



Your good health

For all staff
and patients

Action stations for patients

Something exciting is happening to the patients group at Addison Road. A new spirit is infusing meetings. People around the table no longer want to be just a talking shop: they are actively seeking tasks to help improve the surgery, the services it offers and helping it provide a better deal to those that our society neglects or ignores.

Two months ago, a task group was set up which included people who have never done anything before but turn up to listen. Now they're working to develop strategies to get community groups involved, providing support, services and advice through the surgery. Members are also examining ways to canvass patients' views and ensure such opinion influences decision-making

Last month, a spokeswoman from the national Patients Association attended. Her talk on her organisation's work galvanised Addison Road folk into a spirited debate



Patrick Morgan
summons everyone
to be part of our
promising future

about getting more people involved and what useful work they should all undertake.

And next month (Tuesday June 4 at 5.30pm) the patients group holds its AGM and the main item on the agenda is our future: can we develop systems so that patients and staff communicate better, work more closely together and learn to share information to inform everyone?

We want to explore how the patients group can better reflect the needs of the 17,000 patient population. There are currently 400 members but the number who attend meetings is about 20. We need to find ways of reaching more and different people – we're too white, too old and too middle class.

**AGM for Addison Road Patients: Tuesday
June 4, 5.30 upstairs in the surgery**

Patrick Morgan is chair of the Patient Participation Group at Addison Road

Which is the problem that most patients bring to the surgery for treatment? The challenging answer for staff is ... depression.

Dr Janakan Crofton, managing partner, said: "Depression is the most prevalent long-term condition among our 17,000 patients. We have seen rates steadily increase over the past 10 years, strongly

Doctor, I've got the blues

exacerbated by Covid. This has been compounded by the cost of living crisis. Early evidence indicates that medications are not proving to be a panacea.

"As a practice we are determined to explore non-

pharmacological routes to support our patients' mental health, whether by reducing social isolation through walking groups or creative art solutions, or by getting people more active through signposting to ParkRuns or community gardening groups."

In the September issue of this newsletter we will cover this subject more.



WOOD STREET THURSDAY WALK!

STARTS 16TH MAY

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
roisin.reilly3@nhs.net

WALTHAMSTOW CENTRAL PCN & FEEL GOOD WALKS



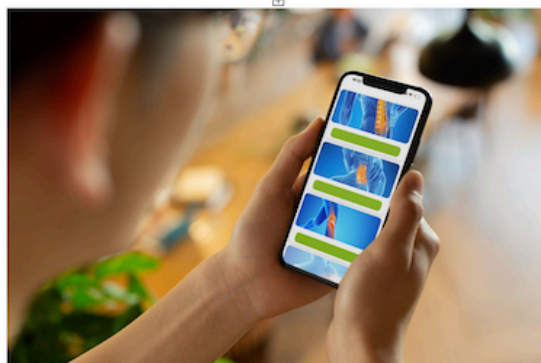
The Walthamstow WELCOME

Lessons:
**KNITTING
SEWING
CROCHET
COLLAGE
& MORE...**

EVERY THURSDAY
10-12.30

info:
thewalthamstowwelcome@gmail.com
23 Orford Rd, London E17 9NL

Need help with muscle or joint problems?



Here's a free app to help you!

Full of tips, advice and exercises to relieve aches
and strains all over your body!

Legs, neck, back, shoulders, elbows, ankles, knees and hips



A fully NHS-backed app to help patients
find relief from musculoskeletal problems.
Ask at reception in your surgery



Shelter Workshops

Shelter East London Family Service team will be running FREE housing
awareness workshops at The Grow Well Centre, Saxon Close E17 8LE

Next Shelter workshop:

Overcrowded and Waiting for a Social Home
30th May. 9.30 - 11.30am

Coming up:

Tackling Disrepair
27th June. 9.30 - 11.30am

Finding a Home in the Private Sector
25th July. 9.30 - 11.30am

For booking details go to www.lloydparkcc.eventbrite.com



Lloyd Park
Children's Charity
Charity Number 1102134



NOTICEBOARD 1

**Beezee
ADULTS**

**Want to feel supported on
your weight-loss journey?**

Free healthy eating courses

Maximus/Beezee, the organisation that has been helping families with lifestyle choices for children, is now launching a similar programme for adults over 18.

"This is a caring, inclusive programme where everyone is welcome," says Christina Choo, one of the nutritionists who leads sessions. "It is tailored to support people make small, realistic changes."

The courses begin in September at venues around the borough. Go to <https://wlf.maximusuk.co.uk> or ring 03308 186308 to find out more.

Courses for children between 5 and 15 run by Maximus/Beezee have won awards from the Royal Society for Public Health. "They are fun-filled, family focused sessions with exciting activities and practical healthy eating advice to help families build good habits," says Ms Choo.

Ultrasound at Addison Road

Patients who need ultrasound to scan or monitor them for conditions or for physio purposes can now get the service at Addison Road. Email: omneshealthcare.bhrtnwqueriesonly@nhs.net or telephone: 0203 780 1761 or 0203 176 6364

Help with job-hunting

Walthamstow Central Primary Care Network, which covers five surgeries including Addison Road, is working with Waltham Forest Job Brokerage Service to offer personalised one-to-one advice for people over 16.

The aim is to support you at every stage of your journey to getting a new job. Experts can help you feel more confident, find vacancies, improve your CV, complete job applications, practise for interviews and more.

First you have to get an appointment with a member of the brokerage team who will be holding sessions at The Firs Medical Centre near St James Street station. The first session is next Tuesday (June 4) 10am-2pm.

Email Roisin Reilly (roisin.reilly3@nhs.net), social prescriber at Addison Road, to book an appointment. You can't just turn up.

For more advice on other support available and free clothing, click on this link <https://www.walthamforest.gov.uk/support-into-work>

Walk your way to health

Walking is great exercise and is good for helping you enjoy a healthy lifestyle. It helps lower your blood pressure and makes your muscles stronger because you are using them. It also boosts your mood because exercise produces endorphins which make you feel positive about life.

There are 2 advertisements for walks in this newsletter (see pages 2 and 4). You could also check out local walking groups on Facebook. Plus go to the Waltham, Forest council website, type in walks in the search space and it will produce links such as this one: <https://www.walthamforest.gov.uk/events/walk-and-talk-your-life>.

The Ramblers Association, a national organisation, runs two local groups: North East London and Redbridge.

You're bound to find something here that you can relate to. Enjoy yourselves.



Getting active can be difficult, but we're here to help. With the Feel Good Walks, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. From reducing stress, to losing weight, to sharing laughs, the Feel Good Walks have something for everyone.



Why walk?

Walking is truly accessible - almost everyone can do it anywhere and any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- help your heart and lungs work better
- lower your blood pressure
- keep your weight down
- lighten your mood
- keep your joints, muscles and bones strong

How you can get involved

Our Feel Good Walks are suitable for anyone to join and are FREE. They provide a great way for people to get out and about, meet new people and explore some of the beautiful green spaces Waltham Forest has to offer.

Walking is a great way to explore the borough, a great way to keep active, stay healthy and it's good for physical and mental wellbeing too.

So come along and join us on our Feel Good Walks. Just turn up on the day, there's no need to book in advance.

If you would like to start a walking group for neighbours and friends, or support an existing walk as a Walk Leader please get in touch. We provide full training and support for the role and we are looking for more Walk Leaders to join the team.

For more information about walks in Waltham Forest, please contact the Feel Good Walks Team - Feel.Good@walthamforest.gov.uk

WALTHAM FOREST

FEEL GOOD WALKS

**2024 PROGRAMME
MAY - SEPTEMBER**



MONDAYS NO WALKS ON BANK HOLIDAYS

Friday Hill, Chingford

Every Monday 11am - 12pm - Steady Pace

Meet outside The Chingdale Centre, 19 Chingdale Road, E4 6HZ

Bury Road, Chingford

Every Monday 10:30am - 11am - Gentle Stroll

Meet outside Bury Road Car Park, E4 6AR

Higham Hill Park - Leyton Orient Trust

Every Monday 11am - 11:45am - Steady Pace

Meet at Higham Hill Park, Hecham Close entrance, E17 5QS

TUESDAYS

North Chingford

Every Tuesday 11am - 12.30pm - Steady Pace

Meet outside Bury Road Car Park, E4 6AR

Leyton - Gentle Stroll

Every Tuesday 11:30am - 12:30pm - Gentle Stroll

Meet at Leyton Sports Ground, E10 6PY

Thomas Gamuel Park - Leyton Orient Trust

Every Tuesday 11am - 11:45am - Steady Pace

Meet at Thomas Gamuel Park, Chelmsford Rd Entrance, E17 8NP

Leytonstone

Every Tuesday 10:30am - 12pm - Steady Pace

Meet at the Pastures Centre, 15 Davies Lane, E11 3DR

Leyton

Every other Tuesday 11am - 12:30pm* - Steady Pace

Meet at KukooLaLa Cafe, Leyton Jubilee Park, E10 7BL

WEDNESDAYS

Leyton

Every Wednesday 11am - 12.30pm - Steady Pace

Meet at KukooLaLa Cafe, Leyton Jubilee Park, E10 7BL

WEDNESDAYS

Langthorne Park - Leyton Orient Trust

Every Wednesday 11am - 11:45am - Steady Pace

Meet at Langthorne Park, High Rd Leytonstone entrance, E11 4JT

Walthamstow Village Walk

Every Wednesday 2pm - 3pm - Steady Pace

Meet at Waltham Forest Community Hub, 18a Orford Road, E17 9LN

THURSDAYS

Leytonstone

Every Thursday 11am - 12.30pm - Steady Pace

Meet at Lakeside Diner, Hollow Ponds, E11 1NP

Bury Road, Chingford

Every Thursday 10am - 11am - Brisk Pace

Meet outside Bury Road Car Park, E4 6AR

Coronation Gardens - Leyton Orient Trust

Every Thursday 11am - 11:45am - Steady Pace

Meet at Coronation Gardens, Leyton High Road Entrance, E10 5HG

Wood Street, Walthamstow - Starts 16th May

Every Thursday 11am - 11:45am - Steady Pace

Meet outside Wood Street Overground Station, Wood Street, E17 3LX

FRIDAYS

Highams Park

Every Friday 11am - 12.30pm - Steady Pace

Meet at Humphrys Cafe, The Highams Park, IG8 9RF

ACA Walk

Every Friday 11am - 12pm - Steady Pace

Meet outside the Feel Good Centre, 170 Chingford Road, E17 5AA

Nordic Walking - Leytonstone

Every Friday 10am - 11:30am - Registration required before attending*

Meet at Leytonstone station (Church Lane side), E11 1HE

*For more information please email feel.good@walthamforest.gov.uk



COMMUNITY SERVICES

Goggle-eyed about sex

Jacqui King provides free advice on sexual health, testing and support. She explains her job to **Neil Levis**

The secondary pupils are having a lesson about consent. The teacher asks them to wear special goggles. Then they have to negotiate a small assault course, pick up money from the floor or slot a key into its slot. There are five levels of vision that the goggles control. The higher the level, the harder it is for the pupils to see clearly and complete such relatively simple tasks. The aim is to raise their awareness of control in social situations. If drugs or alcohol have been slipped into their systems, they could or would not be able to give proper, legal consent in a sexual situation.

"How can you consent when you can't read your own writing or check the date on the back of a condom packet?" says Jacqui King, the woman who provides sexual advice to schools in Waltham Forest.

King, a former secondary special needs teacher, has been sexual health outreach manager for the borough for the past 12 years. She is passionate about her job.

"Years ago, there used to be no help at all for young people. If they got into trouble, it was very traumatic. At a sexual health clinic, people stood at the front door frowning at you. As a teacher, I saw many students looking for pregnancy tests. Then the penny dropped: I had to step in and offer them practical, supportive advice and help."

Since 2021 it's on the curriculum that schools have to deliver sex education. Covid has delayed its full implementation. She and an assistant can deliver to every year 10 tutor group. "We offer every secondary workshops from year 10 to sixth form, courtesy of Public Health," she says. And they cover the four local special education schools.

"Young people have odd ideas about sex. For instance, they believe they're still virgins if they have oral sex but no penetration. Many don't appreciate that mutual masturbation can lead to pregnancy.

"There's a real lack of knowledge out there. That's why we go into schools and demonstrate clearly to pupils, among other things, the five risks of pregnancy."

King started her job running the C-card scheme for the borough: 13-24-year-olds can get free contact and advice, condoms and chlamydia testing from 200 locations across London. Chlamydia, a bacterial infection hiding in our reproductive systems, is very common among sexually active under-25s. Most people (70% of women and 50% of men) have no symptoms at all. The dangers

'Years ago, there was no help for young people ... I had to step in and offer them practical, supportive advice'



Jacqui King

are it can make you infertile, lead to ectopic pregnancies, or give you pelvic inflammatory disease. Regular tests keep it under control.

But King's job covers people of all ages in Waltham Forest. She points out that chlamydia comes on her radar again among the over-50s, often starting new relationships after divorce.

"We have a fantastic online service (www.shl.uk) for anyone wishing to test for sexually transmitted infections without symptoms. You complete an online form and a discreetly labelled screening kit will be

continued overpage



COMMUNITY SERVICES

Goggled-eyed about sex

continued from previous page

posted to you at home or at work. Results come to you by text, email or phone call – you choose.”

Cuts to budgets mean there is only one sexual health clinic in Waltham Forest. “Ten years ago we had eight, so we’re trying to bridge the gap,” says King. But she’s proud of what has been achieved.

“No other London borough does what we do. A lot of it is down to public health because they have allowed me to grow with this role. We’re not constrained by barriers.”

She trained as a HIV screener so she can offer that service, too. She regularly offers drop-ins to people whose lifestyle makes them vulnerable to sexual exploitation or infection: homeless shelters, domestic violence units, sex workers.

King always has something to offer: more tests (the six in one covering HIV, hepatitis B and C, chlamydia, syphilis and gonorrhea), reliable condoms rather than cheap online brands, and, most importantly her positive, helpful demeanour.



The C-Card scheme explained

People under the age of 25 can register and obtain free condoms, femidoms or other forms of contraception, as well as chlamydia testing from about 200 outlets around the capital. They can also access sexual advice and other tests easily. To register for a C-card, go to www.comecorrect.org.uk then follow links to your borough

Clinical services locally

Forest Road Medical Practice next to the old Walthamstow police station: 0208 430 7730.

Sir Ludwig Guttman Centre in Stratford near the Olympic Village: 0203 148 7410

Lime Tree Surgery, Leytonstone: Drop-in clinic open to all, every fourth Thursday of the month, 4-6pm.

Meditation in motion



Practitioners of Tai Chi and Qigong, pictured here at the weekly class at Addison Road surgery, experience and know the calming effect of these ancient exercises, which coordinate mind, slow body movements, and breath. It is meditation in motion.

The class, started in July last year – a joint enterprise of the surgery's patients group and Dao Lu CIC – and continues every

Wednesday 6.30-7.30pm in the first floor reception area. It is open to all beginners, whatever your physical ability.

“Medical research internationally shows evidence of the benefits of regular Tai Chi,” says Belinda Calaguas, who runs the class. “It addresses hypertension, prevents falls among the elderly, supports those with ADHD, depression, and anxiety, and is also highly recommended for rehab for cancer patients. The slow movements strengthen core muscles, improve balance, flexibility, agility, body co-ordination and mental focus.”

To join, email Bel on bel@daolu.co.uk A new class will start in mid-June at The Firs surgery near St James St. Street station.



The Snug 4 Greenleaf Rd
Walthamstow
London E17 6QQ



THE SNUG

Building connections, supporting minds

Free

CREATIVE WRITING
Wed 12.30pm - 2pm
with Mel & Beverley

THE HEARING VOICES GROUP

WF Hearing Voices Group
Fri 1pm - 3pm
with Hannah & Kris

SUPPORT
Buddies INSPIRE

DISCOVERING CALMNESS

Fri 11.30am - 12.30pm
with Laura-Mai
Breathwork and gentle
yoga All levels

ARTSNUG
Wed 2pm - 4pm
art group for all levels
with Jane



Tea & Toast
Fri 10.30am - 12.30 am
with Sharyn & Tracey

ART Motivate
Chat **CREATE**

Online Neurodiversity
Support group via zoom
Thurs 7pm - 8.30pm
with Peter

Move & Motivate
Fri 3pm - 4.30pm
with Jesse
All levels wear comfy
clothes

Mental Health
Stigma & Awareness Training for
frontline staff with Chris & Jon
Flexible dates



Contact: linda.mccairns@crestwf.org.uk
07881 017 368



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NHS STATISTICS

Wakefield's MMR legacy compounded by shortage of health visitors

1940s

Hundreds die of measles every year.
1941 is the worst: **1,145 deaths**

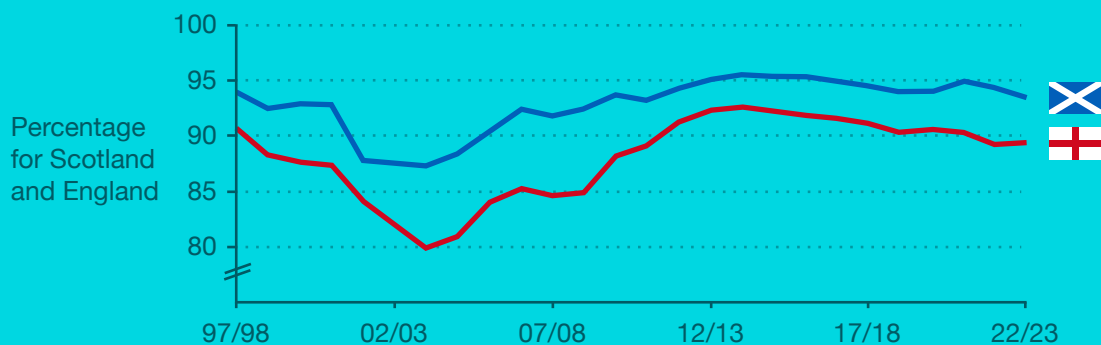
1968

Vaccination introduced. Deaths reduce to **less than 50** annually

1996

Double jabs at 1 & 3 years introduced.
Deaths reduce to **single figures**

Figures for first MMR jab; the second is on average 5% lower



Source: House of Commons, Institute of Health Visiting

Graphic: David Man

Andrew Wakefield, the disgraced consultant who in 1998 falsely linked measles, mumps and rubella vaccinations to autism, cannot be blamed solely for the continuing low take-up.

In London where only 74% of children aged 0-5 are jabbed (experts recommend 95%), there were 122 cases of measles last year. Drilling down, another cause is revealed: an alarming shortage of health visitors to steer parents towards clinics.

The first jab at 1 year has a reasonable uptake, but for second jabs (between 3 and 5) the figures drop dangerously low because mothers are either compelled or choose to go

back to work early so need to take time off.

In Scotland, where health visitor numbers are good, the uptake is 90.2%. In England, there are 5,000 health visitor vacancies. London is the worst with 26% unfilled jobs, which explains those 122 measles cases. The average caseload for a Scottish health visitor is 250; in England it is 409.

The Institute of Health Visiting reveals that continuity of care – the same health visitor dealing with individual families – is only 3% in England. The other three countries are much better served: Scotland 88%, Northern Ireland 87% and Wales 80%.

Neil Levis



WALTHAMSTOW WELCOMES

DROP IN COMMUNITY CAFÉ & PAPERWORK SUPPORT

No appointment necessary, just drop in.

Alternatively, to book a timed appointment email:

E17welcomecafe@stmaryswalthamstow.org



ST MARY'S WELCOME CENTRE

8 CHURCH END, E17 9RJ | 10:00–12:00



Saturday: 11/05 | 08/06 | 22/06 | 06/07 | 20/07 | 03/08 | 17/08

Wednesday: 15/05 | 29/05 | 12/06 | 26/06 | 10/07 | 24/07 | 07/08

**Beezee
ADULTS**

**Say goodbye to yo-yo dieting,
and hello to healthy habits**

Sign up for Beezee Adults today and find **FREE** weight loss support that's right for you.

- Join us for 12 weeks of in-person group sessions
- Log in for 10 online group sessions, with 2 check-in calls
- Enrol into our Academy and learn at your own pace for 6 months

Eligibility criteria apply, please see our website for details.



@ hellowalthamforest@maximusuk.co.uk

03308 186 308



24-0941



A GP'S BLOG

Have no fear of Pharmacy First

The new scheme is designed to relieve pressure on surgeries, writes **Dr Imran Ahmad**

In January, Pharmacy First, a scheme to ease pressure on surgeries, was launched. Chemists would be able to assess common minor ailments and, where necessary, prescribe antibiotics. The idea was GPs could concentrate on more complex cases.



Last month there were reports that pharmacists were complaining about doctors not referring enough patients. That does not match our experience.

Some people may worry that a community pharmacist does not have the same medical training as a doctor. They may be worried they are receiving second-rate treatment, or that a more serious illness could be missed.

However, NHS England has been quick to reassure the public that participating pharmacists are trained to follow robust clinical pathways designed by experts in collaboration with the National Institute for Health and Care Excellence.

Pharmacists are also able to refer cases back to GPs if they have not been able to deal with them. NHS England is evaluating how the scheme is working: more than 90% of patients say they received good advice.

At Addison Road, every case is initially assessed by a senior GP in our triage hub. When we refer to Pharmacy First, chemists report back to us what treatment was given. Should the pharmacist be unable to treat you or requires a further opinion, the case is

referred back to us on the same day for reassessment.

The seven conditions Pharmacy First covers are: earaches in children, impetigo, infected insect bites, acute sinusitis, acute sore throat, shingles, and uncomplicated urinary tract infections in women.

In addition, most pharmacies are able to give advice on contraception, carry out blood pressure checks, cholesterol and blood sugar testing, offer help in quitting smoking, weight management, some vaccinations, chlamydia screening, advice on using and disposing of medicines and drug use – including needle and syringe exchange schemes.

Whooping cough jabs save lives

WE ARE seeing the biggest outbreak of whooping cough (pertussis) in the UK for 10 years. The “100-day cough” starts like most respiratory viruses, but after 1-2 weeks it develops into bouts of harsh coughing fits so you might make a whoop sound when you gasp for breath after coughing.

The majority of healthy adults make a full recovery. Babies under 6 months are most at risk of serious illness – even death. Sadly, 5 babies under 3 months of age have died already this year. We see an outbreak once every few years. What’s worrying is that we are also seeing a drop in vaccine rates among pregnant women and children.

Pregnant women are advised to have the whooping cough vaccine at 20 to 32 weeks to help ensure babies have some protection in their first 3 months of life. At that age, they themselves are vaccinated. It is important to ensure you keep updated with your NHS vaccines to protect you, your family and those most vulnerable in your community.



EARLY HELP 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

ACCESS, RELATIONSHIPS, CONNECTION

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

LEYTON
FAMILY HUB
215 QUEENS ROAD
E17 8PJ

WEDNESDAY

CHINGFORD
FAMILY HUB
5 OAKS GROVE
E4 6EY

THURSDAY

WALTHAMSTOW
FAMILY HUB
313 BILLET ROAD
E17 5PX

FRIDAY

LEYTONSTONE
FAMILY HUB
2-8 CATHALL ROAD
E11 4LF



Waltham Forest



Keeping tabs on your medicine

ON THE JOB: Samantha Ricketts

Lead pharmacist



Pharmacists in general practice is a new role. We play a crucial part in patient care, providing insights into the latest drugs, plus monitoring and optimising medication. I come from a family of clinicians; I have seen how pharmacists have added value. At Addison Road, we've gone from having no pharmacists to a team: 2 full-time and 3 part-time. The NHS has seen the benefits we bring from a clinical perspective, but also for medicine management and cost-effectiveness: budgets are always stretched.

Every patient is an individual. If a patient doesn't tolerate a medicine, we'll think about a different one. Or there might be a non-pharmacological treatment that will work. Ultimately, it's a shared decision. We inform the patient of the options, but they choose. Our job is to ensure the patient understands any risks in their treatment plan.

For chronic long-term conditions, we ensure prescribing cost-effectively when optimising medication. We regularly review patients with complex needs: how do they feel, what are their concerns and priorities?

Greener inhalers, reducing CO2 emissions, are high on the agenda of NHS England. We are trying to introduce them gradually when, say, we do our annual reviews for asthma patients. A pressurised metered-dose inhaler such as salbutamol the blue pump (one of the main inhalers we prescribe) is a big offender; if we can switch patients to a dry-powder

inhaler, just as effective medically, we reduce our carbon footprint greatly plus make the world a healthier place.

I am an advanced practitioner. I support GPs and the wider clinical team in handling patients' overall health. We don't have the capacity for GPs to do everything. That's not the best use of their time; they should be directed to dealing with patients who have more complex needs. They do the diagnosis, then we step in to advise on medication. I see about 30 patients face to face every week. We also monitor high-risk drugs closely: we ensure patients are aware of the dangers of exceeding their dosage while some require quarterly blood checks. It's a lot of admin. In addition, I supervise pharmacists' work across the other surgeries that Addison Road is responsible for: Francis Road Leyton, The Firs and Forest Surgery in Walthamstow.

Think doctors, think prescription. Public Health England is trying to educate the public away from this assumption. Antibiotic resistance is a growing worry. If there isn't a bacterial infection, then antibiotics are not appropriate. Viruses do not respond to them. We conduct quarterly audits of antibiotic prescribing. It is a national priority.

New services such as Pharmacy First liberate GP appointments for patients who need them most and will give people quicker and more convenient access to safe, quality healthcare. We work closely with our local community pharmacists.

Interview: Neil Levis

Calling all volunteers

Next Wednesday (June 5) at George Monoux Sixth Form Centre on Chingford Road E17 5AA, 5-7.30pm.
Fair and celebration for all volunteers and potential volunteers. Admission free