



**Waltham Forest Community and Fhs Ltd**



Tel: 020 3376 7043 Web: [www.wfcafhs.co.uk](http://www.wfcafhs.co.uk)

## NEWSLETTER: June 2025

I am delighted to be writing to you again in this new bulletin.

Since the last time, many things have happened, and I feel I should share them with you. As some of you may know, I have been the Secretary General for the World Federation for Mental Health, an organisation in official relationship with the United Nations and WHO, and I am very pleased to have completed my five-year term on 31/05/2025. I am looking forward to taking on a new role which I will update you about in the near future.

### **Telephone System: (New Practice number: 020 3376 7043)**

We now have the new telephone system which is working very well and thanks to the team in the practice who have made this happen. We are now able to record calls, both outgoing and incoming and can monitor calls via a queue system.

### **Email:**

The ICB has reduced the number of free text messages that can be used to contact patients across all practices. We have now found a resolution, using patient's email instead. Please come to the practice to ensure your email address is added to your record. You can also submit this information via e-Consult: [www.wfcafhs.co.uk](http://www.wfcafhs.co.uk)

### **Wound Care:**

I am delighted to let you know that we are collaborating with the other Practices in our PCN (Addison Road Medical Practice, The Firs, Claremont Road and Dr Dhital's) to offer wound care closer to home.

Basic wound care service is available for patients registered at the above practices, including ours.

**Dr Gabriel Ivbijaro**

## **Friends of the Practice**

***All patients welcome to join***

To keep informed; subscribe, join, or email your questions / concerns to us:

**Instagram:** fop\_woodstreete17

**Facebook:** Friends of the Practice – Wood Street E17

**Email:** FOPwoodstreet@hotmail.com

*Next meeting Thursday 24th July at 6pm*

## **GREEN News!**

Did you know you can recycle your tablet blister packs at Wood Street Library?

Only a few Libraries in the Borough offer this service, so it's good we have this so close!

***Wood Street Walk celebrates its first anniversary! Come and join us for our regular walk.***

***Meet every Thursday at Wood Street Station for an 11am start (walk 45-60 minutes). Explore your local area with our friendly group!***



## Diabetes Support

We are excited about a new pre-diabetes initiative in the surgery. We are pleased to be working alongside the National Diabetes Prevention Programme (NHS DPP) in conducting 13 clinics in the next few months in our practice. These will take place on Saturday mornings at Wood Steet clinic, starting the end of June 2025. The sessions are run by NHS DPP professionals who will advise on diet, weight loss and exercise to prevent diabetes onset.

*If you have been told you are pre-diabetic or would like to know if you are eligible (or you think a family member may be eligible) for this programme, please contact Dr Sarkar at the Practice.*

[NHS England » NHS Diabetes Prevention Programme \(NHS DPP\)](#)

## Men's Health & Wellbeing event

**Thursday 12th June 2.30pm-6.30pm at Leyton Sports Ground.**

**June is men's health month. Come along and find out what support is on offer in the local area**

**All welcome!**

## Forest Fixers Repair Cafes in E17

Bring your small electrical items (toasters, lamps, radios etc) and we can help you fix them. No need to book, just turn up (at least an hour before we finish so that there is time to fix your gadget)

**~ Sunday, 29th June 12:00 midday - 4:00pm at FRP, 2C Bakers Avenue, E17 9AW**

**~ Monday, 14th July 6:30pm - 9:30pm at FRP, 2C Bakers Avenue, E17 9AW**

**For more dates or how to become a fixer, <https://therestartproject.org/groups/forest-fixers/>**

## MEASLES outbreak in Waltham Forest

### Stay informed

**A measles outbreak has recently been reported in Waltham Forest. Measles is a highly contagious viral infection that can lead to serious health complications, particularly in young children and vulnerable individuals.**

**To help our community stay informed and protected, our GPs will be hosting an online information session covering:**

- *What measles is and how it spreads*
- *Possible complications of measles*
- *The importance of MMR (Measles, Mumps and Rubella) vaccine*

**A Live Q&A session to answer your questions**

**Don't miss this opportunity to learn more and ask any questions you may have**

**Session will be online via MS Teams link on 17th or 18th June at 5:30pm**

**See GP Practice for details**

## Mobile Phone donations!



Working with Friends of the Practice, we have been able to give out free mobile phones to those in need, including free SIM cards for up to six months of calls. If you have old phones in good condition, please donate them to the *Friends of the Practice*.

Contact [sue.kofi@nhs.net](mailto:sue.kofi@nhs.net) for more information

# WOOD STREET THURSDAY WALK!

UP TO 40 MINS WALK, EASY PACE

NO NEED TO BOOK – JUST TURN UP HERE!



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

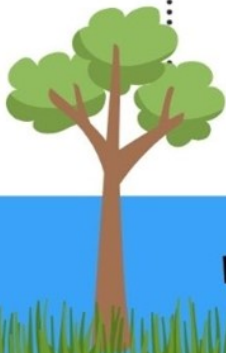


## **BENEFITS OF WALKING:**

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)



**WALTHAMSTOW CENTRAL PCN & FEEL GOOD WALKS**



# Men's Health, Wellbeing and Employment Support

**June is Men's Health month. You're invited to join us and find out what we can offer and what support you can get. Everyone welcome!**

## **During the session you can:**

- find out more about health and wellbeing support
- join physical activity taster sessions
- discussions and support, specifically for men
- get employment support and lots more!

Light refreshments will be available.  
We can't wait to see you.



**Thursday 12 June 2025  
2.30PM to 6.30PM**

**Leyton Sports Ground  
485 High Road  
Leyton  
E10 6PY**

**Overground:** Leyton Midland Road  
(6 min walk)

**Bus:** 69, 97, W16

## **Want to know more?**

Contact the Social Prescribing Team at  
[Social.Prescribing@walthamforest.gov.uk](mailto:Social.Prescribing@walthamforest.gov.uk)

[walthamforest.gov.uk](http://walthamforest.gov.uk)







## Early Years Social Prescribing from The Lloyd Park Children's Charity

### What is social prescribing?

Our early years social prescribing team work with families with children under 5 to connect them to community services that meet their practical, health and wellbeing needs.



To enquire about getting support or for more information about the services we offer visit [www.tlpcc.org.uk/help-request](http://www.tlpcc.org.uk/help-request)  
Or scan the QR code

### Things we can help with:

- Children's Development and SEND
- Being Healthy
- Isolation and Loneliness
- Mental Health and Wellbeing (not in crisis)
- Trauma and Adversity

# Mindful Medley

The Mindful Medley programme focuses on children's wellness and mental health. It offers various activities designed to help children express and manage their feelings and emotions, these activities aim to create a supportive environment where children can develop mindfulness and emotional resilience.

Week 1 - 18th June

**Children's Wellness and Mindfulness:**

Coffee morning and activities for children

Week 2 - 25th June

**Lego Therapy:**

Using Lego bricks to help children develop social and communication skills

Week 3 - 2nd July

**Cups of Calm:**

Using engaging resources to help children express and manage their feelings and emotions

Week 4 - 9th July

**Children's Yoga:**

Promotes wellbeing by enhancing physical flexibility, strength and coordination. It also improves focus and concentration and fosters emotional balance.

Week 5 - 16th July

**Children's Wellness Activities:**

Music and movement and mindful relaxation

Week 6 - 23rd July

**Evaluation and Top Tips**

This 6 week programme takes place at the Grow Well Centre,  
7 Saxon Close, E17 8LE  
from 1.00 - 2.30pm

Places are limited, scan the QR code to book or visit:  
[www.tipcc.org.uk/whats-on](http://www.tipcc.org.uk/whats-on)





GLOBE  
COMMUNITY  
PROJECT



# LGBTQIA+ Wellbeing for Over 60s

**Feeling alone, undervalued, or low in self-confidence?** This course will help you rediscover your value.



Facilitated by Miia from Rainbow Mind

**For LGBTQIA+\* people  
over 60 who want to:**

- Meet interesting people
- Boost your self-esteem
- Develop new skills
- Feel valued and listened to
- Focus on the positives in life

\*Lesbian, gay, bi, trans, queer, intersex, asexual +

**LIMITED SPACE  
SIGN UP TODAY!**

**FREE 6 WEEK  
COURSE**

Starting

**8 July -  
12 Aug**



**8 July-12 Aug 2025 | 10am-12.30pm**

**Venue:** Mission Practice GP Surgery,  
208 Cambridge Heath Rd,  
Cambridge Heath, London E2 9LS

**Overground:** Cambridge Heath Road

**Tube:** Bethnal Green

To sign up, or for more  
information, contact Ahmed:

**07740546966**

**[ahmed@globecommunityproject.org](mailto:ahmed@globecommunityproject.org)**

**Transforming loneliness into connection.**





# WALTHAM FOREST DIABETES UK PEER GROUP



## WHO?

**FOR ANY ADULT IN WALTHAM FOREST WITH A  
DIAGNOSIS OF TYPE 2 DIABETES OR PRE  
DIABETES. FAMILY AND CARERS WELCOME.**



## WHEN?

**WE MEET MONTHLY, EVERY 'SECOND' TUESDAY  
OF THE MONTH. 6.00PM-7.30PM**

## WHERE?

**THE FIRS MEDICAL CENTRE  
26 STEPHENSON ROAD  
WALTHAMSTOW  
E17 7JT**



Get inspiration from others plus speakers from health and community partners. Find out what is in your local area.

A different topic each month, including nutrition, exercise, and emotional well-being.

Tell us what else you want to explore, meet others on a similar journey, and leave with practical tips for living your best life with diabetes.

NO NEED TO BOOK  
LIMITED (FREE) PARKING SPACES

STAY IN TOUCH AND GET UPDATES: [WFDIABETES2UK@GMAIL.CO.UK](mailto:WFDIABETES2UK@GMAIL.CO.UK)  
[WWW.DIABETES.ORG.UK](http://WWW.DIABETES.ORG.UK)



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.  
SOUTH EAST COAST AND LONDON