

## GP STAFF

Dr Sagar Dhanani

Dr Jyoti Singh

Dr Rasneet Nagi

Dr Manpreet Bains

## Nurses

Donna Fleming

Rebecca Mandimutsira

## Phlebotomy/HCAs

Yashkamal Patel

Paulyn Reynolds

## Reception

Sally, Sunita, Breah, Ilham and Maggie

## Administrators

Preeti, Joanne, Mamta, Kulvinder, Julie

## Manager

Laura Tyrrell

THE HIGH STREET PRACTICE

YIEWSLEY HEALTH CENTRE

20 HIGH STREET

WEST DRAYTON

MIDDX

UB7 7DP

OPEN 8AM TO 6.30PM MONDAY TO FRIDAY

TEL: 01895 422292

WWW.YIEWSLEYHIGHSTREETPRACTICE.CO.UK

## Clinical Pharmacist

Sagal Abdi

## Pharmacy Technician

Joanne McGuire

## First Contact Physiotherapist

Reyhan Pillai and Mohan Jhala

## Social Prescribers

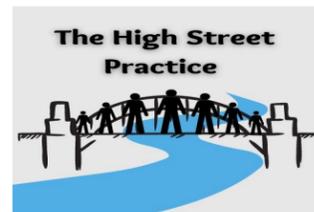
Rachel Bulley, Marwa Hassan and Amal Jama

## Health and Wellbeing Coach

Sanja Vukotic

## GP Assistant

Emal Masood



# The High Street Practice

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## Winter Edition

### COLD AND FLU SYMPTOMS

If you have cold and flu like symptoms please contact your local pharmacist in the first instance . Only see your GP if the following occurs

- your symptoms do not improve after 3 weeks
- your symptoms get suddenly worse
- your temperature is very high or you feel hot and shivery
- you're concerned about your child's symptoms
- you're feeling short of breath
- you have a long-term medical condition – for example, diabetes, or a heart, lung or kidney condition you have a weakened immune system – for example, because you're having chemotherapy

### NEW GP

Dr Khan has left the practice for pastures new, but we are delighted to have Dr Manpreet Bain's on board. She will be working Tuesdays, Thursdays and Fridays only



When calling the surgery you will be advised to use our Patches tool which allows you to complete a form which is submitted to the GP and dealt with within 2 working days. This is a great way to get a sooner routine appointment. We have 10 available per day.

Once registered the patient answer a simple set of questions where there is the option to upload photographs.

It can also be used as a method of requesting repeat medication, medical certificate and letters.

The feedback from patients has been very positive and some use this regularly as a method of contact the practice.

*When calling the surgery for a routine appointment please call between 11am and 1pm and 3pm to 6.30pm. This will free up the phone lines for more urgent appointments.*

#### ADDITIONAL CLINICIANS WHO SUPPORT THE GPS

The GPs are supported by the following staff members.

- Clinical pharmacists— they have a wealth of knowledge of medication and its use and can be booked for medication reviews and queries.
- First Contact physiotherapist (FCP)—if you have a new back or joint pain you can speak to the FCP in the first instance and they will arrange a face to face appointment for you. They are in direct contact the with GP so can ask for medication if this is required.
- Social prescribing link workers—if you have a non medical social need you can be referred to the social prescribers. The can support you with housing needs, social isolation and can guide you to local support groups. The social prescribers will have a stall at Yiewsley Health Centre every second Wednesday in the afternoon.
- GP assistant— General Practice Assistants provide a support role, carrying out administrative tasks, combined in some areas with basic clinical duties. They can help to free up GPs time and contribute to the smooth running of appointments, improving patients experience in the surgery.



Carers Trust is a local charity based in Uxbridge that operates support services for unpaid carers living in Hillingdon.

The offer respite for carers , training and care and support directory as well as wellbeing support.

If you are a carer you can contact them on 01895 556633

## Why early cancer detection is so important!

<b>BOWEL CANCER</b> If detected in its earliest stages, there is around a 90% chance of it being cured. Many <b>bowel cancers</b> are potentially preventable in the UK, with regular screening and reducing lifestyle risks.	<b>LUNG CANCER</b> More men and women die of <b>lung cancer</b> than any other cancer. Survival rates are currently low because it is detected late.	<b>CERVICAL CANCER</b> Is a very treatable disease if detected in its earliest stages! At present 1 in 4 women, and 1 in 3 women aged 25-29, fail to attend for NHS <b>cervical screening</b> .
<b>BREAST CANCER</b> Of the 55,00 women diagnosed with <b>breast cancer</b> each year in the UK, 23% are preventable by risk reduction and breast screening.	<b>PROSTATE CANCER</b> More than 47,000 men are diagnosed with <b>prostate cancer</b> in the UK every year - that's around 130 every day. Cancer diagnoses fell significantly during the pandemic due to missed screening appointments and fewer people going to the doctor.	<b>SKIN CANCER</b> The earlier <b>skin cancer</b> is detected, the better the outcome. This is particularly true for a malignant mole or melanoma.

## SUPPORT AND ADVICE SERVICES



This is a community based crisis alternative offering non clinical support to individuals experiencing a crisis of mental distress. It includes 1 to 1 advice to help you find the best path forward.

For residents of Hillingdon aged 16+ can turn up any time between 2pm and 10pm with no appointment needed.

Apple Blossom Cottage 64 Ickenham Road Ruislip HA4



Adult Mental Health Recover and Wellbeing Service  
Access to therapeutic activities such as creative writing  
Access to employment support  
Young adults 16-25 project

You can call on 01895 271599 or visit

[www.mindinhillington.org.uk](http://www.mindinhillington.org.uk)



Talking Therapies provides psychological support and advice and is for people who are having emotional difficulties and are struggling to cope with everyday life.

You can refer yourself by visiting their website on [talkingtherapies.cnwl.nhs.uk/hillingdon](http://talkingtherapies.cnwl.nhs.uk/hillingdon) or call 01895 206800

Age UK are delivering dementia activity session for people living with dementia.



To find out more you can call 07925 148 169 or [bf@ageukhbb.org.uk](mailto:bf@ageukhbb.org.uk)



## MINOR ILLNESSES

Pharmacies can give treatment advice about a range of common conditions and minor injuries, such as:

- aches and pains
  - sore throat
  - coughs
  - colds
  - flu
  - earache
  - cystitis
  - skin rashes
  - teething
  - red eye
- If you want to buy an over-the-counter medicine, the pharmacist and their team can help you choose.

Antibiotics will not be available over the counter to treat minor conditions.

## NEW MEDICINE SERVICE

The New Medicine Service is available at pharmacies to give you extra help and advice if you're just starting on a new medicine for one of the following conditions:

- asthma
- chronic obstructive pulmonary disease (COPD)
- type 2 diabetes
- high blood pressure
- people who have been given a new blood-thinning medicine