



**Waltham Forest Community and Fhs Ltd**



Tel: 020 8430 7710

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

## **NEWSLETTER: December 2023**

On behalf of all of us at Waltham Forest Community & Family Health Service, I would like to wish those of you celebrating a very Happy Christmas. To those of you not celebrating- Happy Holidays, and a better New Year for each and every one of you.

It has been our pleasure looking after you all and we thank you for giving us this opportunity.

We have been extremely lucky to have a very active Social Prescribing team supporting our patients.

For those of you having difficulties with mobile phones and SIM cards, we are now able to provide SIM cards to patients through this service. Thank you to our *PPG* Chair and all members - we are very grateful to you all and to the *Friends of the Practice* - Welcome!

I look forward to communicating with you in the New Year.

**Dr Gabriel Ivbijaro**



### **Christmas and New Year opening times:**

**The Practice will close at 6.30pm on Friday  
22nd December and reopen on Wednesday  
27th December at 8am**

**For New Year, the Practice will close on Fri-  
day 29th December at 6.30pm and reopen  
again on Tuesday 2nd January at 8am.**

### **Wood Street Library**

Let's Get Digital: Digital Help drop-ins. Perfect for anyone who needs help with their devices or using the internet. The Digital Champion volunteers are there to help and provide 1-1 support. No need to book!

Next session on Wednesday 10th January 5-7pm.

### **Winter 2023/24 Community Living Rooms**

Community Living Rooms host regular social and creative activities plus many spaces can offer food support or a hot meal. You will also find opportunities to access information and advice around topics such as health and wellbeing, debt management, welfare benefits and energy advice.

Nearest to Health Centre is Wood Street Library, open Mon-Fri 9am-7pm, Sat 9am-6pm and Sunday 12pm-4pm. There are at least 35 others in the Borough. For more info, see the noticeboard IN THE Practice or pop in to the Library.

**Wood Street Health Centre, 6 Linford Road, Walthamstow, London, E17 3LA**

## Walthamstow Central Primary Care Network (PCN)

### New PCN Director

Hello

*My name is Dr Mathumai Kanthasamy and in September this year, I was elected as Clinical Director for Walthamstow Central Primary Care Network (PCN), which sees our 5 local GP Practices working more collaboratively in delivering healthcare to 41,000 local residents.*


*I have been a GP Partner at Addison Road Medical Practice since 2016. I have strong ties to the Waltham Forest community, which I have been part of for more than 30 years.*

*Our main focus at the moment is to establish a strong multi-professional workforce to support the broad variety of needs of the 41 000 residents we serve. This will include diverse skills-mix of not only GPs but new roles such as pharmacists, physiotherapists, mental health practitioners, physician associates, GP assistants and care co-ordinators. We are also focusing a lot of attention on prevention, trying to support patients, especially those with long term conditions, from staying well within the community.*

*I am excited and proud to say we now employ two social prescribers who connect us more effectively to our communities and the vast assets we have in terms of the local voluntary sector. Our PCN is working on an exciting piece of work around creating Health Equity. This aims to tackle local health inequalities which sees certain members of our community being disproportionately effected by the wider determinants off health such as socio-economic status, housing, employment and the environment. The plan is to hold a GP pop clinic in the community in the early part of next year. Watch this space!*

**Dr Mathumai Kanthasamy**

Many of us are making use of hot water bottles, as a means of staying warm and keeping heating bills down. Here are some tips on how to use your bottle safely:

- **NEVER fill with boiling water** - Using boiling water can cause damage and lead to the bottle bursting.  Boil half the water needed and add cold water to the kettle or jug before filling the bottle.
- **Fill the bottle over the sink** - Pour water into the bottle carefully to avoid spills.
- **Don't use hot water from the tap** - Copper from pipes can affect the rubber's strength.
- **Don't fill more than two-thirds full** - Unless the bottle is designed to be fully filled, avoid exceeding this limit.
- **Don't use if cracked, worn, or leaking** - Regularly inspect the bottle to ensure it is in good condition.
- **Screw in the stopper until hand-tight** - Ensure the stopper is securely in place.
- **Don't place in direct contact with your skin**, always have a cover, towel or clothing.
- **Don't put pressure or weight on the bottle**, it's not designed for you to sit or lie on it.

## Patient Feedback

We continue to welcome feedback from those who have used the service.

Send your feedback to:

**Steve Maingot**

Health Informatics and Governance

Tel: 0208-430-7710

Email: [s.maingot@nhs.net](mailto:s.maingot@nhs.net)

NHS website to leave a review: <https://tinyurl.com/22yj5xya>

Practice website: <https://www.wfcafhs.co.uk/>

# Walthamstow Village Walk



TAKE THE FIRST STEP TOWARDS BETTER  
HEALTH, WELLBEING AND HAPPINESS

**FREE every Wednesday**

**2-3pm**

**WALTHAM FOREST COMMUNITY HUB**  
18a Orford Road, E17 9LN



**Interested in training as a walk leader? Free training starting on 1 Feb.  
For more information contact: [elysia.barrick@walthamforest.gov.uk](mailto:elysia.barrick@walthamforest.gov.uk)**

# Are you pregnant?

We have made it easier to self-refer for pregnancy care at **Whipps Cross Hospital**.

Simply fill in the online form and our team will get back to you within 5 working days.

If you don't hear from us within this time, you can call us on: 0208 539 5522 extension 5055





# Our practice supports clinical research

**Clinical trials are vital to the future of healthcare, helping find better ways to prevent, diagnose and treat conditions. That's why we're supporting clinical researchers to recruit eligible patients like you.**

If you meet the criteria for a study in our area, we'll get in touch to let you know.



To find out more about clinical research and how you can get involved, head to [patient.info/clinical-research](https://patient.info/clinical-research)

Join us for coffee, cake, and conversation  
on death, dying and grief



**GOOD DEATH, GOOD GRIEF CAFE**  
Thursday January 18, 2024  
6.30–8.30pm  
Addison Road Medical Practice

**What is a Good Death, Good Grief Cafe?**

A safe, confidential and friendly space where people, usually strangers, meet to talk openly about death, dying and grief. It is not therapy or counselling. There is no agenda, and the conversation is entirely group-led.

**Why attend?**

For all sorts of reasons: bereavement or illness where death and grief are more present. Some people might want to discuss the subject with a relative or friend. Others might want to talk about a fear of death or want to be more open about it.

More details & events across Waltham Forest at  
[www.creatingconversations.uk](http://www.creatingconversations.uk)

To reserve a free spot  
contact

[debbie@creatingconversations.uk](mailto:debbie@creatingconversations.uk)

07592 908134

or scan QR code

