



WALTHAM FOREST COMMUNITY & FHS LTD

NEWSLETTER

October 2025



Friends of the Practice

Tel: 020 3376 7043 Web: www.wfcafhs.co.uk

GET ONLINE WEEK 2025

Struggling with your smartphone? Worried about phone security? Need help using the NHS or other apps? Come along to our Phone Help drop-in on **Thursday 23rd October 3-6pm**. Lots of one-to-one help from our staff and volunteers from Age UK.

All welcome!

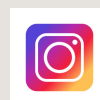


Friends of the Practice

The Friends of the Practice is a voluntary group, made up of patients and staff that meets regularly to listen to people's feedback to help improve services. We warmly welcome all patients, family members and carers to attend our meetings and to get involved in plans.

Find out more

Email: FOPwoodstreet@hotmail.com



WOOD STREET HEALTH CENTRE 6 LINFORD ROAD, WALTHAMSTOW, LONDON E17 3LA



WALTHAM FOREST COMMUNITY & FHS LTD

NEWSLETTER



Friends of the Practice



HELLO, MY NAME IS ALEX, AND I'M THE HEALTH & WELLBEING COACH HERE AT THE PRACTICE.

I work with you on any area of your wellbeing that feels important to you. That might be – learning to live well with a health condition, finding ways to manage stress or anxiety, improving sleep, building confidence, or making healthy lifestyle changes such as weight management or becoming more active.

My approach is all about what matters most to you. Together, we can look at small, realistic steps that feel manageable, so you feel more in control and supported along the way. Whether it's learning new tools and strategies, or simply having someone to talk things through with, I'm here to help you make positive, lasting changes.

For more information you can email me at alexandra.kyriakidis@nhs.net

Alex Kyriakidis

Health and Wellbeing Coach – Central Walthamstow PCN

Have you taken a look at our website recently?

You can:

- Make, change or cancel an appointment
- Get a repeat prescription
- Find an A-Z of health information
- Get test results
- Join *Friends of the Practice*
- And much more

www.wfcafhs.co.uk

We welcome feedback on the website and any suggestions of what else you may like included

Email Steve Maingot: **s.maingot@nhs.net**

PATIENT THIRD PARTY CONSENT

For patients who may require support from trusted third parties (spouse, carer, family member etc), please ask at reception for the new third-party consent forms. These are the only signed forms we will be accepting from now onwards as they comply with current GDPR guidelines.

WOOD STREET HEALTH CENTRE 6 LINFORD ROAD, WALTHAMSTOW, LONDON E17 3LA

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

WELLBEING, CONNECTION, SUPPORT

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

QUEENS ROAD
FAMILY HUB
215 QUEENS ROAD
E17 8PJ

WEDNESDAY

CHINGFORD
LIBRARY
STATION ROAD
E4 7EN

THURSDAY

WALTHAMSTOW
LIBRARY
HIGH STREET
E17 7JN

FRIDAY

LEYTONSTONE
LIBRARY
6 CHURCH LANE
E11 1HG



Waltham Forest

WINTER CRICKET CAMP AT PASTURES YOUTH CENTRE



**SESSIONS FOR BOTH BOYS & GIRLS
AGE GROUPS: 5 YEARS TO 15 YEARS**

WE WANT TO REACH OUT TO YOU:

- WHO IS INTERESTED TO ENJOY & WANTS TO LEARN
- WHO IS NOT PART OF ANY OTHER CRICKET CLUB
- WHO WANTS TO BE PART OF OUR CRICKET CLUB
- WHO WANTS TO DEVELOP THEIR GAME
- WHO WANT TO BUILD THEIR SELF CONFIDENCE
- WHO WANTS TO ELEVATE, ENHANCE & EXCEL
- WHO HAS THE ASPIRATIONS TO SUCCEED

A CLUB WHICH YOU FEEL YOU BELONG TO

£2 PER SESSIONS

**CONCESSION RATES
AVAILABLE**

EVERY SUNDAYS STARTING ON 9TH NOVEMBER 2025

**WE AT LEYTONSTONE CC WELCOME YOU ALL TO OUR WINTER TRAINING CRICKET CAMP AT
PASTURES YOUTH CENTRE, 15 DAVIES LANE, LEYTONSTONE, LONDON E11 3DR**

**THIS WILL TAKE PLACE ON SUNDAYS FROM 4:00PM TO 5:30PM, WITH THE VERY FIRST
SESSION STARTING FROM SUNDAY 9TH NOVEMBER 2025 TO SUNDAY 15TH FEBRUARY 2026**

**TRAINING SESSION WILL CONSIST WITH SOFT BALL AND THOSE EQUIPPED TOWARDS THE
DEVELOPMENT FOR HARD BALL TRAINING TOO, SUITING CHILDREN AND YOUNG PEOPLE
WHO ARE STARTING UP AS BEGINNER AND BASIC LEVELS ALONGSIDE ADVANCE LEVELS.**

BOTH BOYS AND GIRLS ARE WELCOME TO ATTEND FROM 5 YEARS OLD TO 15 YEARS OLD.

WE ALSO WELCOME PARENTS/GUARDIANS TO GET INVOLVED AS HELPERS.

SESSIONS ARE LED BY AN EXPERIENCED AWARD WINNER ECB QUALIFIED CRICKET COACH.

PLEASE GET IN TOUCH WITH OUR HEAD COACH

SAJID PATEL ON 07958574878 OR EMAIL HIM ON sajidpatel999@hotmail.com

SUPPORTED BY



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**

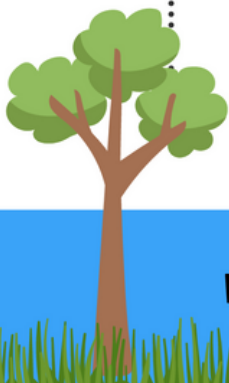


BENEFITS OF WALKING:

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



WALTHAMSTOW CENTRAL PCN & FEEL GOOD WALKS



RAMBLERS

**WELLBEING
WALKS**

WIILMA PRESENTS
GET VOCAL ABOUT **ADHD**



Do you have, or think you may have
Adult ADHD? Pending a diagnosis?

Let's chat!



FREE

Adult ADHD Awareness Session

Wednesday 29th October 3–6pm

Near Leytonstone tube station

Join us for an awareness session on what is Adult ADHD,
how to recognise it, who it affects, behavioural factors,
treatment and diagnosis.

Places are limited, please register your interest at
www.wiilma.org/workshops and we will get back to let
you know if you have been allocated a place.

@wiilmamusicarts

www.wiilma.org



Supported by Waltham Forest

We're moving

From 5th September you'll no longer find Citizens Advice Waltham Forest at 220 Hoe Street

You can still access advice and support

**Call Adviceline on 0800 0234 974
Monday, Wednesday and Friday from 10am - 4pm**

Find us at a Community Drop In:

**Tuesdays at Queens Road Family
Hub 9.45am - 11.15am**

**Thursdays at Walthamstow
Library 9.45am - 11.15am**



**citizens
advice**

**Waltham
Forest**