



Newham London

Health services and
your new home
Newham

Useful numbers in Newham

Finding a family doctor

To find the nearest GP (family doctor) call NHS direct on **0845 4647** or **020 7683 4645**

Dentist/Optician

To find your nearest dentist or optician call NHS direct on **0845 4647**

There is an emergency service at the Royal London **020 7377 7423**

Patient Advice and Liaison Service (PALS)

For advice and complaints about your local family doctors, dentists etc call **0800 923 0107**

NHS walk in centres

This is a centre run by nurses who offer instant treatment for minor injuries, illness and also contraception. Glen Rd, Plaistow (just by the hospital) **020 7363 9200**

Accident and Emergency

The nearest A&E is Newham General, Glen Rd, Plaistow E13 **020 746 4000**

Diabetic Clinic

Your family doctor will put you in touch with the local service at the Shrewsbury Centre **020 8586 5240**

Family Planning Clinics

For contraception, pregnancy testing etc there are range of clinics across Newham. Just call **020 8586 5147**

Sexual health clinics

Walk in and wait clinic at the Greenway Centre, Newham General **020 7476 4000**

Mental health services

Your GP can link you into mental health services but in an emergency call the NHS direct **0845 4647**

Community mental health services

You can call the teams from 9am-5pm. South West **020 7055 4400**
South East **020 8475 8000**
North West **020 8250 7270**
North East **020 8218 7455**

The Samaritans

Confidential 24 hour support line **08457 909090**

Stop smoking service

This service can help you stop smoking for good! Call **0800 169 1943**

Age concern

655 Barking Rd, Plaistow E13 9EX **020 8503 4800**

Support for carers

Support, information and advice from Newham Carers Network
Stratford Advice Arcade
107-109 The Grove
Stratford E15 1HP
020 8519 0800

Why you need to register with a local GP

You will need to change your doctor to one near where you now live. This is very important if you ever get really sick and need to be visited at home by the GP or the GP needs to call an ambulance to your home. Please do not continue to use your old address in order to stay with the same GP – as you will not receive important letters from your doctor.

If you get sick you should ring your GP. If the surgery is closed, listen carefully to the answer phone message as it will give a special emergency number – do not go to the hospital or call 999 unless you have had a severe accident or have broken a bone. Your GP will see you quicker than the hospital. You can also go to the NHS walk in centres or ring NHS direct.

How to find a GP

1. To register with a GP, you can go to the surgeries nearby and ask the receptionist about registration. What doctors do is the same in every surgery, but some may have extra services: in general, a GP with a number of doctors tends to provide more services than a GP practise with just one doctor.
2. If the surgery you have chosen is full then you can call the “find a doctor service” which is on **020 8586 6298**. They will make sure you are registered with a GP. You can also email them on **find-a-doc@newhampct.nhs.uk**.
3. If you have access to the web, you can use the NHS website to find all medical services near to your home. Go to **www.nhs.uk** and follow the find services link.

On the other side of this leaflet you will find useful numbers and addresses for your local NHS services.

Dentists in Newham

E6

Beckton Dental Practice	Tollgate Health Centre, 220 Tollgate Road, Beckton, London E6 4JS	020 7511 9101
Deo Dental Practice	480 Barking Road, East Ham, London E6 2LT	020 8472 0638
Grove Dental Practice	21 Plashet Grove, London E6 1AD	020 8552 1953
Smile Dental Surgery	270 Barking Road, East Ham, London E6 3BA	020 8471 1301
Newham Family Dental Care	2 Burges Road, East Ham, London, E6 2BH	020 8552 0000
Newham Family Dental Care	148 High Street North, East Ham, London E6 2HT	020 8471 4000
East Ham Dental Surgery	196A High Street North, E6 2JA	020 8586 0451
Mudhar Dental	76 Plashet Grove, London E6 1AB	020 8470 8178

E7

Forest Dental Practice	42 Woodgrange Road, Forest Gate, London E7 0AH	020 8534 5901
Green Street Dental Practice	244 Green Street, Forest Gate, London E7 8LE	020 8472 0504
The Katherine Road Dental Surgery	394 Katherine Road, London E7 8NW	020 8470 2043
Woodgrange Dental Practice	80 Woodgrange Road, London E7 0EW	020 8555 3336

E12

Kindblue Dental Practice	745 Romford Road, London E12 5AW	020 8553 4349
Lawrence Levy's Dental Surgery	Bank Chambers, 620 Romford Road, Manor Park, London E12 5AQ	020 8478 1431
Romford Road Dental Practice	669 Romford Road, Manor Park, London E12 5AD	020 8478 6029
Vara Dental Practice	90 High Street North, London E12 6SA	020 8552 1626
Church Road Dental Practice	30 Church Road, London E12 6AQ	020 8551 3550

Dentists in Newham - continued

E13

Pran K Ghosh Dental Surgery	499 Barking Road, London, E13 8PS	020 8472 3769
Greengate Dental Practice	540 Barking Road, Plaistow, London E13 8QE	020 8472 4033
Abbey Arms Dental Surgery	370 Barking Road, Plaistow, London E13 8HL	020 7476 1543
TLC Dental Surgery	4 Terrace Road, Plaistow, London E13 0PB	020 8552 7552
Plashet Grove Dental Surgery	78 Plashet Road, London E13 0QZ	020 8471 3184
Upton Park Dental Care	Unit 1, 386-388 Green Street, Upton Park, London E13 9AP	020 8552 9293

E15

Abbey Road Dental Surgery	Abbey Road Health Centre, 28A Abbey Road, Stratford, London E15 3LT	020 8555 0000
Stratford Village Dental Practice	42A Romford Road, Stradford, London E15 4BZ	020 8519 6184
Apples & Spice Dental Surgery	119 Plaistow Road, London E15 3ET	020 8534 1526
Blue Bell Dental Practice	55 Romford Road, London E15 4LY	020 8555 1144

E16

D Sackwild & Associate Dental Surgeons	156 Barking Road, London E16 1EN	020 7476 5511
Sunny Smiles Dental Innovations	51 Barking Road, London E16 4HB	020 7511 1515
City Airport Dental Surgery	1-5 Saville Road, London E16 2DS	020 7511 2665

Specialist Practices

Phoenix Orthodontic	13-14 Mary Rose Mall, Beckton, London E6 5LX	020 7473 4411
The Nightingale Clinic	679 Barking Road, London E13 9EU	020 8548 1288

GPs/Family doctors

East Ham / E6

Dr Azad & Partner	152 Barking Road, East Ham, London E6 3BD	020 8475 8550
Dr Chalabi & Partner	152 Barking Road, East Ham, London E6 3BD	020 8475 8500
Dr Inayatullah	34 Barking Road, East Ham, London E6 3BP	020 8472 1347
Dr Inayatullah (Branch)	154 High St South, East Ham, London E6 3RW	020 8472 9260
Dr J M Lawrie	19 East Ham Manor Way, East Ham, London E6 4NA	020 7511 4466
Dr S Mandavilli & Partners	1 Clements Road, East Ham, London E6 2DS	020 8472 0603
Dr G Meadows & Partners	52 Market Street, East Ham, London E6 2RA	020 8548 2288
Dr H S Patel & Partners	292A Barking Road, East Ham, London E6 3BA	020 8472 0669/1077
Dr Dubal & Dr N R Patel	533 Barking Road, East Ham, London E6 2LN	08444 778934
Dr Dubal & Dr N R Patel	27 Burges Road, East Ham, London E6 2BJ	020 8552 9912
Dr D Watt & Partners	220 Tollgate Road, East Ham, London E6 4JS	020 7473 9399

Forest Gate/ E7

Dr P Abiola	121 Woodgrange Road, Forest Gate, London E7 0EP	020 8250 7550/1/2
Dr A Ahmed & Partner	45 Westbury Road, Forest Gate, London E7 8BU	020 8472 4123
Dr G Bapna	511 Katherine Road, Forest Gate, London E7 8DR	020 8472 7029
Dr N Driver & Partner	121 Woodgrange Road, Forest Gate, London E7 0EP	020 8250 7510/3/4
Dr T Krishnamurthy	East Ham Memorial Hospital Shrewsbury Rd E7 8QP	020 8586 6555
Dr S Mahendran & Partners	Shrewsbury Road, Forest Gate, London E7 8QP	020 8586 5111
Dr C M Patel	2 Jephson Road, Forest Gate, London E7 8LZ	020 8470 6429
Dr Y Pael & Partner	40 Woodgrange Road, Forest Gate, London E7 0QH	020 8250 7585
Dr S Rafiq	162 Boleyn Road, Forest Gate, London E7 9QJ	020 8503 5656
Dr P G Shanker & Partners	75-77 Upton Lane, Forest Gate, London E7 9PB	020 8471 6912
Dr B K Sinha	2 Birchdale Road, Forest Gate, London E7 8AR	020 8472 1600
Dr S Swedan	121 Woodgrange Road, Forest Gate, London E7 0EP	020 8250 7530/1/2/3/41

GPs/Family doctors - continued

Forest Gate/ E7 - continued

Dr S Wood & Partners	459-463 Romford Road, Forest Gate, London E7 8AB	020 8522 0222/0333
Dr O A O Yesufu	East Ham Memorial Hospital Shrewsbury Rd E7 8QP	020 8552 2299

Manor Park/E12

Dr N Bhadra	778 Romford Road, Manor Park, London E12 5JG	020 8478 0533
Dr P Chandra	31A Snowhill Road, Manor Park, London E12 6BE	020 8911 8378
Dr S K Dhariwal	688 Romford Road, Manor Park, London E12 5AJ	020 8478 0757
Dr Nasralla & Partners	19 Wordsworth Avenue, Manor Park, London E12 6SU	020 8548 5960
Dr B Kohli & Partner	The Centre, 30 Church Road, Manor Park, London E12 6AQ	020 8553 7440
Dr G Kugapala	243 High Street North, Manor Park, London E12 6SJ	020 8470 2500
Dr M Pillai	315 High Street North, Manor Park, London E12 6SL	020 8470 5520
Dr M K Shetty	997 Romford Road, Manor Park, London E12 5JR	020 8478 2711
Dr C Raina	57 Gladstone Avenue, Manor Park, London E12 6NR	020 8471 4764

Manor Park/E12 - contined

Dr D Trathen	The Centre, 30 Church Road, Manor Park, London E12 6AQ	020 8553 7461
Dr zamanthangi	The Centre, 30 Church Road, Manor Park, London E12 6AQ	020 8553 7475

Plaistow/E13

Dr A U Ahmed	576 Green Street, Plaistow, London E13 9DA	020 8470 9303
Dr G Al-Mudallal & Partner	113 Balaam Street, Plaistow, London E13 8AR	020 8472 1238
Dr I Basu & Partner	61 Plashet Road, Plaistow, London E13 0QA	020 8470 8186
Dr R Gonsai	179 Cumberland Road, Plaistow, London E13 8LS	020 7476 1029
Dr R Higgins & Partners	94 Green Gate Street, Plaistow, London E13 0AS	020 8472 4888
Dr P Jones & Partners	10 Lettsom Walk, Plaistow, London E13 0LN	020 8472 5234
Dr S Kalhoro & Partners	497 Barking Road, Plaistow, London E13 8PS	020 8471 7160
Dr S Qureshi	17 Stopford Road, Plaistow, London E13 OLY	020 8552 6858
Dr M Rao & Partner	1-9 Gren Road, Plaistow, London E13 8RU	020 7476 3434

GPs/Family doctors - continued

Plaistow/E13 - continued

Dr R Samuel & Partner	97 Stopford Road, Plaistow, London E13 0NA	020 8472 3846
Dr B K Sinha (Branch)	104 Plashet Road, Plaistow, London E13 0QU	020 8471 7239
Dr P Sood	Temp address Appleby Health Centre Appleby Rd E16 1LQ	020 7511 6009
Dr W Umrani & Partner	152 Plashet Road, Plaistow, London E13 0QT	020 8472 0473
Dr R Venugopal	12 Esk Road, Plaistow, London E13 8LJ	020 7474 9002
Dr A K m Zakaria	50 Upper Road, Plaistow, London E13 0DH	020 8552 2129

Stratford/E15

Dr P Bhowmik	401 Corporate Street, Stratford, London E15 3DJ	020 8555 0428
Dr A Q Brohi	60 Leytonstone Road, Stratford, London E15 1SQ	020 8534 1533
Dr M Chang	121-123 The Grove, Stratford, London E15 1EN	020 8534 5300
Dr P Knight	55 Vicarage Lane, Stratford, London E15 1HE	020 8519 6009
Dr A Qadri	157 Leytonstone Road, Stratford, London E15 1LH	020 8534 1026
Dr A Rahman	69 Water Lane, Stratford, London E15 4NL	020 8519 6780
Dr R Samuel & Partner (Branch)	60-62 Stephens Road, Stratford, London E15 3LJ	020 8534 2040
Dr AM Shah & Partner	50C Romford Road, Stratford, London E15 4BZ	020 8534 4133
Dr Wheeler	17 Doran Walk, Stratford, London E15 2LJ	020 8534 8057
Dr H Yates & Partners	28A Abbey Road, Stratford, London E15 3LT	020 8534 2515

GPs/Family doctors - continued

Canning Town/E16

Dr M Hacque	2 St. Luke's Square, Tarling Road, London E16 1HT	020 7366 6430
Dr T Lwin	343 Prince Regent Lane, Custom House, London E16 3JL	020 7511 2980
Dr E Ruiz	2 St. Luke's Square, Tarling Road, London E16 1HT	020 7366 6440
Dr B Patel & Partners	121 Star Lane, Canning Town, London E164QH	020 7476 4862
Dr M Saha	1 Kennard Street, North Woolwich E16 2HR	0870 7176 544
Dr T Sehra	1 Kennard Street, North Woolwich E16 2HR	020 7473 1948
Dr E Kensah	2 Monarch Drive, Beckton, London E16 3UB	020 7445 1118
Dr Z Zarifa & Partners	16 Freemasons Road, Custom House, London E16 3NA	020 7476 2255

Monday - Friday
9.00am - 5.00pm



9447

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 كردنى به خورابى 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 மொழிபெயர்ப்பிற்கு தொலைபேசி 36 8899447.

Ücretsiz çeviri için telefon edin.

Điện thoại để được thông dịch miễn phí.

مفت ترجمے کے لئے ٹیلیفون کیجیے۔

For large print or braille phone

0800 952 0119

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