



Your good health

For all staff
and patients

STAFF AT Addison Road want to improve patients' chances of seeing the same doctor when they visit the surgery. Dr Jan Crofton, managing partner, told the Patient Participation Group meeting in January, that he wanted to investigate how this could be best achieved – and he wants patients to have a big voice in helping reach this goal.

In a practice with 18,000 patients it is not something that can be guaranteed. But preliminary discussions among staff have proposed dividing patients into micro teams under named doctors so that they know who is dealing with them.

“Not every patient needs continuity of care,” said Dr Crofton. “A lot of younger patients just want an immediate problem dealt with as quickly as possible. But older patients with multi-morbidities [two or more long-term health conditions] do need closer

Patients' views sought on greater continuity of care

attention and need to know that the staff they see are familiar with their case history.”

This month a working party of doctors, nurses, patient group members plus carers and patients with serious health issues will meet to discuss possible strategies. Of the 18,000 patients at Addison Road, it is estimated that 2,500 need to be seen by micro-teams familiar with their conditions.

“We have 18 GPs on staff, but they don't all work full-time. I am sure that by listening to patients' concerns, we can devise more effective and personalised work patterns.”

New worry over Whipps Cross funding

DOUBTS about where the money for to pay the new Whipps Cross hospital grew even more intense last month when a briefing by a senior government adviser on health reforms indicated that a new form of PFI (private finance initiative) would have to be devised to fund such a project.

Paul Corrigan who is helping Wes Streeting, the health secretary, draw up a 10-years plan for the NHS, told the Cambridge Health Network, a gathering of senior NHS executives, suppliers and entrepreneurs: “We need to get people used to the concept of private funding for capital projects.”

Corrigan was heavily involved in reforms at the turn of the century that saw PFI investors fund building works in schools, health services and other public projects. This allowed a big building programme to

proceed. The financiers then managed the sites as the money was repaid over the next 25-30 years. However, the reality proved to be poor maintenance standards and big interest payments which have crippled public service finances.

The news has triggered a strong response from local people campaigning to ensure that the 122-year-old Whipps is rebuilt. They are concerned that the new PFI deal will mean a heavier burden on the taxpayer. Eva Turner, of Action4Whipps as well as Addison Road's patients group, said: “Barts Health Trust has the biggest PFI debt in the country after both the Royal London and Newham hospitals were built with private capital. To add another debt to rebuild Whipps Cross will be unsustainable.”

Hospital on hold until 2032, page 3





OVER 50'S CHAIR EXERCISES



6th , 13th , 20th , 27th March
Thursdays - 2.45pm to 3.15pm
NO NEED TO BOOK - JUST TURN UP
18a Orford Road E17 9LN,
Walthamstow, London
Please make sure you consult your doctor before
undertaking any form of physical activity.

Claim your **free Vitamins**

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all Family
Hubs



If you are pregnant or have
children under the age of 4 you
can use your prepaid card to collect
free Healthy Start Vitamins



To find out if you can get
support and for more information
scan the QR code or go to:
bit.ly/HealthyStartSchemeWF



For more information on support and services for under 5s in Waltham Forest,
visit www.walthamforest.gov.uk/beststartinlife

In partnership with Essex Cricket in the
Community, Sporting Memories and the London
Borough of Waltham Forest



WALKING CRICKET

Every Tuesday at Leyton Sports Ground
11-12:30pm
Tea, Coffee and a chat from 12:30-1pm

Everyone is welcome
No Experience Necessary



For more information email
Feel.Good@Walthamforest.gov.uk



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.



FAMILY HUBS
WELLBEING, CONNECTION, SUPPORT

CAN YOU HELP?

You can find
out how to
volunteer here:



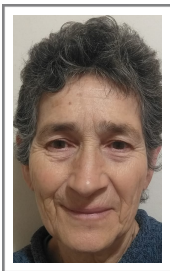
DROP IN FROM 9.45-11.15AM

FREE DROP IN SESSION, NO NEED TO BOOK

TUESDAY	WEDNESDAY
QUEENS ROAD FAMILY HUB 215 QUEENS ROAD E17 8PJ	CHINGFORD FAMILY HUB 5 OAKS GROVE E4 6EY
THURSDAY	FRIDAY
WALTHAMSTOW LIBRARY HIGH STREET E17 7JN	LEYTONSTONE FAMILY HUB 2-8 CATHALL RD E11 4LF



Whipps on hold until at least 2032



Originally 2026 was the target. It's 122 years old, so why is it taking so long, asks Eva Turner

When Boris Johnson promised to build 40 new hospitals back in 2019, NHS staff and patients were positively hopeful. Whipps Cross was opened in 1903 but no longer meets modern health requirements. After the prime minister endured an uncomfortable meeting with an angry parent (right) complaining about inadequate standards, Whipps was fast-tracked to be one of six in the first cohort of “40 new hospitals”, although we now know

An angry parent assailed Boris Johnson then Whipps was put in the first cohort of rebuilds

most of them were refits, refurbishments or rebuilds. The first six were allocated £2.7bn between them. The modern Whipps was promised to be ready by 2026. Inevitably, that date was later put back – to 2030.

An alliance of residents and patients established Action4Whipps to ensure that the number of beds and health services (such as the Margaret Centre and Connaught Day hospital) in the new Whipps Cross were not cut. Barts Health Trust obtained permission for a multi-storey car park – now being built.

Everything changed when Labour was elected last July. Ministers decided on a review of the whole programme – which many said had not been allocated adequate funds from the start – and pronounced it “not affordable”. Wes Streeting, the health secretary, said that “the programme we inherited was unfunded and undeliverable”.

Right now seven hospitals are being built, 16 will start between 2025 and 2039, and the new Whipps Cross with seven other hospitals is scheduled to start between 2032 and 2034 – at an estimated cost of £1-1.5bn. The remaining hospitals will not until 2035.

Staff and patients alike at Whipps Cross



are extremely disappointed. There is still no clarity about what funds, if any, will be allocated for the next 10 years to maintain the old and often unsuitable premises. Nor do we know which services will be available in the new hospital for an ever-growing population – just look at all the residential building work in the borough – with an ever increasing number of elderly patients.

The problems are already visible. The Care Quality Commission inspected A&E at Whipps last July; when it reported in December, it said that, despite heroic staff efforts, it required a “significant improvement” to care for patients’ safety.

Wes Streeting and the Labour Government are suggesting that Care in the Community will be provided so that there will be fewer people needing hospital care. So far there is insufficient investment in this service so the need for hospital beds is ever growing. Hence we see the queues of ambulances outside the hospital and people on trolleys in corridors.

Action4Whipps will continue to fight for funds to provide sufficient beds and services in the existing and the new hospital. The need is not likely to diminish.

For more information, please read:
[Waltham Forest Echo pages 1, 8 and 10](#)
[The Lowdown on the effect of the delay](#)
[Care Quality Commission report on Whipps Cross New Hospital Programme Plan](#)



HERE TO HELP

We offer a range of support to help you at this challenging time.

Discretionary Housing Payment
A scheme that can offer additional support with rent payments for residents receiving Housing Benefit or getting help with housing costs through Universal Credit.

Discretionary Council Tax Hardship Scheme
For those experiencing financial difficulty beyond their control. This financial support can be awarded in addition to Council Tax Support and also help residents in temporary financial crisis who are not receiving Council Tax Support. Find out more and apply online.

Council Tax Support
This financial support helps individuals and families on low incomes to pay their Council Tax bill by reducing the amount they have to pay. Applicants of working age can get a reduction worth up to 85% of their bill and those of pension age up to 100% of their bill depending on their circumstances.

Local Welfare Assistance
Help for you or your family if you are in severe financial hardship and cannot afford basic essentials

Wider cost of living support
We are supporting our residents with the cost of living crisis, including financial aid, warm spaces and meal vouchers.

www.walthamforest.gov.uk/counciltaxsupport



Waltham Forest



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Waltham Forest

24-09-21



Chaps, don't be shy of the GP

Our health is more important than our masculine pride, writes **Neil Levis**



Pass the polyps. That's how I spent last autumn. Four colonoscopies in four and a half months. Not the most dignified way to start your 77th year. But you mustn't ignore warning signs. And 15 polyps growing in my colon was no trifling matter.

I didn't know they were there, but during the first six months of 2024 I noticed half a dozen occasions when I had slight anal bleeding – a hangover from haemorrhoids during my teenage years. Time to check things out. My GP agreed, but went further and referred me to hospital.

The endoscopy team at Whipps Cross were very supportive – and very busy. The demand means it's a production line. Two of my procedures started with phone calls on a Sunday afternoon and very little time to prepare. But you have to steer yourself positively through the system if you want a good outcome.

The report from my first procedure had pictures of my insides – not ones for the album – and told me I would need to come

FIRST PERSON

back in three weeks. It also – probably inadvertently – included the chilling sentence: "Cancer Pathway: cancer found continue on pathway."

We Levises don't panic. Both my GP and I believed this was precautionary. And Whipps wouldn't have sent me away without saying anything if they had found a serious problem. I concentrated on chasing my next procedure. Phone calls proved fruitless, so I went up and politely pestered. It took two months for me to secure my second up-periscope date.

My main anxiety, if I'm honest, was about getting rid of the 15 unwelcome growths, but after two sessions, I still had nine inside. Polyps are benign but, given time, they can become malignant. Six weeks later the number came down to seven. Another month and I was clear but with the invitation to come back next January for more checks. Relief.

The purpose of this article is not for me to talk about my backside – or out of it – but to alert my fellow men that we should not hold back from seeking medical help when we need it. We are way behind the women – by 32 percentage points – in chasing appointments. We need to overcome our fears – or is it masculine pride?. Remember: pester politely – but persist.

Health checks for pensioners, pages 8-11

Blood tests at Addison Road:

Two clinics are now operating:

The surgery's own phlebotomy service is on the ground floor. You need to book

On the first floor, Swiftqueue offers an informal walk-in service. Mon to Fri 8.15am to 4pm.

Closed for lunch 12.30-1.15pm.



A hearty welcome in Community Living Rooms



Every Thursday 10am-3pm: free, filling, nutritious and vegan food

Photographs: Kake/

The Hornbeam is one of a network of Community Living Rooms in Waltham Forest where you can relax, meet familiar faces and make new friends.

They all host regular social and creative activities and many offer food support or a hot meal.

You can also access information and advice about health and wellbeing, debt management, welfare benefits and energy.

Find out more about the Community Living Rooms [here](#)

Find out more about the Hornbeam [here](#)

OTHER LOCAL COMMUNITY LIVING ROOMS

Walthamstow Welcomes at [The Welcome Centre](#). Alternate Wed and Sat

[Waltham Forest Community Hub](#) in Orford Road. Wed 10.30-12-30

[The Lloyd Park Centre](#). Fridays 10am-2pm



Learning that benefits us all



Jenny Blythe says training doctors at Addison Road is a real plus

At Addison Road, you may sometimes be asked to see medical students in clinic before being reviewed by GPs, or you may be asked to speak to group of medical students on placement with us. This practice takes first and fifth (final) year medical students from Queen Mary University of London. I believe that that this has huge benefits for patients, staff and the wider healthcare system. Let me explain

For patients, it means:

Longer appointments: Students have more time to speak to you, which leads to thorough recording of your medical history and discussion of what's wrong.

More attention: Patients should receive extra perspectives on their conditions – from students as well as the clinical team.

Enhanced care quality: GPs report that supervising students often makes them reflect more on cases, so your condition is given more careful consideration.

You are contributing: Patients dealt with by students play a role in training future doctors, and so are improving the healthcare system.

GPs say supervising students makes them think more about patients' treatment

For surgeries and GPs, the benefits are:

Keeping up to date: Teaching students encourages doctors to keep abreast of the latest medical thinking and research.

Improved job satisfaction: There is clear evidence that GPs find teaching rewarding and stimulating.

Extra help in clinics: Students assist with clinical tasks under supervision.

Stronger team culture: Teaching fosters collaboration and learning among staff.

For students, the experience gives them:

Real-world experience: They gain hands-on exposure to primary care, which is vital for their training.

Improved communication skills: Regular interactions with patients enhance students' consultation skills and experience.

Broader clinical knowledge: Students see a wide variety of cases, from minor illnesses and emergency presentations, to chronic disease management.

Encouragement to become GPs: Exposure to general practice may inspire students to choose primary care as a career.

Finally, there are benefits for the healthcare system:

Better training for future doctors: Students who train in surgeries are more prepared for patient-centred care because they see people in their communities.

Boosts staffing: With shortages in primary care, early exposure can help recruit GPs.

More efficient healthcare: Well-trained students contribute to a stronger and more effective healthcare system in the long run. Even if they don't become GPs, knowing how the role fits into the system helps them manage your care more effectively.

Overall, integrating students into surgeries enhances patient care, supports GPs, improves medical education, and strengthens the system. It couldn't be done without patients, and we are grateful to all of you who help. However, the choice does remain with you. You should be told when your appointment is booked that you're seeing a student first – so please feed back to the doctor afterwards if you haven't been told.

Thank you for your ongoing support!

Jenny Blythe is a GP at Addison Road two days per week and teaches medical students two days at Queen Mary University



Tips for a longer and

Once we pass 60, we are more prone to illness. And more of us are living longer lives. Good diet, plenty of exercise and a moderate lifestyle should keep you going for as long as your genes let you. Being older isn't a disease! Neither is it necessarily fraught with dangers. But it's important to have regular medical checks to monitor your body.

Exercise is important to keep your muscles strong, for your bones and for your respiratory system. Anaerobic exercise – raising your heart rate – is important for efficient functioning of the body. Regular movement and stretching keep you supple and your blood pressure at the right levels.

Sport is also good because you meet other people. Regular socialising is good for your mental health and helps you keep a sense of proportion about the world. If you don't like sport, you should join a club to get you out of the house and widen your horizons. Meeting people keeps you alert. But you also need regular health checks to ensure your body, a complex mechanism, is not deteriorating.

These pages, we hope, provide useful checklists, contacts and advice.

**Carole Sturdy, Eva Turner,
Neil Levis and Roisin Reilly**



Stay active, stay alert

Walking: Waltham Forest council organises a comprehensive walking programme to help people keep active. There are 18 walks every week, Monday to Saturday. Check out the ad on page 12 of this newsletter. [Full details here.](#) Check out, too, [Go Jauntly](#) and the [Feel Good Walks](#) further down the council's website page. Walking is as good as running for helping you stay strong

Swimming: Waltham Forest offers all residents over 60 what amounts to free swimming: you pay an annual £11 fee to use any of the borough's four pools during off-peak hours. [Details here.](#) This offer also applies to any resident with a disability and members of the armed forces.

Age UK Waltham Forest has activities for everyone: table tennis, [walking football](#) for

HEALTH CHECKS FOR PENSIONERS

fulfilling life



– and happy

men and women and zumba to silver surfers and book clubs. Something for everyone. [Full details here](#)

Walking Cricket: every Tuesday at Leyton Sports Ground on the High Road (the old cricket ground) 11am-12.30. Just turn up, Free. Organised by Waltham Forest Council.

Nordic Walking: every Friday, 10-11.30am. Meet Leytonstone Station, Church Lane entrance, Free, but you must book. Register by

emailing Feel.Good@walthamforest.gov.uk. Nordic walking aims to exercise the arms and chest by using walking poles. It is similar to cross-country skiing without the snow.

Golf: most local golf courses (Chingford, Wanstead, West Essex, Ilford or Hainault) let you pay by the round, around £20, without paying an annual fee. Hainault offers five-day membership for £630, so you can play unlimited golf Monday to Friday.

Tai Chi. A martial art that through its stretching helps boost the immune system. Suitable for beginners of all levels. Can be done sitting or standing. Every Wednesday at Addison Road surgery on the first floor. 6.30-7.30. [Details here](#). And at The Firs surgery Fridays 8.30-9.30am. [Details here](#). To book, [visit here](#).

University of the Third Age (U3A): The local branch has a [detailed website](#) which lays out the activities and groups you might like to join: film clubs, classics, gardening, sketching, theatre. The list is too long to do justice to here. Lots of outings, and visits as well as lunches. It is a really social gathering. The annual fee is £20.

Jazz: Eastside Jazz Club. Tuesdays 8pm, The Ex-Servicemen's Club, 2 Harvey Road, Leytonstone E11 3DB, behind Red Lion pub. Top acts every week. Nice bar.

Continued overleaf

One-off checks

Pneumonia: At 65, you should receive a one-off jab. It protects you also against meningitis and sepsis. Normally painless, but needs treating with respect – no partying.

Shingles: From the same virus (herpes zoster) as chicken pox. (Cold sores are herpes simplex). It attacks the central nervous system and is very debilitating and painful. It also threatens the eyesight. Jab for over 65s. You will be notified but it's worth chasing if you've missed out.

Abdominal aortic aneurysm. For men 65 or over. Women are six times less likely to suffer this so are not screened. A damaged blood vessel or a weakness makes the main artery from the heart swell, which could lead to a rupture, internal bleeding even death. The check is non-invasive: you have an ultrasound wand swept across your abdomen.

Retinopathy: Diabetics – 21% of over-65s – can experience damage to the tiny blood vessels that nourish the retina in the back of the eye. This can seriously affect your vision and may cause blindness. Screening is recommended every two years. Find out more [here](#)



HEALTH CHECKS FOR PENSIONERS

Regular tests

Flu: Every September, free flu jabs are available as the latest strain makes its way over from the other side of the world. If you have a respiratory problem, as many older folk do, the jab is one way to gain extra immunity.

Covid: A respiratory condition, so well worth inoculating against. Vulnerable people should be having two jabs per year now.

Blood pressure: Most old people with conditions will probably be seeing a doctor regularly so will be tested. If not, you need to call in to the surgery at least every 12 months.

Blood tests: Monitors whether changes are happening to your body. Again, if you don't see

medics regularly for other conditions, get you blood checked you should get your blood tested at least annually.

Eyesight: Most older folk experience problems. There is no stigma attached to it. Some conditions are irreversible: **glaucoma** can only be arrested, not cured. **Macular degeneration** is often age-related. But for most folk, an annual test at an optician is a must. Many are free

Hearing: If you are starting to go deaf, you can, without realising it, feel isolated or cut off from family and friends. If you are getting irritable with others it could mean you can't hear properly. Hearing tests are free from most opticians, but you have to pay for any treatment. The Royal National Institute for the Deaf provides a **free online test**, too

A sporty, happy life

Continued from page 9

Ramblers: More walking, but it is good for you and works as a social meeting place as well. There are two local groups: [West Essex Ramblers](#) and [Redbridge Ramblers](#). There is often overlap between the two groups, but you can get out on an enjoyable walk of varying lengths most days of the week. Quite cheap for £3.48 monthly or £43 per year to get out with either group. They also organise walking holidays.

Sports & Wellbeing Programme Pastures Centre, 15 Davies Lane, Leytonstone, E11 3DR. Free Pilates for adults on Tuesdays and Zumba (Fridays). Free children's multi-sports session on Sundays. Email: Feel.Good@walthamforest.gov.uk for more information.

Get Active with our

Sports & Wellbeing Sessions

Sessions for Children and Adults | Meet up with your friends and neighbours | No experience or equipment needed

FREE 1 HOUR SESSIONS

SPORT ENGLAND | **Feel Good** | **Waltham Forest**

ALL SESSIONS ARE FREE

The Sports & Wellbeing Programme will be held at The Pastures Centre, 15 Davies Lane E11 3DR

	TUESDAY: 12:30-1:30pm – Pilates Adults	
	FRIDAY: 12:30-1:30pm – Zumba Adults	
	SUNDAY: 9:15-10:15am – Inclusive Multi Sports ages 4-14	

For more information and to let us know you are joining please email: Feel.Good@WalthamForest.gov.uk

SPORT ENGLAND | **Feel Good** | **Waltham Forest**

HEALTH CHECKS FOR PENSIONERS



Walking Football: Womens run by [Leyton Orient](#). Weekly sessions, first one free. Just turn up in trainers and togs. Plus the [Dodgy Tickers at Our Future Health](#).

Bowls: [Walthamstow Borough And Aveling Park Bowls Club](#) in Lloyd Park. [Orford House Bowls Club](#) in Orford Road in Walthamstow Village.

Cycling: [Lea Valley Cycling Club](#). Based in Walthamstow. Long established. [Walthamstow Cycling Club](#). Newer and more sedate

Cancer tests

Lung: Common worldwide. Every year in the UK, around 48,000 people are diagnosed and about 35,000 die from it. Smoking is the most common cause. Targeted screening for 55- to 74-year-olds identified at high risk. In other words, they contact you. Always see a doctor if you have symptoms.

Breast The most common cancer among women, but men can develop it, too. It kills 11,500 UK women and 85 men every year. Women are screened every three years from 50-70. After that, you must ask to stay on the programme. An uncomfortable, sometimes painful experience, but it is not agonising. Write or phone your [local unit](#).

Bowel: High rates in the UK. Most patients are over 60. Home testing kits – pooch sticks – are sent to 54-74-year-olds every two years. If anything is found, you will have a colonoscopy. After 75, you have to opt to stay on the programme. If you have stomach pain or anal bleeding or your bowel habits change, you should consult your doctor immediately.

Cervical: Screening of women's wombs starts at 25. It is slow-developing but, as with all cancers, the earlier it is treated, the better. The cause is [human papillomavirus \(HPV\)](#) which can be sexually transmitted but can lie dormant for years. Women over 75 account for about 9% of all cases. Screening can be painful, but catching it early is better than the alternative.



Get Active With our

Leyton Wellbeing Programme

Sessions for Children and Adults | Meet up with your friends and neighbours | No experience or equipment needed

FREE SESSIONS

January to July 2025

SPORT ENGLAND | Feel Good | Waltham Forest



SESSIONS ARE FREE

Sessions on Tuesdays and Wednesdays will be held at Leyton Sports Ground, 485 High Rd, Leyton, E10 6PY

 <p>Tai Chi 7 January - 4 March</p>	 <p>Yoga & Seated Yoga 11 March - 29 July</p>	
TUESDAYS 1pm - 2pm		
 <p>Keep Fit Group Exercise (Seated and Standing) 8 January - 30 July</p>		
WEDNESDAYS 12.30pm - 1.30pm		
Friday session will be held at Walthamstow Leisure Centre, 243 Markhouse Road, E17 8RN		
 <p>Junior Badminton ages 8 - 17 24 January - 27 June</p>		
FRIDAYS 5pm - 7pm		

The free sessions are perfect for those wanting to start or try out gentle fitness activities. For more information and to register for the sessions, please email Feel.Good@WalthamForest.gov.uk

January to July 2025

SPORT ENGLAND | Feel Good | Waltham Forest



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

2025 PROGRAMME
JANUARY - MARCH

REGISTER HERE



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

TUESDAYS

North Chingford

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

Meet outside Bury Road Car Park, E4 6AR

Leyton - Gentle Stroll

Every Tuesday 11am - 12pm - Gentle Stroll

Meet at Leyton Sports Ground, E10 6PY

St James Street - Walthamstow

Every Tuesday 11am - 12pm - Steady Pace

Meet outside St James Street Station, E17 7PJ

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

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

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

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

Womens Only - Beaumont Buddy Walk - Leyton

Every Thursday 11am - 12pm - Gentle Pace

Meet at the Seddon Centre, Leyton, E10 5AS

FRIDAYS

Highams Park

Every Friday 11am - 12:30pm - Steady Pace

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

Nordic Walking - Leytonstone

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

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

SATURDAYS

Womens Only - Steps and Checks - Leyton

Every Saturday 9am - 11am - Steady Pace

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

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



The doctor is ready. Are you?

If something about your health is worrying you, it's not unusual to feel anxious. Such feelings might increase if you are not sure how to approach your treatment and care. Hopefully this guide, prepared by the Patients Association, may help.

Before and during your appointment

1. You can ask the surgery to contact you in a way that is easy for you to understand. If English is not your first language or you have a disability, you can ask for communications to suit your needs.
2. Write down in advance what you want to ask the healthcare professional about your condition or treatment. It may be useful to bring a list of your medications with you.
3. Make staff aware if you have already taken blood tests or other checks to prevent you having to take the same tests again.
4. Make sure you know why you have been referred to this appointment. Check to see how long it will last. Ask if it's OK to discuss more than one condition.
5. Don't be afraid to make notes about what is discussed, what will happen next and how you will be informed.
6. If you are being treated by different health teams, do ask how they will work together to treat your condition, and how you can help to make the process easier.
7. At the end of the appointment, ask the healthcare professional to go over what will happen next. Ask them to write down any names or terms that are new to you.
8. You can ask about being part of all decisions made for your treatment and care. This will help you to feel confident that you are receiving what you want and need. You can ask to see your hospital records and other information held about you to make

To get the most from medical appointments, it is important you prepare. Here's how

sure they are correct, and you have given your permission for them to be shared.

After your appointment

1. If there are things that you don't understand, contact your surgery for help make in making them clearer.
2. If you forgot to ask an important question during the appointment, then contact the health team. Make a note of the date of your next appointment and the things you may need to do to prepare for it.



3. Did you feel heard and understood? If not, you could take someone with you next time to support you.

4. Were you able to understand more about your

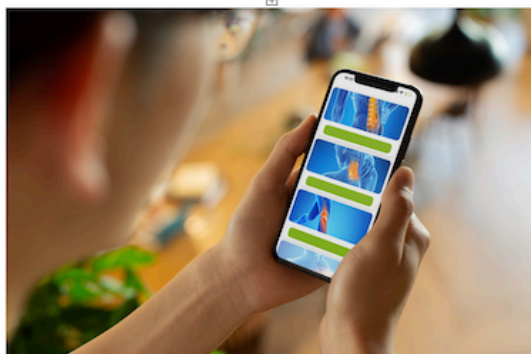
condition, and the reasons for your treatment and future care? If you are not clear, contact the surgery to explain what you need to find out.

5. Are you happy with the decisions made and do you agree to follow the treatment and care plan? If not, discuss this with your healthcare professional because it is important find a solution that you are both happy with.

Adapted by Patrick Morgan from an article published by [the Patients Association](#)



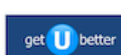
Need help with muscle or joint problems?



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



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FREE every Wednesday

2-3pm

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info:
thewalthamstowwelcome@gmail.com

Walthamstow Library
High Street, E17 7JN

EVERY THURSDAY
10-12.30

Waltham Forest Type 2 Diabetes Support group

Meets 2nd Tuesday every month

DATE: Tuesdays Mar 11; April 8; May 13
TIME: 6-8pm
WHERE: The Firs Surgery, Stephenson Road,
Walthamstow E17 7JT

An informal peer support group open to anyone living with, or caring for someone with type 2 or pre-diabetes. Regular talks from local health professionals and visitors of interest.

Contact the volunteer team on wfdiabetes2uk@gmail.com

www.diabetes.org.uk



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