

How you can see us:

The map below shows the practice boundary. If you live in this area we will be able to register you.



✿ Opening hours:

Our reception is open every weekday from 9.00am to 6.30pm. Please call in or ring for an appointment on 0844 815 1020. You can also book an appointment on www.eastendgp.co.uk

✿ GP consultation times:

Our doctors will be able to see you at the following times:

Monday: 9:00am-1:00pm, 3:00pm-6:30pm
Tuesday: 9:00am-1:00pm, 3:00pm-8:00pm
Wednesday: 9:00am-1:00pm, 3:00pm-6:30pm
Thursday: 9:00am-1:00pm, 3:00pm-6:30pm
Friday: 9:00am-1:00pm, 3:00pm-6:30pm

Other Languages:

Monday - Friday
9.00am - 5.00pm



TPCTBB/08/5

For free translation phone

Për një përkthim falas telefononi
للترجمة المجانية الرجاء الاتصال هاتفياً
বিনামূল্যে অনুবাদের জন্য টেলিফোন করুন
Za besplatne prevode pozovite
欲索取免費譯本，請致電。

Pour une traduction gratuite, téléphonez
Για δωρεάν μετάφραση, τηλεφωνήστε.
મફત ભાષાંતર માટે ફોન કરો.

निःशुल्क अनुवाद के लिए कृपया फोन कीजिए

بو ته رجومه كردني به خورايي ته له فون بکه بو

Del nemokamo vertimo skambinkinte
സൗജന്യമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക
Po bezplatne tlumaczenia prosimy dzwonic
Para uma tradução grátis, telefone.

ਮੁਫਤ ਅਨੁਵਾਦ ਲਈ ਫੋਨ ਕਰੋ

Перевод – бесплатно. Звоните.

Para obtener una traducción gratuita llame al:
Turjubaan lacag la'aan ah ka soo wac telefoonka
இலவச மொழிபெயர்ப்புக்கு தோலைபேசி செய்யவும்.
Ücretsiz çeviri için telefon edin.

Điền thoại để được thông dịch miễn phí.

مفت ترجمے کے لیے ٹیلیفون کیجیے۔

For large print or braille phone

020 8430 6291

© Newham Language Shop

Tower Hamlets Primary Care Trust
Mile End Hospital
Bancroft Road
London E1 4DG
Telephone: 020 7377 7000

Design: Lekker Design

How can we help you?



**Bromley by Bow
Health Centre**
St Leonard's Street
Bromley by Bow
London E3 3BT

T: 0844 8151 020

F: 020 8983 4098

www.bromleybybowhealthcentre.nhs.uk



Wheelchair and
Pram access

Your surgery team are:



Doctors

Dr Michael Jiew (Male)
Dr Aparna Sanyal (Female)
Dr Rebecca Scott (Female)
Dr Saul Marmot (Male)
Dr Julia Davis (Female)
Dr Savitha Pushparajah (Female)
Dr Joe Hall (Male)
Dr Sam Everington (Male)
Dr Bart Ramirez-Martinez (Male)

Practice Nurses:

Yvonne Coughlan, Kirstie Jones
Kirsty Hill, Linda Aldous,
Siobhan Hicks, Marie Dale

Managers:

Pat Emin, Carole McCluskie
Lisa Dale, Elaine Hamling

Secretary:

Susan Preston

Receptionists:

Angela Best, Nazma Begum
Yvonne Sidler, Aiysha Bibi
Rahena Begum

Advocate

Fatima Uddin

Phlebotomists

Christine Dunsford, Ruhela Parves

Health Care Assistant

Nicola Brown

Patients Participation Group

Have your say in shaping the services in your new health centre. To become involved, contact Reception.

Trainee nurses, doctors and other NHS staff are also part of our team.

We teach medical students, nurse and other health professionals and hope you will enjoy meeting them. Please let us know if this is a problem.

This practice is computerised and registered under the Data Protection Act. Personal information will be confidential to the NHS unless you have given permission in writing. The practice has also produced and published information in compliance with the Freedom of Information Act – a copy of this may be obtained from us.

Tower Hamlets **NHS**
Primary Care Trust

Important information:

What we can offer you:

How to Register:

Registration of new patients takes place at the practice on weekdays between 4-6 pm.

Please bring with you

- proof of your address, e.g. a recent household bill or rent book
- ideally a passport, driving licence or other recognised photographic ID.

If you have a non-UK passport please provide proof of a right to register for full NHS services.

If you have a Medical Card, please bring this with you as this will help us obtain your previous records.

You are encouraged to see the same doctor or nurse whenever you have a regular appointment. You may also request to see other GPs and nurses if, for example, you need an appointment at short notice or you need to see a female GP.

Where patients are requesting to join the practice list, the practice does not discriminate on the grounds of race, gender, social class, age, religion, sexual orientation or appearance, disability or medical condition.

Other information

Conduct

We aim to treat our patients courteously at all times and expect our patients to treat our staff in a similarly respectful way. Patients who are violent or abusive to any member of staff or other persons on the Practice premises will be removed from the Practice.

Who to see:

Please send or leave your repeat prescription card at reception or speak to your pharmacist

- Social Services
020 7364 5000
- Citizens Advice
0870 126 4014
- Benefits Advice
020 8983 9758

- Nurse
- Pharmacist

- Health Advocate, Health Trainer, Exercise Therapist

- Nurse


- Practice Manager

- Doctor
- Nurse
- Psychologist


- 212 Stroudley Walk, London, E3 4FT
020 8980 2178

- Receptionist

What I Need:

 **Repeat Prescriptions**
Please let us know 48 hours before you need a repeat prescription.


- If you think you need:
- Home Help
 - Meals on Wheels
 - Welfare & Employment Advice
 - Mobility allowance
 - Travel passes
 - Disabled Driver sticker

 **Blood Pressure Check**

- Nurse
- Pharmacist

 **Exercise**


- Health Advocate, Health Trainer, Exercise Therapist

 **Dressings Removal of Stitches Incontinence**

- Nurse

 **Suggestions or Complaints**

- Practice Manager


 **Help with:**

- Anxiety
- Worries
- Depression
- Sexual Problems
- Bereavement

- Doctor
- Nurse
- Psychologist

 **Local Pharmacy**
For prescriptions and self treatment

- 212 Stroudley Walk, London, E3 4FT
020 8980 2178

 **Art Classes**
Pottery, gardening, stained glass, sewing

- Receptionist

Who to see:

- Health Trainer, Nurse, Health Care assistant

- Nurse, Health Adviser

- Nurse
- Doctor
- Health Visitor

- Nurse
- Doctor
- Family Planning Clinic

- Nurse

- Doctor

- Nurse, Doctor or Family Planning Clinic
- Pharmacist, Nurse or Doctor


- Nurse

Phone **0844 815 1020**


- Health Visitors
020 8983 4155
- Baby Clinic
- Nurse


- Doctor
- Nurse
- Ambrose King Centre
020 7377 7307


What I Need:

 **Weighing, Diets**
Find your ideal weight


 **Help with Smoking and Alcohol**

 **Starting a Family?**
Advice before you get pregnant

 **Cervical Smear**
Every three years

 **Breast Checks**
Breast Exam

- Nurse
- Doctor


 **Family Planning Morning After Pill**

- Nurse, Doctor or Family Planning Clinic
- Pharmacist, Nurse or Doctor

 **Travel Advice and Immunisation**

- Nurse

+ - Results of test Phone **0844 815 1020**



- Advice on baby and child care
- Family Diet and Exercise
- Childhood Immunisation
- Baby checks and hearing tests

 **Advice on:**

- Sexual Diseases
- HIV/AIDS

- Doctor
- Nurse
- Ambrose King Centre
020 7377 7307

Urgent Problems Patients will be seen the same day. Please telephone **0844 815 1020** first if possible. The receptionist will put you through if possible or take your number. If you can, please tell the receptionist what your call is about

Home Visits The doctors do home visits after morning surgery. If possible, please ring **0844 815 1020** before 11.00am

What to do when the Surgery is Closed (OUT OF HOURS) If you need urgent advice, ring the out-of-hours service on **020 7377 7151**

Psychologist..... By appointment via GP

Health Visitor..... Phone **020 8983 4155**

Baby Clinic Nurse and Health Visitors
Wed 1.30-4.00pm

Antenatal Clinic Wed 1.30-4.00pm by appointment

Family Planning Nurse, Doctor or Family Planning Clinic

Blood Clinics Please make appointment

District Nurse Phone **020 8983 4155**

24-hour Health Information & Advice Phone NHS Direct on **0845 4647** or visit www.nhsdirect.co.uk

Welfare, benefits employment advice... Phone **020 8709 9737**

English Classes Phone the receptionist or Learning Ambassadors on **020 8709 9842**

Diabetic Clinic Make an appointment with nurse

Midwife Phone **020 7377 7170**

Asthma Clinic Make an appointment with Nurse

Walk-in Centres **The Royal London Hospital**
Whitechapel, London, E1 1BB
Telephone: **020 7943 1333**

Canary Wharf
30 Marsh Wall, London, E14 9TP
Telephone: **020 7517 3300**