



**Waltham Forest Community and Fhs Ltd**



Tel: 020 8430 7710

Web: [www.wfcafhs.co.uk](http://www.wfcafhs.co.uk)

## NEWSLETTER: March 2024

I hope you had a good Christmas and I hope you are having a relaxed New Year. Many of you may have made resolutions and I hope you're managing to keep them.

As a Practice, we made a resolution to continue the project *Friends of the Practice*. Thank you to all the members of the General Practice Team.

As a Practice we were able to support some of the patients with some of their social needs including providing free SIM cards for up to 6 months. If you think you will benefit from this, please let our Social Prescriber Sue Kofi know.

**Dr Gabriel Ivbijaro**

*Dr Sarkar has started an exciting project with 3 of her colleagues in forming a 'Green Team'. The NHS now has a responsibility in curbing its carbon footprint to improve the health of our communities. We at the surgery believe strongly that climate health directly affects human health! The team will initially concentrate on projects such as cleaner inhaler prescribing and used medication recycling. If you'd like to get involved or have any ideas please contact Dr Sarkar at the surgery. We will update you every month*



### Digital Inclusion at Wood Street Health Centre



Starting soon will be our monthly digital support sessions.

Do you need help using your mobile phone?

Want to find out how to make GP appointments using an app?

Pop in and get the help you need.

Keep an eye out for updates in the waiting room, and next newsletter

### Friends of the Practice

Next meeting Tuesday

16th April at 5.30pm

Example of a Friends Group creativities:

- How we can support both patients and the Practice itself
- Fundraising
- Events for patients, such as health talks and activities
- Classes and groups we recommend for healthy body and mind

**All patients welcome**

Refreshments provided

## Community Health Pop-Up Clinic

Tuesday 30th January saw the first ever **Community Health Pop-Up Clinic** in Waltham Forest. The event was organised by Walthamstow Central PCN and gave attendees access to a range of health professionals and to several relevant community organisations. It was kindly funded by Waltham Forest Health and Care Partnership. One often repeated problem is the limited access to health services for a significant number of people i.e. unable to make GP appointments (especially online), and thus not able to access secondary care. This is especially applicable to the transient communities within our Borough such as homeless and refugees. To this end, we structured the Pop-Up clinic to have a variety of health and community support.

The Clinicians included GPs, Registrars, Pharmacists, a Dentist and Health Care Assistants. We also offered flu and Covid vaccinations. The community groups covered important aspects of help with cost of living such as Citizens Advice, Green Doctors, Early Help Team, Social Prescribers, Housing advice and Digital Inclusion Team. A delicious, healthy lunch was provided



by The Gleaners Café and there were refreshments throughout the day.

A big thank you to all the volunteers on the day! Feedback has been very positive from both participants and providers and all pointing to a need to have more of these pop-ups, with specialist ones (men/women-only, homeless community etc) and particularly in the south of the Borough.

## Important medications update

There have been concerns from his Majesty's Coroner as there has been an increase in death in patients



taking benzodiazepines and z drugs nationally. As a result of this the Practice has reviewed its protocol and such medications do not have sufficient evidence for long term use. If you are on these medicines, you will be contacted to arrange a face-to-face appointment with a Practice Pharmacist to support you to safely reduce and stop the medication, for those where it is appropriate. The Practice also has a *Change Grow Live* (CGL) Practitioner that runs a weekly clinic, where psychosocial support can be provided to those patients needing to reduce and stop medication.

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**Patients** with long term (chronic) pain who are on opioids (e.g. codeine, dihydrocodeine, tramadol, morphine, fentanyl etc.) and/or gabapentinoids (gabapentin and pregabalin), will also be contacted to arrange a face-to-face appointment with a Practice Pharmacist to review ongoing pain management. Evidence for opioids and gabapentinoids for chronic pain shows limited effectiveness, and national guidance does not support long term use of these agents for chronic pain. Long term use is linked to safety concerns such as addiction, slowing down of breathing making it less effective (respiratory depression), falls, and drowsiness. There have also been reports of patient deaths. Again, the Practice Pharmacists are here to support you to safely reduce and stop the medication, for those where it is appropriate.



## Drop In Day



Come and meet the Connective Family team. We're here for the day to help you with any challenges you're having with your children.

You can pop in at any time during the day between 10am and 4pm on Wednesday 20th March to pick our brains.

We'll be at the Leyton Family Hub, 215 Queens Road, E17 8PJ.

To book your space please contact Gemma Akinade either via email [Gemma.Akinade@walthamforest.gov.uk](mailto:Gemma.Akinade@walthamforest.gov.uk) or phone 07586713368.



**Feel like things are out of control?**



**Want to know more about NVR?**



**Ready for a calmer, happier home?**

We run Connective Parenting NVR courses to help families create calm through connection and presence.





# SPRING INTO LIFE WITH TAI CHI & QI GONG

Introduction to Tai Chi and Health Qi Gong

10 week course

Starting Friday 15th March 2024

1.30pm – 2.30pm

Venue – Leytonstone United Free Church

55 Wallwood Road

(Junction of Fairlop Road)

E11 1AY

Improve your general health with slow and gentle movements

Book your place in advance!

£7/session

£60 for the 10-week course (when paid in advance)

Sign up by sending an email to: [Info@daolu.co.uk](mailto:Info@daolu.co.uk)



[WWW.DAOLU.CO.UK](http://WWW.DAOLU.CO.UK)



Dao Lu 道路

# EARLY HELP COMMUNITY DROP IN

**Our early help community drop-in is here**

It's a place where everyone can come to get friendly support and information from local volunteers, community organisations and Waltham Forest Early Help teams in an informal space.

We can help you with information about **local services**, **support for parents**, **community activities**, and **help to use online services** and more.

WALTHAM FOREST

**FAMILY HUBS**

ACCESS, RELATIONSHIPS, CONNECTION

**CAN YOU HELP?**

You can find out how to volunteer here:



**DROP IN FROM 9.45-11.15AM**

FREE DROP IN SESSION, NO NEED TO BOOK

TUESDAY

LEYTON  
FAMILY HUB  
215 QUEENS ROAD  
E17 8PJ

WEDNESDAY

CHINGFORD  
FAMILY HUB  
5 OAKS GROVE  
E4 6EY

THURSDAY

WALTHAMSTOW  
FAMILY HUB  
313 BILLET ROAD  
E17 5PX

FRIDAY

LEYTONSTONE  
FAMILY HUB  
2-8 CATHALL ROAD  
E11 4LF



Waltham Forest

# let's talk and walk

Increasing mental wellbeing after cancer

## Join our Support Group or Wellbeing Walk in Waltham Forest.

Life after Cancer brings people together who have finished cancer treatment with an aim to increase their mental health wellbeing and reduce isolation.

*We would love to invite you to join us.*



**book now**

To book your free space visit  
[Life-aftercancer.co.uk/events](https://life-aftercancer.co.uk/events)  
[hello@life-aftercancer.co.uk](mailto:hello@life-aftercancer.co.uk)

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