years has seen a lot of research and experience. The highest risk of picking up COVID is from indoor settings, because virus levels can build up in closed spaces.

The good news is there are practical things you can do to help reduce the risk of catching COVID, and other viruses too, like the flu and common cold.

#### **1 – VENTILATION - ‘The solution to pollution is dilution’**

Consider opening windows, even slightly, to help old air escape, and allow new fresh air to enter

#### **2 – MASKS**

Wear masks in indoor settings e.g. shopping, workplaces, schools.

#### **3 – AIR FILTRATION**

Consider using an air purifier with a HEPA filter – this can reduce the amount of virus in the air.

You can buy these but is possible to make a DIY version – the Corsi-Rosenthal box. They work as well, if not better, than the shop-bought ones! And use a fan, cardboard, HEPA filters and duct tape - high concept & low tech solution.

<https://www.youtube.com/watch?v=hluH-2naozl>

<https://engineering.ucdavis.edu/news/science-action-how-build-corsi-rosenthal-box>

#### **4 – OUTDOOR LIVING WHERE POSSIBLE**

Due to meet with a friend? Consider a walk in the park  
Be sure to wrap up warm.

#### **5 – SOCIAL DISTANCING**

Avoid crowded indoor spaces in winter





# PREPARING FOR COVID THIS WINTER

## — 8 PRACTICAL TIPS —

### Dr Zahra Husain

#### 6 – IF YOU ARE GOING TO SING, SING OUTSIDE!

Or shouting, or loud talking – more virus is released with loud voices – do it outside!

#### 7 – VACCINE

Get vaccinated - <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/>

#### 8 – IF SICK, ISOLATE, GET TESTED, AND REST

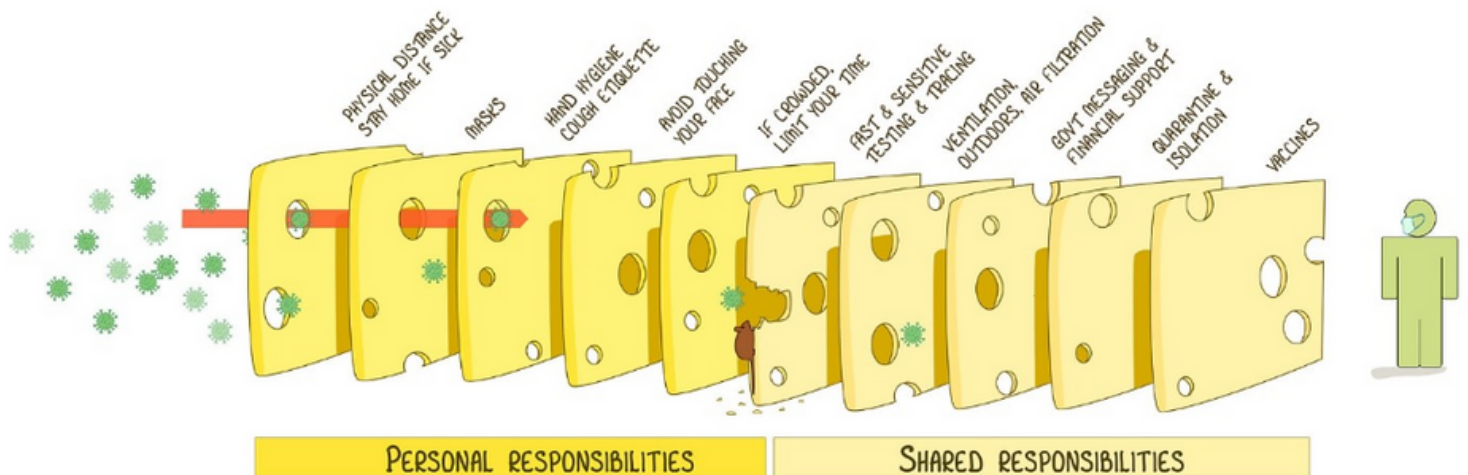
If you have symptoms, it is important to isolate to avoid spreading it to others

Rest and good nutrition is essential to recovery. Listen to your body.

Ultimately we will all need layers of protection:

#### THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).  
MULTIPLE LAYERS IMPROVE SUCCESS.

IAN M MCKAY  
VIOLOGYDOWNUNDER.COM  
WITH THANKS TO JODY LANARD, KATHERINE ARDEN & THE UNI OF QLD  
BASED ON THE SWISS CHEESE MODEL OF ACCIDENT CAUSATION, BY JAMES T REASON, 1990  
VERSION 3.0  
UPDATE: 24oct2020

# JSP TEAM UPDATES

## MEET OUR NEW TEAM MEMBERS

### **MICHELLE GAYLE - PRACTICE CLINICAL PHARMACIST**

#### WHAT DOES YOUR ROLE INVOLVE?

I deal with medication, queries, managing long term conditions, reconciling medication from discharge summaries, and helping the practice hit QOF targets.

#### WHAT DO YOU LIKE ABOUT WORKING AT JSP?

The staff are really friendly and I like the open triage room, it makes communication with the other staff a lot more accessible and easy.

#### WHAT DO YOU LIKE DOING OUTSIDE OF WORK?

I like going to the gym, watching reality TV, visiting my friends and seeing my son who goes to Birmingham Uni.



### **DR MAEBH KINSELLA - GP**

#### WHAT DO YOU LIKE ABOUT WORKING AT JSP?

Everyone is so friendly and helpful, and the patients are lovely!

#### WHERE DID YOU WORK BEFORE JSP?

Just before I moved to JSP I was working in Obs & Gynae at the Royal London. Before this I worked in Glasgow and Derry for a year!

#### WHAT DO YOU LIKE DOING OUTSIDE OF WORK?

Playing music! Mostly Irish fiddle music - I love it



### **NADHIRA JANNAT - PATIENT ASSISTANT**

#### WHAT DO YOU LIKE ABOUT WORKING AT JSP?

I like the people, everyone is like a family here!

#### WHAT DO YOU LIKE DOING OUTSIDE OF WORK?

I like baking! I love making cupcakes and cheesecakes especially.

#### WHERE DID YOU WORK BEFORE JSP?

I worked at Harford Health Centre.



# COMMENTS

## FROM OUR PATIENTS

### Great Practice

Jill Jeyes - 16 August 2022



The doctor I saw was amazing, she went far and beyond to put my mind at ease. She was patient and kind. She explained everything to me and made sure I understood everything.

**Jubilee Street Practice** replied on 16 August 2022

Thank you for feeding back your experience with us. We are very happy that our GP was able to put your mind at ease. We always try to ensure that our patients are just as much involved in their care as the GPs themselves.

### Amazing!

Anonymous - 17 August 2022



I always feel so assured and like the staff really care at Jubilee. They have time to talk things through and are very supportive. The team is especially brilliant when it comes to women's health issues. I would recommend them to anyone.

**Jubilee Street Practice** replied on 18 August 2021

Thank you for taking the time to share with the rest of us your experience at JSP, especially that you feel supported. We always try our best to listen to our patients and talk through options. We appreciate you also recommending us to others!

### Outstanding: Highly professional

Lyle Dennen - 7 September 2022



Il had a brilliant and thorough examination with a doctor and also specialist fellow doctor who subsequently joined us. Outstanding treatment and analysis. I am very grateful to be registered at such a professional, skilled, helpful and kindly surgery.

# JUBILEE STREET STAFF TEAM

## Transformation Manager

Virginia Patania

## GPs

Dr Nicola Hagdrup  
Dr Salma Ahmed  
Dr Jens Ruhbach  
Dr Emma Ovink  
Dr Natalie Symes  
Dr Ali Klaber  
Dr Zahra Husain

## GP Registrars

Dr Milena Marszaleck  
Dr Miriam Samuel  
Dr Sophie Fidoe  
Dr Umair Nazir  
Dr Meabh Kinsella  
Dr Charlotte Smith  
Dr Raoul Li-Everington

## Practice Nurses

Liz Hands  
Lauryn Murdoch  
Amy Endersby  
Bonnie Mpofu  
(Diabetes specialist)  
Fatima Ali-Yousuf  
Anne-Marie Martin  
(Hypertension specialist)

## Practice Pharmacist

Michelle Gayle  
Nazifa Akhtar

**Editors: Shereen Hussain  
Kamal Uddin, Majeda Khanom**

## Practice Co-Ordinator

Lyn Owens

## Transformation Co-ordinator

Kamal Uddin

## Senior Patient Assistant

Nicola Cyprien  
Yasmin Rahman

## Administrators

Christine Hulbert  
Helen Olajorin  
Majeda Khanom  
Asma Begum

## Physician Associate

Tabana Gohar  
Nadhira Jannat

## Healthcare Assistants

Ayesha Khatun  
Subarna Barua  
Wahida Begum

## Assistant Practitioner

Marjia Sultana

## Note Summariser

Shereen Hussain

## Patient Assistants

Rukshana Muquit  
Nipa Khanom  
Rajna Begum  
Rahima Begum  
Imane Saidane  
Faiz Hussain  
Joe Nicholls  
Danielle Bramble  
Amin Nafnaf  
Farjana Sheri  
Nurin Begum  
Sultana Begum

## Bangladeshi Health Advocates

Saleha Uddin (Monday AM)  
Aniss Uzaman (Tuesday AM)  
Jakia Haque (Wed AM)  
Kamal Uddin (Fri AM/PM)

## Network staff (recalls)

Chadni Samad  
Rahila Khanum

## Caterer

Shakila Wakili

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