

NEWSLETTER

**SEPTEMBER
2025**



Opening hours

Monday 08:00-20:00

18:30 - 20:00 open

for pre-booked appointments only

Tuesday 08:00-18:30

Wednesday 08:00-18:30

Thursday 08:00-18:30

Friday 08:00-18:30

Saturday CLOSED

Sunday CLOSED

Deancross Street Main Site
14 Deancross Street
London E1 2QA

Cable Street Branch
445 Cable Street
London E1W 3DP

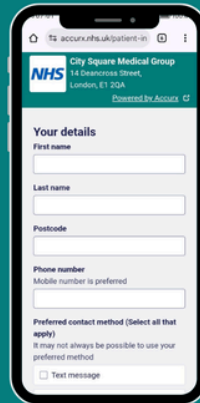
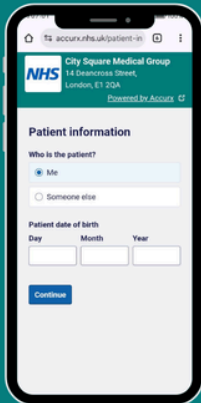
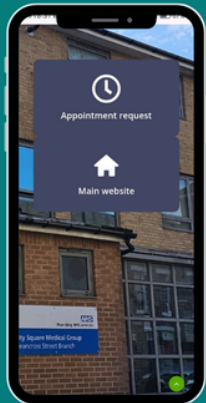
Contact Us

Tel: 020 7488 4240

Tel: 0203 667 5009

Email: nelondonicb.citysquare@nhs.net

www.citysquaremedicalgroup.nhs.net



**You can contact us about a medical, administrative
or prescription issue by scanning Qr code below**



**ANY QUESTIONS?
ASK RECEPTION**

SCAN ME



WINTER VACCINATION



**FLU VACCINE
FROM 1 OCTOBER**

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

Who should have the flu vaccine

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu.

It's offered on the NHS every year in autumn or early winter.

You can get the free NHS flu vaccine if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

Frontline health and social care workers can also get a flu vaccine through their employer.

RESPIRATORY SYNCYTIAL VIRUS (RSV)

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. RSV infections usually get better by themselves, but can sometimes be serious for babies and older adults.

Who's at risk from RSV

RSV infections are very common. Almost all children get them at least once before they're 2 years old.

They're not usually serious, but some babies and adults have a higher risk of getting seriously ill, particularly:

- babies under 6 months old
- young children who were born prematurely
- adults over 75 years
- babies, children and adults with a weakened immune system, or long-term lung or heart conditions
- people who smoke tobacco and babies exposed to tobacco smoke

In babies, RSV is a common cause of a type of chest infection called bronchiolitis. This can cause breathing problems and may need to be treated in hospital.

RSV can also cause a serious lung infection (pneumonia) in babies and older adults.



DIABETES



01



Type 1 Diabetes:

The body's immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas.

Type 2 Diabetes:

The body becomes resistant to insulin, meaning the cells don't respond to it as well, or the pancreas doesn't produce enough insulin.

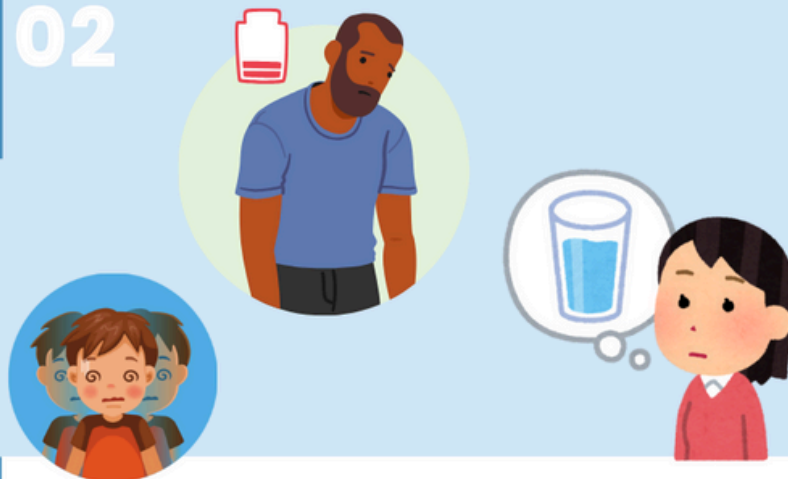
Symptoms of the diabetes:

- Frequent Urination: Especially at night
- Excessive Thirst
- Increased Hunger: Even after eating
- Unexplained Weight Loss
- Fatigue: Feeling tired or lacking energy
- Blurred Vision
- Slow-Healing Wounds
- Numbness or Tingling: In the hands or feet



03

02

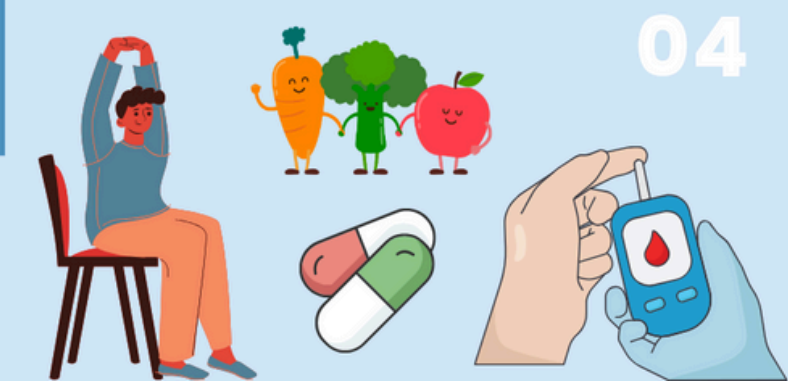


Diagnosis:

- Blood Tests: Healthcare providers diagnose diabetes by checking blood glucose levels through various tests.
- Fasting Blood Glucose Test: Measures blood sugar after an overnight fast.
- Random Blood Glucose Test: Measures blood sugar at any time, regardless of when you last ate.
- A1C Test: Provides an average of your blood sugar levels over the past 2-3 months.

Treatment and Management:

- Lifestyle Changes: Diet and exercise can help manage blood sugar levels.
- Medications: Depending on the type of diabetes, medications or insulin therapy may be necessary.
- Regular Monitoring: Regular blood sugar monitoring is crucial for managing diabetes.
- Education and Support: Learning about diabetes and receiving support from healthcare professionals and support groups is important for managing the condition.



04

Anxious? Feeling Low? Stressed?

Welcome...

We are open and accepting referrals for those over the age of 18, If you want to refer yourself, please use our online [self-referral form](#) or call 0208 175 1770. For all other general queries, please contact us via email at elft.thtalkingtherapies@nhs.net.

Scan code for self referral

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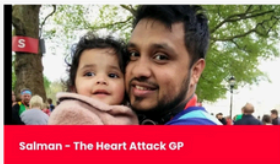


- Order repeat prescriptions
- Use NHS 111 online
- Find NHS services
- View your GP health record
- Book appointments
- Get reminders and messages

And much more...

Need help?
Get support in the app or visit
nhs.uk/helpmeapp

SCAN HERE



Salman - The Heart Attack GP



Salman Uddin



Raising for:
British Heart Foundation



£2000
TARGET

Thank you for your support

QUARTER STATISTICS

11 699 FACE TO FACE APPOINTMENTS

14 224 TELEPHONE CALLS

778 MISSED APPOINTMENT

410 REGISTRATIONS



Hi everyone,

I am writing this as I have decided to run the London Marathon next year, and I'll be raising money for the British Heart Foundation. Some of you may know that I had a heart attack five years ago, at the age of 34. It was completely unexpected and came without any warning. Before the heart attack, I was a keen runner and had completed three London Marathons. Running was a big part of my life. Unfortunately, my heart attack happened right after a 10K run, and since then, it's been incredibly difficult to get back into it due to the anxiety I now associate with running. However, I've been given the all-clear to run, and my long-term goal has always been to complete another marathon by the time I turn 40. That milestone has always been important to me.