



Waltham Forest Community and Fhs Ltd



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

Newsletter January 2025

Dear Patients,

I wish all our patients, family and friends a Joyful 2025.

Thanks very much to ALL our volunteers, *Friends of the Practice* and each & every one of you, who have supported our Practice in 2024.

We have been lucky that our patients continue to engage with us so positively and on the 19th December 2024, one of our patients kindly provided food for the staff and others to share in the spirit of Christmas. I would like to thank you all for your support.

We have received many cards and gifts over the festive season and we are very grateful.

We are also grateful for the comments and feedback from *Friends of the Practice* and our patients as a whole and we have acted on them.

Dr Gabriel Ivbijaro, Medical Director

Friends of the Practice

This is a new group. You are automatically entitled to be a member if you are a registered patient of this practice. No membership fees are involved.

Our primary purpose is to promote and encourage the good health of Waltham Forest Community and FHS Ltd and of the wider community wherever possible. We also exist to provide a voice for you, the patients. The Friends Group is run by a committee which meets regularly to work with all the Practice staff in deciding how best to review and respond to your feedback, to disseminate information and to plan action.

Contact us: fopwoodstreet@hotmail.com

We can't act as a channel for pursuing personal complaints from patients because the Practice has a defined and published procedure for that. But we're keen to hear your ideas about what we can usefully do to help and support you all in your general health concerns.

NEW PRACTICE PHONE NUMBER:

020 3376 7043

The Practice has installed a new cloud-based phone system trusted by hundreds of healthcare providers across the UK.

Benefits include:

Reduce Waiting Times – The Patient Callback feature holds the patient's place in the queue and calls them back when it's their turn, saving time and reducing frustration.

Improved Access to Information – integration with patient record systems means their information is readily available, eliminating delays.

Self-Service Options – Patients can check or cancel appointments, request prescriptions refills and access other services without waiting to speak to a receptionist.

Enhanced communication – high quality voice messages keep patients informed at every stage of their interaction with the Practice, reducing stress and improving overall experience.

~ Using the NHS App ~



We have a drop-in at Wood Street Health Centre on **Thursday 13th February 2025** from **2-5pm** for any patients needing help with the NHS App

The App is a simple and secure way to access a whole range of NHS services, including order repeat prescriptions and collect them from a nominated pharmacy, arrange vaccinations, and get NHS information and advice on hundreds of conditions. **Pop in for friendly App help, tea and biscuits!**

The Practice website: www.wfcafhs.co.uk/

Following your comments and feedback the website has been updated.

Patients can use the Practice website for a variety of purposes, making it a convenient tool for managing your healthcare needs such as:

Booking Appointments - (www.wfcafhs.co.uk/appointments) – Patients can schedule, reschedule, or cancel appointments online, which saves time and reduces the need to call the practice.

Requesting Repeat Prescriptions - Patients can request repeat prescriptions without having to visit the Practice in person (www.wfcafhs.co.uk/prescriptions)

Accessing Medical Records - There is scope for the website to allow patients to view their medical records (www.wfcafhs.co.uk/services)

Online Consultations - online consultation services where patients can describe their symptoms and receive advice or a prescription from a GP (www.wfcafhs.co.uk/appointments)

Administrative Tasks - Patients can update their contact information, register with the practice, or complete other administrative tasks online (www.wfcafhs.co.uk/join-the-surgery)

Health Information and Resources - the website provides reliable health information, advice on managing chronic conditions, and links to other health resources (www.wfcafhs.co.uk/health-information)

A&E IS VERY BUSY
Please keep services free for serious emergencies

We believe in holistic approach to care and we have an extended workforce in addition to doctors, including:

- ◆ *Social Prescriber*
- ◆ *Mental Health Practitioner*
- ◆ *Care Coordinator*
- ◆ *Advance Nurse Practitioner*
- ◆ *Pharmacists*
- ◆ *Nurses*
- ◆ *Diabetic Specialist Nurse*

The Practice will try and accommodate your preference when you specify (that is to see or speak to your preferred healthcare professional where possible). Patients with long term conditions will have available review appointments 3 months in advance. This Practice operates from a single location – which should be an advantage to patients. The Practice is aware of patients' concern about seeing Clinicians' Administration activities as appointments. We are looking at correcting this anomaly.

Diabetes Peer Support Group

Meets every 2nd Tuesday of the month,
6pm at The Firs Medical Centre,
26 Stephenson Rd, London E17 7JT
All diabetic and pre-diabetics welcome
Contact: roisin.reilly3@nhs.net

Practice website: www.wfcafhs.co.uk/

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.



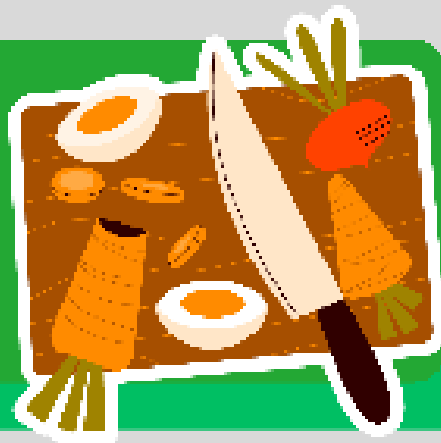
For more information, contact:
sue.kofienhs.net



WALTHAMSTOW CENTRAL PCN & FEEL GOOD WALKS



Eat Well, Live Well



If you're a Waltham Forest resident, join us for this packed session to help you eat well, get support and more!

During the session you can:

- find out how to use an air fryer, with live demonstrations
- try out armchair exercise and cricket tasters
- learn about local food initiatives in your area
- find out more about health and wellbeing support



Light refreshments will be available, plus a raffle with the chance to win an air fryer!



Thursday 6 February 2025
11AM-3PM

Leyton Sports Ground
Clubhouse meeting room
485 High Road
Leyton, E10 6PY

Buses 69 and 97 stop outside.
Buses W16, 58 and 158 stop nearby.

Want to know more?

Contact the Social Prescribing Team at
social.prescribing@walthamforest.gov.uk

walthamforest.gov.uk



BETTER COMMUNITY LIVING ROOM

Mondays

Waltham Forest Feel Good Centre

11am-1pm

January 6th to March 10th.



Whats included:

- Free hot drink in Sports Hall
- Comfortable seating
- Opportunity to socialise
- Free WIFI
- Newspapers and magazines (via press reader app)
- Free Group Cycle Class with Robbie 11.45am-12.30pm
- Access to hot showers



No booking is required just turn up and enjoy your experience.



**Funded by
UK Government**



BETTER

NHS Dentists in Waltham Forest



This is an up-to-date list of NHS dentists currently offering routine appointments and accepting new patients. At the time of writing there may be a waiting period before your first appointment

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List up to date as of 13th January 2025



Walthamstow

The Dental Design Studio
127 High Street, E17 7DB
02085214333
Children Only



Leyton

Lea Bridge Dental Practice
433 Lea Bridge Road, E10 7EA
02085396152
Children and Adults



Leytonstone

Woodgrange Dental Practice
80 Woodgrange Road,
E7 OEW
02085553336
Children Only

Forest Dental Care
73 Hoe Street, E17 4SA
02085213777
Children Only

Cedars Dental Practice
775 High Road Leyton, E10 5AB
02085581122
Children and Adults

Church Hill Dental Practice
18 Church Hill, E17 3AG
02085203872
Children and Adults

Smile in London
399 High Road Leyton, E10 5NA
02085391653
Children and Adults

(Limited to few patients only per month)

 020 8496 5223

 wfsupport@henry.org.uk

Please note that we do not endorse or recommend any particular practice.

This list is up-to-date as of the 13 January 2025.



**Best Start
in Life**



Gut Health and Well-Being For those aged 50+

Improving Health, Empowering Communities

Hippocrates is famous for his quote:

“All disease begins in the gut”

Are you interested in learning how to maintain optimal gut health and take simple steps to prevent bowel cancer?

Join Us!

Enhance your gut health and well-being while supporting the health of the community in Newham, City & Hackney, Waltham Forest and Tower Hamlets!

We offer:

Free interactive workshops to enhance gut health & well-being

Learn how small changes in diet and lifestyle can make a big impact on your health

Learn effective stress management techniques to improve mood & enhance gut health & well being

Discover the life-saving benefits of the NHS Bowel Screening Programme

Tailored training for volunteers and staff working in community, clinical, faith-based settings and many more!

For more information, scan the QR Code or reach out to our Gut Health Promotion Team:

Leena Khagram - Health Promotion Lead -
leena.khagram@nhs.net

Marcelina Strozowska – Health Promotion Outreach Officer - marcelina.strozowska@nhs.net



Leena Khagram
Health Promotion Lead



Marcelina Strozowska
Health Promotion Outreach Officer

“Leena was very good at explaining what’s involved to us. She has a very natural conversational style of presenting” - Community workshop

“Really happy with the service offered today. A big thank you” - Community workshop

“Great training, very informative” - Staff Training

“It was very helpful and increased my knowledge” - Community Volunteer Training

Scan Me!

