

Basic Health Information for Devotees and Visitors to BAPS Shri Swaminarayan Mandir, Neasden, London

His Holiness Pramukh Swami Maharaj's visit to London attracts a large number of devotees and visitors to the Mandir. The aim of this information is to make your visits to the Mandir enjoyable and safe for yourself, your family and others. **Please do not misconstrue it as professional medical advice.**

What services will the Mandir health clinic provide?

The Mandir has its own health clinic with a group of trained and qualified volunteers. They will aim to provide first-aid and attend to medical emergencies.

Will I be able to get my blood pressure and diabetes checked?

Screening for blood pressure and diabetes can be done by your GP. Having this provision would interfere with attending to emergencies and first-aid cases. Therefore, we regret this service cannot be provided.

What can I do to look after my health?

1. Please remember to bring your regular medication to take it at the recommended times as directed by your physician.
2. If you are visiting London, please ensure that you bring an adequate supply of medicine with you to last the duration of your stay plus a few extra days – in case your stay is unexpectedly extended.
3. Be sensible – please bring your essential medication such as tablets and inhalers. If you are diabetic and suffer from hypo attacks, please carry a sweet food-item or drink. Soft drinks and water will be available if required.
4. Please ensure that you eat and drink regularly; do not miss meals or forget to take fluids. This is important especially if you are frail or elderly, suffer from diabetes, heart disease or raised blood pressure. Diabetics should ensure they avoid sweets (*mithai*), however tempting they may look. There will be lots of other items for prasad!
5. If you are away from home for long periods, please take adequate rest; do not become overtired. Children and the elderly do get exhausted more readily. Please take this into account when planning your trip to the Mandir.
6. It is important to do seva – but do it sensibly and within the limits of your health.
7. If you are ill and do not feel well, please stay at home and rest. If necessary, consult your own GP or NHS direct on 0845 4647.
8. Remember: coughs and sneezes spread diseases. Be sensible and use a tissue or handkerchief, throw the tissue away in a bin, and clean your hands afterwards.
9. People suffering from sore throats should carry lozenges to soothe their throats.

I am a visitor from abroad. What should I do?

1. Ensure that you bring an adequate supply of your regular medication with you plus an additional two weeks supply.
2. Ensure that you have adequate medical insurance. Medical care in the NHS for visitors is available *only for emergencies*. In the absence of health insurance, you may end up with a hefty bill.

Accessing Medical Care:

- For accidents and medical emergencies, please attend the A&E Departments at:
 - Central Middlesex Hospital
Acton Lane
Park Royal
London NW10 7NS
Tel: 020 8965 5733
 - Northwick Park Hospital
Watford Road
Harrow
Middlesex HA1 3UJ
Tel: 020 8864 3232
- For other medical care, please attend:
 - Wembley NHS Walk-In Centre
16 Chaplin Road
Wembley
Middlesex HA0 4UZ
Tel: 020 8795 6000

In general, be sensible, listen to your body and look after your own health. This will help us to help you.

Thank you for your cooperation.

IMPORTANT NOTICE: These are only basic guidelines and DO NOT constitute any professional health advice. Please consult your personal doctor for the most appropriate care for you.