

The High Street Practice
Yiewsley Health Centre
20 High Street
Yiewsley
UB7 7DP
Phone: 01895 422 292
E-mail:
nhsnwccg.highstreetpractice@nhs.net
Website:
www.yiewsleyhighstreetpractice.co

Our Team:	
Doctors: Dr Sagar Dhanani Dr Jyoti Singh Dr Umbreen Khan Dr Rasneet Nagi	Nurses: Donna Fleming Rebecca Mandimutsira
Admin Staff Practice Manager: Laura Tyrrell Medical Secretary: Preeti and Joanne Reception Staff: Susan, Sally, Tashan, Andreea, and Sunita Administration: Mamta, Kulvinder, and Julie	

Opening Hours:
Monday 8am to 6.30pm
Tuesday: 8:am to 6.30pm
Wednesday: 8am to 6.30pm
Thursday: 8am to 6.30pm
Friday: 8am to 6.30pm

The Telephone Lines are closed between 1:00 pm and 2:00 pm
Monday to Friday but the doors remain open

The Practice consists of a well established team of caring doctors, nurses and administrative staff.

We aim to provide a high standard of care to our patients with emphasis on healthy

Named GP

Dr Sagar Dhanani is the Named GP for all patients registered at The High Street Practice. This is a formality but you can see any doctor of your choice. It is recommended that you see the same doctor if your problem is ongoing.

If you have any feedback on this Newsletter please give this to the practice manager in person, writing or email to nhsnwccg.highstreetpractice@nhs.net

The High Street Practice Newsletter



Cold and Flu Season

Winter is upon us and with that come the dreaded cold and flu season.

Symptoms include:

- Sudden high temperature
- Achy body
- Feeling tired
- Dry cough
- Sore throat
- Loss of appetite
- Diarrhoea or feeling sick

You can take the following steps:

- Rest and sleep
- Keep warm
- Take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- Drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

Patches

Patches is a clever software that allows you to quickly and safely get help and advice from our GPs and staff online, for free, from anywhere.

It is a form-based online consultation & triage platform that collects your medical or administrative request and sends it through to your us to triage and decide on the right care for you and everyone else.

It can be accessed via our website: yiewsleyhighstreetpractice.co.uk during our opening hours.

Some of our Services:

- Diabetic Clinic
- Diabetic Group Consultations
- Asthma Clinic
- COPD Clinic
- Post Natal Clinic
- Family Planning and contraception
- Wound Care & Stitch removal
- Travel advice and vaccinations
- Community Paediatric Matron
- NHS Health Checks
- Paediatric Phlebotomy
- Adult Phlebotomy

Additional Services Provided by Colne Union Network

Please contact reception to book with one of these healthcare professional professionals

Social Prescribing Link Worker

A Social prescribing link work (SPLW) can help you with the following

- Support your mental wellbeing
- Live healthy
- Support with housing issues
- Become more socially connected

Our SPLW runs peer support groups every Monday and Tuesday online.

Contact reception to book your appointment.

Dietician

Our dietician can help you with the following

- Tummy problems such as IBS
- Food allergies or intolerances
- Managing Type 1 and Type 2 diabetes
- Support with feeding your baby or child
- Putting on weight lost due to illness
- Managing medical conditions such as raised cholesterol or high blood pressure
-

First Contact Mental Health Practitioner

Mental Health practitioner can help you:

- Alleviate time spent on mental health consultations
- Improve your journey and overall experience
- Faster access to appropriate mental health expertise
- Early detection of mental health activities.

Pharmacy Technician

A Pharmacy technician can help you with the following.

- Synchronise your medication
- Advise on over the counter medication
- Blood pressure checks
- NHS health checks
- Update your medication list following discharge from hospital

Clinical Pharmacist

Clinical Pharmacist can help you with the following;

- Get the best out of your medication
- Understand what meds you are on and why you are taking them
- Helping you manage long term chronic conditions
- Helping you with an queries concerns re your medications
- Updating or reconciling your meds from hospital

First Contact Physiotherapist

A First contact Physiotherapist (FCP) can help with the following:

- Education and advise on pain management without medication
- Assess and diagnose new injuries
- Refer you to treatment based physiotherapy or orthopaedics if needed
- Discussing how to get you exercising or active again.

Health and well being coach

A health and well being coach (H&WB coach) can help with a range of problems:

- Type 2 diabetes
- Weight Management
- Bereavement
- Non diabetic hyperglycaemia
- Smoking cessation

New Salaried GP

We are delighted to inform you that we have a new female GP Dr Rasneet Nagi join our team.

She works on Mondays, Tuesday morning, Wednesdays and Thursdays.

Out of Hours Access

There are now appointments with GPs, nurses and HCAs maybe available to book outside of the core working practice opening hours. Ask at reception desks for availability.

Mondays to Fridays 6.30pm to 8.30pm
Location: Yiewsley Health Centre, West Drayton

Weekends: 8am to 6.30pm

Uxbridge health Centre , George Street

Patient Participation Group

We are looking for volunteers to join our patient participation group.

It is not a platform to complain but to provide constructive feedback and bring ideas to the table/forum.

We do hold face to face but can hold virtually if we have enough interest.

Please email the practice manager on nhsnwlccg.highstreetpractice@nhs.net if interested