

# Your good health

## A new neighbour moves in

Another GP practice is moving into the old house on the Comely Bank site. It was occupied by a dental practice but has been empty for the past four years.

Community Health Partnerships, which leases the buildings, is adapting the site to incorporate a nearby GP practice into the ground floor of the vacated dental surgery. It would entail building work to adapt the existing structure: walls will be demolished to create bigger rooms and a waiting area.

The practice moving in is Dr J Bailey's, sited 300 metres away on the corner of Shernhall Street and Barratt Road. The new tenants are expected early next year.

Behind the former dental surgery is another empty space, which was used by the

toy library as a garden. If Dr Bailey agrees, the patients group hopes Waltham Forest Council can be persuaded to provide funding and Organiclea, a local workers' co-operative that promotes ecologically sound and sustainable methods, is offering advice and assistance to establish raised beds and a seating area.

"We hope by summer this can be used both as a therapeutic garden resource for patients and a pleasant space for all Comely Bank staff to relax in," says Patrick Morgan, chair of Addison Road Patients Group.

The next newsletter in June will update you on any progress. Please email any suggestions for the garden project to Morgan on [jegarcia.pm@gmail.com](mailto:jegarcia.pm@gmail.com).

## Our GPs face bigger workload

GPs in outer London boroughs such as Waltham Forest deal with more patients than colleagues in inner London. Recent figures show that our doctors have more than 2,500 patients each on their caseload: GPs working in Hackney or Tower Hamlets have 300 patients or more fewer.

One reason could be an ageing GP population locally; younger doctors prefer the smaller, better-resourced surgeries near the city centre. The clinical commissioning group for north-east London is launching a programme to rebalance the workloads.

## Surgery set for big move

A £1.4m building in Higham Hill, Walthamstow, will open this spring – a new home for the Lime Tree and Sinnott Healthcare medical practice, part of Waltham Forest's regeneration.

The existing practice is a short walk away in Sinnott Road. It is planned to expand its list from 6,500 to 10,000 patients over the next 15 years. It will have digital technologies that will include self-monitoring – allowing patients to take greater control of their care.

## New phone no



**OUR PHONE NUMBER IS CHANGING!**

From 25th March

**0208 176 9110**

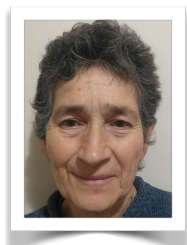


# Why the new integrated care systems spell trouble for the NHS

## VIEWPOINT

By Eva Turner

of Addison Road Patients Group



**W**hen the Conservative health secretary Andrew Lansley introduced the 2012 health act, it forced a competitive “market” upon the NHS – only 9 years earlier Tony Blair’s government had undertaken a major restructuring: regional health authorities became strategic authorities and foundation trusts were created, despite strong opposition from many Labour MPs.

Lansley established local clinical commissioning groups to introduce competitive tendering, which allowed more private health providers to establish a foothold in the system.

Today, this competition is to be replaced by “integration”. The NHS will be divided into 42 independent areas, called integrated care systems (ICS). Each system will be led by a board with its own budget and autonomy. The clinical commissioning groups will be abolished. Every NHS organisation and their local “partners” must become part of an integrated care system by this April.

According to NHS England, the new care systems will be “NHS organisations, in partnership with local councils and others which will take collective responsibility for managing resources, delivering NHS standards, and improving the health of the population they serve.” The “others” are private health and care provider companies.

The Health and Care Act 2022 will increase procurement, decrease market regulation by

ending the public contracts regulations of 2015, allowing board commissioners more freedom when buying services.

We must be aware that each ICS will choose its own board members and among them representatives of the “other” providers from a pool of 83 accredited private companies to provide privately run healthcare. These companies include McKinsey, Deloitte, Optum,

**“There will be a loss of public scrutiny and care, particularly for those people who cannot afford it”**

IBM, Ernst & Young, Centene and other global corporations, along with some UK and European companies, and a handful of NHS commissioning support units.

Such changes will lead to loss of public scrutiny and public accountability, competition for diminished financial resources and loss of quality of care in health and in social care, particularly for those who cannot afford it.

Next month these portentous changes will become legal when the Health and Care Act becomes law. You have been warned.



## Waltham Forest's diverse health needs

Waltham Forest, with a population of 283,500 people, is one of the most deprived areas in England (15th out of 326 local authorities), and faces complex health challenges. The borough has lower rates of women smoking in pregnancy, fewer adults who are obese or have excess weight, a lower incidence of malignant melanoma and a smaller number of road injuries and deaths.

On the negative side, it has significantly worse rates of infant mortality, obesity among children, smoking prevalence, diabetes, tuberculosis and sexually transmitted infections. Figures from the clinical commissioning group for north-east London

## Patients voice views about NHS changes

Our primary care network, which links Addison Road with four other surgeries to offer shared services, is strengthening ties now that Covid is no longer preventing meetings.

The network started in 2019 just before the pandemic to enables the five practices to pool resources buying physio, prioritise care for the elderly, offer earlier cancer screening and mental health support. Doctors can refer patients directly to such services.

The four other surgeries are Claremont in Higham Hill, The

Firs near James Street, and two practices on Wood Steet: Dr Dhittal's Practice which shares a building with Dr Ivbijaro's Practice.

Patients groups from each have met recently to establish how they will be deal with a major reorganisation of the health system nationally. Clinical commissioning groups which control finances are to be replaced by integrated care boards to push closer co-operation between all services, including mental and physical health.

"Our main concern currently is to ensure there is patient representation on the statutory health organisations across north-east London," says Patrick Morgan, chair of Addison Road Patients Group.

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### A man walks into the surgery ...

**Patient:** "Doctor, I'm having trouble pronouncing my *fs* and *ths*."

**Doctor:** "Can't say fairer than that then."

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**ADDISON ROAD**  
MEDICAL PRACTICE

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