



**Waltham Forest Community and Fhs Ltd**



Tel: 020 8430 7710

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

## NEWSLETTER: June 2024

### *Friends of the Practice meeting dates*

We will be meeting regularly on the last Tuesday of every month (except August). All patients are very welcome to attend

**Tuesday 25th June at 6pm**

**Tuesday 30th July at 6pm\***

**Tuesday 24th September at 6pm**

**Tuesday 29th October at 6pm**

\*Committee members will be elected at the 30th July meeting. If you would like to get involved, want more information or feel you need some training, please do get in touch: [sue.kofi@nhs.net](mailto:sue.kofi@nhs.net) or leave your details with reception for me to contact you.

### **Need help using the NHS App?**

We are running a support session on **Thursday 27th June** at Addison Road Medical Practice (Comley Bank) for any patient wanting to know more about the App and its uses including seeing test results, repeat prescriptions and, for some, booking appointments. Email: [sue.kofi@nhs.net](mailto:sue.kofi@nhs.net) or leave your details at reception.

### **Diabetes support**

Dr Sarkar and Nurse Esha are working together to offer hour long group clinics for patients with diabetes. Diabetes can affect many of our body's systems and we hope to tackle this by giving out the right information and support to our patients. We hope to put an emphasis on better diets, exercise, wellbeing, housing support, understanding our medications and referrals onward to new programs available in the borough. We hope this is a success and will be grateful for your feedback on these clinics. If you are a diabetic and would like more information please get in touch!

### **Out-of-hours GP appointments**

**Call: 020 8519 3999**

**Weekdays: 6.30pm-10pm**

**Saturdays: 9am-5pm**

**Phone lines open weekdays: 9am-9pm, Saturdays 9am-5pm**

**This service is provided by WF GP FedNet and is available to all Waltham Forest residents**

# Practice update from Dr Ivbijaro

I am delighted once again to share with you some of our Practice thinking and progress in this summer edition of our newsletter.

Let me first start by thanking our Friends of the Practice who have met with us on many occasions and have worked to develop our Friends of the Practice further, and Sue Kofi, Social Prescriber, who is supporting the Practice with collating and editing our newsletter - Bravo!

As you know, Covid has taught us a lesson regarding the importance of hygiene, infection prevention & control & general well-being, and I want to let you know that the Practice takes hygiene very seriously as we recognise that it is important. I am delighted to let you know that the Practice had an Infection Prevention & Control review with a member of NHS England Public Health on 08/05/2024 where we scored over 99%.



Thanks to the Practice Manager, Clinical Pharmacists, Nurses and Admin team who have been working on ensuring that we meet the highest standards for infection prevention & control.

In the last issue, I wrote to you regarding drugs of addiction and that we had invited our patients on Benzodiazepines, Opioids and other strong painkillers for a review. Thanks to all patients who have taken the opportunity for this review. We are well supported as a Practice by Sara Storer (CGL) with Psychosocial support, including acupuncture, so please use this facility.

For those of you still taking Benzodiazepines, Opioids and other medications of addiction, our Pharmacists will continue to support you with gradual reduction until stopped, as there are no long-term benefits to these medications.

There has been an increase in cases of E-Coli from the UK Health Security Agency- if you have symptoms of diarrhoea or vomiting, particularly in the under 5s please seek medical advice urgently as this infection can be serious.

Measles is also on the increase, so those of you who have not yet had your MMR (including 0-5 years and adults) we will be happy to vaccinate in the surgery. You can book an appointment with one of our Practice Nurses and we will also be running a dedicated clinic in the summer- we will keep you updated.

Once more, thank you very much for all your positive feedback and for the areas of challenge that we have acted on. Let's keep flying the flag together.

Best wishes

Dr Gabriel Ivbijaro

## Wood Street Wellbeing Walk

Every Thursday at 11am, meet at Wood Street Station entrance

Some great feedback from a participant: *"I started going to the new Wood Street social prescribers walk a couple of weeks ago. I like how it's flexible with everyone joining for different reasons. I can find groups quite overwhelming so the fact we*



*tend to walk at different speeds (all speeds are welcome!) and mix with different people along the route works well for me.*

*Walking with a group of different people has meant I've seen things I normally wouldn't see as people tend to look for things within their own interests and point them out. Even though there are walk leaders, it's non hierarchal and everyone is compassionate and respectful to each other. It's a very chilled and relaxed environment to be in."*

**See flyer below for further information**

## Yoga at Wood Street Health Centre

We have started chair yoga for our staff and this has been well received. We hope to extend this (chair and floor yoga as needed) to our patients soon. We believe it benefits both physical and mental health



If you have an interest in joining yoga, or if you have any suggestions for wellbeing for our patients, do get in touch with Dr Sarkar.

# VOLUNTEER



## Volunteers needed in Waltham Forest!

The **Hornbeam Centre** is looking for cyclist volunteers to deliver meals to housebound residents in Walthamstow and Leyton. This can be any time on Friday afternoons between 1pm - 5pm. If you're interested, email [volunteering@hornbeam.org.uk](mailto:volunteering@hornbeam.org.uk)

**Volunteering can lead to many positive outcomes: new friends, new skills, new interests, new job etc!**

*Other local organisations needing volunteers:*

Waltham Forest u3a

Waltham Forest Music Society

Walthamstow Historical Society

Walthamstow & District Photographic Society

Eat or Heat Foodbank (Jewel Road)

Rukhsana Khan Foundation Foodbank (Greenleaf Road)

Orford Road Social Club

Age UK Waltham Forest

**Google the organisations for more details and contact details, or ask Sue (Social Prescriber) for more info**

*Diabetes awareness event, **Wednesday 18th September** at Leyton Sports Ground. Cookery demonstrations, stalls, lunch, healthchecks, foot health and more. Full details to follow.*

# WOOD STREET THURSDAY WALK!

**STARTS 16TH MAY**

**MEET AT WOOD  
STREET STATION  
11AM EVERY  
THURSDAY**



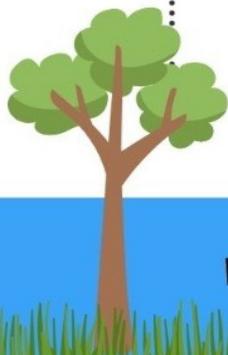
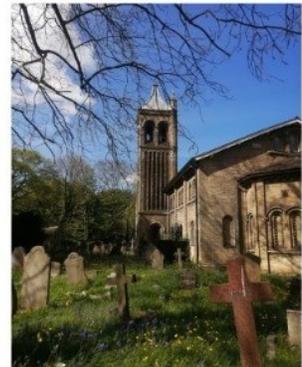
## **BENEFITS OF WALKING:**

1. **Burn Calories!**
2. **Strengthen the Heart:** reduce your risk of coronary heart disease
3. **Blood Sugar Control:** Can help lower blood sugar levels.
4. **Joint Health:** Walking helps protect your joints, including knees and hips.
5. **Mood Enhancement:** It can help reduce anxiety, depression, and negative mood.



For more information, contact:  
[sue.kofi@nhs.net](mailto:sue.kofi@nhs.net)  
[roisin.reilly3@nhs.net](mailto:roisin.reilly3@nhs.net)

**UP TO 40 MINS WALK, EASY PACE  
NO NEED TO BOOK – JUST TURN UP HERE!**



**WALTHAMSTOW CENTRAL PCN & FEEL GOOD WALKS**





# First Contact Physiotherapy Service (FCP)

First Contact Physiotherapists (FCPs) are experts in assessment of Musculoskeletal conditions (MSK) including bone, joint and muscle pains and injuries.

### To make an appointment:

Speak with your GP receptionist or complete the GP Klinik/ E-Consult request.

You can make an appointment without seeing a GP/ Doctor.

Available in these GP practices – Addison Road, Claremont, The Firs and Wood Street.



### In your appointment the First Contact Physiotherapist will:

- ❖ Provide expert **MSK assessment** and **diagnosis**
- ❖ Give expert **advice on management** of your condition
- ❖ Advice on **exercise**

### If needed the First Contact Physiotherapist can also:

- ❖ Refer you for further **investigation** (blood tests, X-rays, MRIs)
- ❖ Refer for **specialist treatment** (hospital referrals to physiotherapy, consultants - orthopaedics/Rheumatology/Pain)
- ❖ Direct to **Community services**

This service **does not** provide routine physiotherapy treatment.

Are you  
**pregnant**  
or have  
**children**  
under the age of 4?

Get support  
to help  
you buy:



Plain  
cow's  
milk



Fresh, frozen  
or tinned fruit  
and vegetables



Fresh, dried,  
and tinned  
pulses



Infant  
formula  
milk



You can also get  
free Healthy  
Start vitamins

Apply for your  
**FREE** pre-paid  
card today and  
start saving



To find out if you can get  
support and for more information  
scan the QR code or go to:  
[bit.ly/HealthyStartSchemeWF](http://bit.ly/HealthyStartSchemeWF)



For more information on support and services for under 5s in Waltham Forest,  
visit [www.walthamforest.gov.uk/beststartinlife](http://www.walthamforest.gov.uk/beststartinlife)

**FREE  
TO JOIN**

Limited spaces!!!

# For the Love of Food

## SHORT COOKERY COURSES

*For everyone who loves good food...*

*A fun, hands on, practical introduction  
to really useful cooking skills...*

*Open up a world of delicious simple recipes for you,  
your family and friends... and save £££'s*

Chanda Masala



Italian Ragu



Jambalaya



Plus other great international recipe ideas!!!

### Summer Course

Saturdays

22 / 29 June & 6 July '24

11am - 1.30pm

Holy Trinity Church

Holloway Road

Leytonstone E11 4LD

Three week courses

### Autumn Course

Saturdays

2 / 9 / 16 November '24

TBC

Friday Hall

56 Friday Hill

Chingford E4 6JT

Presented by



<< Scan or  
Call / text  
**07914 803 530**

Funded by



# CLIMBING FOR

YONDER

# WELLBEING

**Climbing for Wellbeing has teamed up with Yonder and Waltham Forest Council to provide free instructed bouldering sessions for those who live in Waltham Forest and may find climbing helpful in managing their mental health.**

Bouldering is an extremely social and a uniquely non-competitive sport, with the benefits of being used as a mindful practice now widely recognised. There are climbs for every level, from total beginner to expert. Your one-to-one classes will be guided by a friendly and supportive instructor in a series of weekly sessions, and you will be encouraged to set and achieve your own goals each week.

## HOW TO GET INVOLVED:

Email to:  
[climbingforwellbeing@gmail.com](mailto:climbingforwellbeing@gmail.com)

Reference:  
Climbing for Wellbeing Project  
in your email subject

YOU MUST BE OVER 18  
AND A RESIDENT OF  
WALTHAM FOREST



**FREE**

Peer-Peer Support Group

# Fathers of under 5's

Are you a lone  
Father or a new  
Father struggling?

Do you feel  
alone, not sure  
who to talk to?

Would you like to meet  
other Fathers who may be  
experiencing the same  
emotions you are feeling?

Join our safe space to meet other parents/ carers like yourself

**Thursday 27 June 1 - 3pm**  
**Leyton Family Hub**  
**Queens Rd, E17 8PJ**

Snacks and juice provided, we look forward to seeing you



## Weekend Wellbeing

Make the most of your weekend. Explore how self-care benefits your health and wellbeing with our free courses both online and in-person.

Course Code	Course/ Workshop Title	Venue	N of Weeks	Day	Start	End	Time Start	Time End
CO0386C6	Gentle Yoga with Guided Relaxation	Junction	5	Sat	08/06/2024	06/07/2024	9.30 am	11.00 am
CO0387C6	Gentle Yoga with Guided Relaxation	Junction	5	Sat	08/06/2024	06/07/2024	11.00 am	12.30
CO0388C6	Family Yoga & Mindfulness Taster	Junction	1	Sat	13/07/2024		10 am	11.30 am
CO0389C6	Kundalini Yoga Taster	Junction	1	Sat	13/07/2024		11.30 am	12.30
CO0392C6	Online Transforming Self-Esteem	Online	1	Sun	09/06/2024		7 pm	8.30 pm
CO0393C6	Online Sleep Well	Online	1	Sun	13/06/2024		7 pm	8.30 pm

Enrol online now through our website: [www.lbwfadultlearning.co.uk](http://www.lbwfadultlearning.co.uk)  
 For more information email: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk) or  
 call 0208496 2974