

The High Street Practice
 Yiewsley Health Centre
 20 High Street
 Yiewsley
 UB7 7DP
 Phone: 01895 422 292
 E-mail:
nhsnw1.highstreetpractice@nhs.net
 Website:
www.yiewsleyhighstreetpractice.co.uk

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: Sally, Ilham, Andreea, Sunita, Julie and Breah Administration: Mamta, Kulvinder	

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 lifestyle

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 nhsnw1.highstreetpractice@nhs.net

The High Street Practice Newsletter

Some of our Services:

- Diabetic Clinic
- 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

Self management of Hayfever

Symptoms of hayfever include:

- Sneezing and coughing
- A Runny or blocked nose
- Itchy, red or watery eyes
- Itchy throat, mouth, nose and ears,
- Loss of smell
- Pain around your temples and forehead
- Headache
- Earache
- Feeling tired

If you have asthma, you might also:

- Have a tight feeling in your chest
- Be short of breath
- Wheeze and cough

Hayfever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

How to treat hayfever yourself

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your eyes
- Shower and change your clothes after you have been outside to wash pollen.
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- Try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities

Don't

- Cut grass or walk on grass
- Do not spend too much time outside
- Do not keep fresh flowers in the house
- Do not smoke or be around smoke—it makes symptoms worse
- Do not dry clothes outside—they can catch pollen
- Do not let pets in the house if possible—they can carry pollen

Additional Services Provided by Colne Union Network

Please contact reception to book with one of these healthcare professionals

Social Prescribing Link Worker

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

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

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.

Health and well being coach

Can help with a range of problems:

- Type 2 diabetes, weight management, non diabetic hyperglycaemia and smoking cessation

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 advice 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.

ECG and 24hr Blood pressure

You will now no longer need to travel to Hillingdon Hospital or another surgery to have these done.

From the 3rd July we will be able to offer this to patients who the GP deems appropriate. You will be contacted by a member of the practice team to book these in.

Patches - accessed via yiewsleyhighstreetpractice.co.uk

Patches allows you to quickly and safely get help and advice from our GPs and staff online,

It is a form-based online consultation & triage platform that collects your medical or administrative request and sends it through to us to triage and decide on the most appropriate action.

Getting through on the phone

The mornings are an extremely busy time to get through to speak to someone on the phone. If you query is non urgent we would suggest calling at less busy times between 12 and 1pm and 5 to 6pm.

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 nhsnw.highstreetpractice@nhs.net if interested