

Dr Taiwo Okun (male)
Dr Susannah Solaiman (female)
Dr Nabeela Bari (female)
Dr William Li (Locum male)
Dr Sifot Ali (Locum male)
Dr Shahib Ali (Locum male)
Dr Mitra Zare-Azirani (female)
Dr Anisul Islam (Male)

Clinical Practitioners:
Claris Quartey-Papafio (female)
Dorothy Morah (female)

Nurses:
Lucia Morris (female)
Angela Anekwe (female)

Health Care
Assistants/Phlebotomists:
Subarna Barua (female)
Selina Zaman (female)
Vaida Ilesanmi (female)

Practice Manager:
Susie Hannah



Deputy Practice Manager:
Patricia Campbell

Reception Manager:
Shalina Khan

ICT Manager:
Jason Tolentino

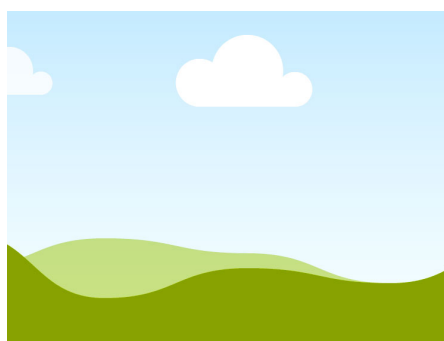
Nursing Administrator:
Mary Owusu

Medical Secretaries:
Ellen Quartey-Papafio

Receptionists/Administrators:
Shariar Begum

Shammi Choudhury
Genevieve Tagwi
Tamanna Siddique
Mary Hennessey
Linda Hayden
Aisha Bibi
Jasmina Begum
Baljinder Jandu

Lyack Ahmed
Amal Abdi
Amal Deria
Kia Morris
Rittu Vadher



Repeat Prescriptions

Due to safety precautions we do not accept orders over the phone. However, you can order in person or online. If you use a pharmacy regularly, ask them to register you for the Electronic Prescription Service. This way we can send your prescription automatically.

Independent Prescriber

Regulations now allow pharmacists to prescribe independently. An independent prescriber may prescribe autonomously for any condition & do medication reviews.

Patient Participation Group (PPG)

The PPG is held every three months. Come along and tell us what you want, what you would like to see improve or changed. We want your views.



Harford Walkers

Whatever the weather is we will walk every week on Thursdays at 9.30am. We meet in the Harford Centre Cafe with trainers Faar/Heena. For more information please contact them on 0207 790 3632 or email at fheena@stiffoed@stifford.org.uk

50+ Coffee Morning

Coffee. Cake. Good friends. Sounds like a lovely way to spend some time doesn't it?

Come along to our Coffee Mornings. Sip on free coffe and get chatting with friends in your local community group.

Ramadan

Eating a balanced diet during non-fasting hours helps to keep your body functioning properly during the day. Foods that release energy slowly, including carbohydrates and protein, will help to maintain energy levels. Visit the NHS Live Well website, www.nhs.uk/LiveWell, for healthy meal ideas.

For smokers, Ramadan could be a great opportunity to stop for good. It might seem daunting, but the NHS is here to help. Speak to your local GP or pharmacist, or visit www.nhs.uk/smokefree.



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NHS Family doctor services registration GMS1

Please complete in BLOCK CAPITALS and tick ☒ at appropriate

Patient's details

☐ Mr ☐ Mrs ☐ Miss ☐ Ms Surname Please complete in BLOCK CAPITALS and tick ☒ at appropriate

Date of birth: / / First names

Next to: / / Previous surnames

☐ Male ☐ Female Town and country of birth

Home address

Postcode Telephone number

Please help us trace your previous medical records by providing the following information

Your previous address in UK Name of previous doctor while at that address

Address of previous doctor

If you are from abroad

Your first UK address where registered with a GP

The Friends & Family Test

Considering your experience with our practice, how likely are you to recommend our GP services to friends and family? Leave any comments, suggestions on the form available at reception or go online at <http://harfordhealthcentre.org/>

Register Today

Registration takes place every day that the practice is open from 11.30-5.30pm. Please bring with you 2 proofs of address & photo ID. If you have an NHS number then please bring this with you as this helps us to obtain your previous records.



Protected Learning Time (PLT)

- We hold four Protected Learning Time (PLT). These dedicated training sessions allow GP practice staff the opportunity to close for the afternoon to learn about the most up to date information on particular subjects which underpin the key priorities for healthcare in Tower Hamlets. Closing dates & times are as follows:

Prime Minister's Challenge Fund

HUB APPOINTMENTS

In October 2013, the former Prime Minister announced a new £50 million Challenge Fund to help improve access to general practice and stimulate innovative ways of providing primary care services. Our practice is part of a new pilot programme to try and improve access to primary care at evenings and weekends. appointments on behalf of all GP surgeries in Tower Hamlets between 6.30 and 8pm Monday to Friday and 8am to 8pm Saturday and Sunday

The practices who are doing these are:

- East one Health Centre
- Blithedale Medical Centre
- Barkantine Practice
- St Andrews Health Centre

The appointments could be with a doctor or a nurse and might be booked for you by your own GP practice or the GP Out of Hours Service if you need to call them when your practice is closed. The doctors will have access to your medical records, only if you give your consent.



From **1st July 2015** you can book an appointment to see a GP or Nurse until **8.00pm weekdays and between 10.00am and 4.00pm on Saturdays and Sundays**

Choosing the right care, first time

Health services are very busy at the moment. Help us to help those most in need. Follow these steps to use the right treatment:

Self care

You can treat most common ailments and illnesses at home by keeping a well-stocked medicine cabinet. This should include:

- **Pain relief** e.g. paracetamol or ibuprofen
- **Children's paracetamol oral suspension and ibuprofen syrups** – free from pharmacy if you receive free prescriptions.
- **Mild laxatives** to relieve constipation.
- **Cold relief products.**
- **Rehydration mixtures** to use if feeling dehydrated after a bout of sickness or diarrhoea.
- **Indigestion remedy.**
- **A range of bandages, plasters, non-absorbent cotton wool, elastic bandages and dressings** for minor cuts, sprains and bruises.



Pharmacy first

Many pharmacies are open early until late and on weekends and bank holidays. You don't need an appointment, and can just pop in and get expert medical help from a qualified healthcare professional. Most pharmacies now have a private consultation area where you can discuss your issues and concerns without being overheard.

Pharmacy First

Many of Rotherham GPs and community pharmacies are part of the Pharmacy First scheme which enables you to get medication direct from the pharmacist without a prescription. Plus if you don't normally pay prescription charges you can get medicine supplied under the scheme **FREE OF CHARGE**.

For a list of pharmacies in the scheme visit: www.rotherhamccg.nhs.uk/pharmacy-first.htm



Children

All children get colds. This is a normal part of growing up and no medicines can prevent them. The best way to look after your child is to make sure they have plenty to drink and if they have a temperature some paracetamol will help. Most doctors don't recommend cough medicines and antibiotics won't help a cold.



NHS 111

NHS 111 offers confidential health advice and information by telephone. Ring 111 if you are ill and have questions about your health and where to get treatment.



GP surgeries

Make an appointment with your local GP if you have an illness or injury that will not go away.



Patient Access



With Patient Access, you can now access your local GP services at home, work or on the move – wherever you can connect to the internet. What's more, because Patient Access is a 24 hour online service you can do this in your own time, day or night. Please bring with you photo ID.

*Book an appointment.

*Order repeat prescriptions.

*Change your address details.

*Send secure messages to your practice.

*View your medical record

*Create a personal health record (iOS8 only)

Web GP : harfordhealthcentre@nhs.net

**Beat the queue!
Consult our
doctors from home**

GET STARTED NOW

1

Send us details
about your condition

2

A doctor decides on
the best treatment for you

3

We ring you back with
advice, prescription or
an appointment