



Waltham Forest Community and Fhs Ltd



Tel: 020 8430 7710

Web: www.wfcafhs.co.uk

NEWSLETTER: October 2024

Dear Patients,

Welcome to another edition of our newsletter.

I am very pleased that the feedback we have been receiving from our patients has significantly improved, and we are getting very positive comments in our Friends & Family Test.

Once more, thank you for this. These feedback comments are very rewarding and reassuring to us.

Every year, on 10th October, we celebrate **World Mental Health Day** and this year's theme is **Prioritising Mental Health in the Workplace**.

I want to take this opportunity to remind you that the workplace is not just the office but may also be in our homes too; we must make the workplace a safer place for each and every one of us.

You can read more about this using the link below:

[Message from the WFMH Secretary-General 2024 - World Mental Health Day \(wmhdoofficial.com\)](http://wmhdoofficial.com)

Please let us know what you are doing to celebrate World Mental Health Day on 10th October 2024.

Thanks,

Dr G Ivbijaro

Friends of the Practice

Please welcome your new committee:

Chair: Yacub

Deputy Chair: Jane

Treasurer: Niresha

Social Media Officer: Helin

Secretary: Sue/Laura

Next meeting

Wednesday 30th October at 6pm

where we will be discussing both a fundraising event and also booking GP appointments online, or via NHS app.

To find out more, and how you can get involved, contact

Friends of the Practice by email:

fopwoodstreet@gmail.com

Do you use an inhaler?

Did you know they can be recycled by handing them in at Superdrug, Selbourne Walk Walthamstow E17



Updated Practice telephone system

We have been working with the Integrated Care Board (ICB) to modernise our telephones to a more digital, integrated system, and I am pleased to announce that we launched this new system on Friday 20/09/2024.

We will gradually migrate all of you to the new system over the next 2-3 months. This should be an easy transition, and we will provide you with the new telephone number very soon. **Steve Maingot** is the lead for this and will be contacting you all.

What can I do to reduce my cholesterol levels?

SMART EATING and MAINTAINING HEALTHY HABITS.

Reduce alcohol intake: Remember it 14 units per week for men and women



Include whole foods* – whole grains, vegetables, fruits, nuts, meat, fish.

*Can include *Processed food* like tinned fruits, tinned fish, salted nuts, smoked meat and fish, cheese, traditionally made bread, etc



Ultraprocessed food – This is food that has gone through several processes in the food industry and contains ingredients that we usually don't use at home and is exclusively seen in the food industry alone – e.g. artificial flavours, sweeteners, emulsifiers, chemical preservatives, etc. These contain very low nutrients like fibre, protein, are high in sugar and saturated fat.



Reduce saturated fat- this is fat that is solid at room Temperature, e.g. fat in dairy & meat

Reduce trans fat – This is plant oil chemically changed to become solid.

Increase unsaturated fat – They reduce bad cholesterol and increase the good cholesterol

Monounsaturated fat is seen in Avocado, Nuts, Sunflower & Pumpkin seeds, Oils from olives, peanuts, canola seeds, safflower seeds, and sunflower seeds.



Polyunsaturated fat is seen in Omega 3 fatty acids (Tuna, Sardines, Herring, Mackerel, Soybeans, Flax seeds, Chia seeds).

- For more information, see the Practice website -

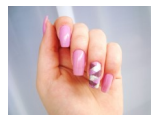
NHS
North East and North Cumbria
Hospitals and Community Care Network

Sore throat X Bad back X Sickness and diarrhoea X Ear ache X Strains and sprains X

For urgent medical advice 24/7 Visit 111.nhs.uk or call 111

A&E IS VERY BUSY

Please keep services free for serious emergencies



Holiday and party season fast approaching! Here is some important info on nail care.

Nail Care tips

Acrylic nails, Gel nails, Dip powder nails and Gel polishes all can cause nail brittleness, peeling and cracking. The nail cuticle is there to protect your nails. **Don't trim or push back the cuticle.** It increases risk of infection.

Avoid curing nails under UV Light. Instead ask for LED light. This reduces cancer risk to skin and lowers premature aging of skin on hands.

Use soak-off gel nails rather than acrylic nails which need Acetone for removal. Acetone makes the nail dry & brittle and surrounding skin itchy and irritated.

Protect cuticle & nail with petroleum jelly applied several times a day or nightly cuticle oil.

Acrylic nails need lots of filing and buffing to make nail surface rough enough for the nails to stick. This can leave nails thinned.

Dip powder nails don't dip fingers in container used by others.

Things to look out for:

- Are the nails rough, chipped or discoloured?
- Are nails being lifted off the nail plate?
- Is there crumbly stuff under the nail?
- Is the cuticle or skin around the nail irritated or infected?

Then it's time to give your nails a holiday and see a doctor.

Source: <https://www.aad.org/public/everyday-care/nail-care-secrets/basics/pedicures>

WOOD STREET THURSDAY WALK!

STARTS 16TH MAY

MEET AT WOOD
STREET STATION
11AM EVERY
THURSDAY



BENEFITS OF WALKING:

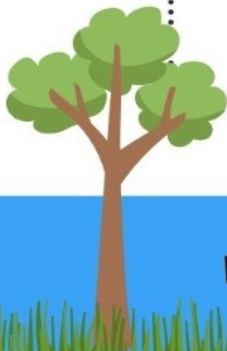
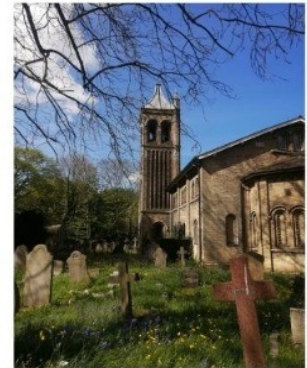
1. Burn Calories!
2. Strengthen the Heart: reduce your risk of coronary heart disease
3. Blood Sugar Control: Can help lower blood sugar levels.
4. Joint Health: Walking helps protect your joints, including knees and hips.
5. Mood Enhancement: It can help reduce anxiety, depression, and negative mood.



For more information, contact:
sue.kofi@nhs.net
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



Leyton Orient Trust Health and Wellbeing Cafe - Supporting Men 50+ get healthier and be more active

FREE



Let's Talk About Getting Healthier



Come and Join in



20 Week Programme

Let's Get Moving

Play Sports



Bring Your Sports Kit



Spend Time Outdoors With Others



Light Refreshments

FREE



Sonia.Arnold@leytonorienttrust.org.uk / 07437 611 377



Every Friday 6-9pm
Starting 9th August 2024



SCORE Centre, 100 Oliver Road,
Leyton E10 5JY





FOREST FIXERS REPAIR CLUBS SEPTEMBER and OCTOBER 2024

If you would like to come and fix with Forest Fixers, come along to our repair club where we fix stuff and share repair skills without the pressure of the public being there.

Repair Club: Toasters 24th September 2024: The Mill, Coppermill Lane, London E17 7HA 6:30pm - 9pm

We have a big batch of toasters of various makes to take apart and fix. Great practice for our repair cafes as we always have at least a couple of toasters at everyone.

Repair Club: USB Ports 8th October 2024: The Mill, Coppermill Lane, London E17 7HA 6:30pm - 9pm

Enhance your soldering skills by replacing USB ports on circuit boards. We have a variety of replacement USBs for us to try out. We hope to have a variety of circuit boards as well but feel free to bring your own to this session too.

Repair Club: Hand-held blenders 29th October 2024: The Mill, Coppermill Lane, London E17 7HA 6:30pm - 9pm

Always a devil to get undone, we'll get some practice in with a selection from South Access Road recycling centre. It doesn't matter if they get trashed so we can be a bit innovative with our methods for getting into them – all good practice for when we have to fix someone's precious kitchen appliance!

Use our tools or bring your own if you prefer.
Queries to ForestFixers@outlook.com

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!



Mindfulness-based Cognitive Therapy Group

With facilitators Wojciech Glowacki & Celine Chies

For 8 weeks from 24th October 2024
Thursdays 5 - 7pm, online via MS Teams

What is Mindfulness?

Mindfulness involves learning and practicing meditation techniques that help us focus more on the present moment. This helps to create distance between our thoughts and feelings, so we can make more conscious choices about how we respond to difficulties in our lives. Becoming more aware of the present moment can help us gain more enjoyment from the world around us and understand ourselves better.

Who might benefit?

Those experiencing mild-moderate depression, or wanting to prevent depression returning. It can also help with anxiety and excessive worrying. An initial phone assessment will determine suitability, and you'll need to be registered with a Waltham Forest or Havering GP.

For more information or to self-refer,
call 0300 300 1554 or visit our website:
www.talkingtherapies.nelft.nhs.uk



Talking Therapies



for anxiety and depression

Service provided by North East London NHS Foundation Trust

TYPE 2 DIABETES AWARENESS EVENT

Free event by Diabetes UK & the Calaloo Club

DATE: Thursday 24 October 2024

TIME: 12.30-5pm (Registration from 12pm)

WHERE: The Paradox Community Centre, 3 Ching Way, London, E4 8YD

Official opening at 1:15pm by Cllr Elizabeth Baptiste

Join this free event, focusing on diabetes in Black African and Black Caribbean communities.

Learn more about type 2 diabetes from experts, including information about diet, management and available support.

Registration is required, and lunch and refreshments will be provided.

If you have any questions, please email secoastandlondon@diabetes.org.uk or call 01372 720148.

diabetes.org.uk

Working with



Scan me



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). © Diabetes UK 2023

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



**Mental
Health
Mates**

HIGHAMS PARK



JOIN WALK LEADER STEVE FOR A
GENTLE WALK & TALK TO IMPROVE MENTAL
HEALTH & WELLBEING

SUNDAY 22ND SEPTEMBER @ 12PM

MEET BLACKHORSE RD STATION/W'STOW WETLANDS

SUNDAY 29TH SEPTEMBER @ 11AM

MEET AT HIGHAMS PARK STATION/HP LAKE & PARK

SUNDAY 6TH OCTOBER @ 1PM

MEET AT HIGHAMS PARK STATION/LARKS WOOD

FOR UPDATES, JOIN OUR FACEBOOK GROUP

MENTAL HEALTH MATES HIGHAMS PARK

FOLLOW ON INSTAGRAM

@MENTALHEALTHMATESHIGHAMSPARK

CHECK OUT OUR WEBSITE:

WWW.MENTALHEALTHMATES.CO.UK

EMAIL STEVE

MHMHIGHAMSPARK

@GMAIL.COM

**WE ARE A PEER SUPPORT GROUP WHERE
YOU CAN WALK & TALK, CONNECT & SHARE
WITHOUT FEAR OF JUDGEMENT.
EVERYONE IS WELCOME!**