



Your good health

For all staff
and patients

September 13: everyone's off to the doctor

THE WALTHAMSTOW Central Primary Care Network which covers five surgeries including Addison Road is organising a Community Wellness Day for the whole of the town on Saturday September 13 from 12 noon until 3pm. It will be the first time the whole primary care network has collaborated on such an event.

Two venues on Orford Road just 50 metres apart are being used, but the surgery itself is not. The nearest venue is 60 metres away in Hope Garden, which our patients' group maintains with other volunteers. Its address is 1 Beulah Road, but it is on the corner of Orford Road where buses used to turn right towards Addison Road.

The second venue is the Community Hub in the old national school (built in 1866) in the centre of the village, on the right of Orford Road as you walk towards Walthamstow Central station.

Several organisations and charities offering support and advice on many health-related topics will be offering their services. There will be diet advice, debt support, sexual health advice, prostate cancer checks, as well as organisations helping people to lead a more active lifestyle. There will also be food, some free, and music.

The Community Apothecary, the herbalists based in Orford Road, will be explaining the benefits of herbal medicines and making herbal teas to taste. Their stall will be located in the Hope Garden. And you can join in a Tai Chi session.

In the Community Hub, there will be a programme of workshops to take part in throughout the afternoon, including one examining the issue of gut health.

There will also be a team of health

**WALTHAMSTOW
COMMUNITY
WELLNESS
DAY**

18A Orford Road
Community Hub
E17 9LN

**Saturday
13 | 09 | 2025**

12pm - 3pm

**WELLBEING
ACTIVITIES**

1 Beulah Road
The Hope Garden
E17 9LG

Explore a range of services in your neighbourhood that
support your health and wellbeing

GP Appointments | Music | Workshops

Further enquiries please email:
sue.kofi@nhs.net

professionals in attendance, including GPs nurses and pharmacists, on hand to carry out health checks and vaccinations. It will be possible to see a doctor without having to make an appointment in advance.

There will also be face painting and balloons for the children.

We want to encourage everyone to attend. As it is a an event for everyone in Walthamstow you don't have to be a patient at Addison Road, or any other surgery in our network, to get involved. All are welcome.

This is the third such event for Addison Road patients. The first, in 2022, attracted about 150 patients. In 2023, patients from the Firs near James Street, Walthamstow, were also invited, which bought the attendance to about 400. Last year there was no event: a parking issue caused by roadworks in Wood Street meant it had to be called off.

Let the fun – and the serious stuff – begin.



EDUCATIONAL PSYCHOLOGY SERVICE

Speak confidentially
with an educational
psychologist about
your child

PARENT ADVICE SESSIONS

Who is it for?

- Parents and carers living in Waltham Forest

What can I expect?

- A free 30-minute session with an EP by phone or online via Teams

How to book?

- Call, text or email us using the contact details below

DATES

**Wednesday afternoon
(12:30–2 pm) or evening
(3:30–5 pm)**

24th September 2025
8th October 2025
12th November 2025
10th December 2025
14th January 2026
11th February 2026
18th March 2026
22nd April 2026
20th May 2026
10th June 2026
8th July 2026



ABOUT US

Our diverse EP team is passionate about working with families and schools to support children and young people aged 0–25 years with their development, learning and emotional wellbeing.



educationalpsychologyservice@walthamforest.gov.uk



07776 589 597



Will AI really help us become better doctors?

The NHS 10-year plan published in early July makes much mention of moving from analogue to digital. The word “app” appears more than 300 times. A key element of the new strategy for making healthcare services work better is the use of artificial intelligence (AI)

The NHS already uses it to help interpret X-rays and scans, and manage appointments by automated services. Here at Addison Road we are trialling AI scribe software to help speed up the writing of case notes and letters.

The potential is amazing: it can improve treatments, reduce costs, and enhance patient experiences. Consider this list of sound benefits:

Improved diagnosis: Early detection of diseases (such as cancer or diabetic retinopathy) using imaging and pattern recognition. It should help reduce human error in reading scans, pathology slides, and lab results.

Personalised medicine: the latest technology means we can analyse genetic, lifestyle, and environmental data to tailor treatment plans and help identify which patients are most likely to benefit from specific therapies.

Operational efficiency: admin tasks such as scheduling and documentation can be automated, which should reduce workload and burnout among health staff.

Support for clinical decision-making: we can now get real-time alerts, treatment suggestions and risk scores (for example, conditions such as sepsis or heart failure). The technology enhances doctors’ decisions with evidence-based recommendations.

Remote monitoring and telemedicine: so called “wearables” and mobile apps powered by AI enable continuous

Jenny Blythe
weighs the pluses
and minuses of
tech-assisted
healthcare



monitoring of chronic conditions such as diabetes.

New drugs: identifying new medications and repurposing existing ones, which could reduce the time and cost of bringing new drugs to market, is accelerated by AI.

So far, the story is all positive. However, AI also brings ethical, technical and practical challenges:

Bias and inequity: systems focused on biased or incomplete datasets can lead to disparities in care and may worsen outcomes for under-represented groups.

Lack of transparency: many computer models are hard to interpret, making it difficult for clinicians to understand or trust decisions.

Data privacy: large datasets raise concerns about patient consent and data breaches. Misuse of health data can lead to discrimination or exploitation.

Over-reliance on technology: blind trust in the machines could reduce critical thinking and clinical judgment, with the potential for “automation bias” in decision-making.

Regulatory and legal challenges: a lack of clear standards for AI validation, approval and liability could make it more difficult to determine responsibility in the event of misdiagnosis or harm.

Cost and accessibility: high development and implementation costs may widen the gap between well-funded and poorer healthcare systems.

I’m not against using AI at all; in fact I used it to help me compile this article to ensure I didn’t miss any important angles. While AI offers transformative benefits in healthcare – from more accurate diagnoses to personalised treatments and improved efficiency – it requires careful implementation, ethical oversight, and robust regulation to mitigate the risks and ensure equitable, safe, and trustworthy use.

Dr Jenny Blythe is a GP at Addison Road (2 days) and a senior clinical lecturer at Queen Mary University (3 days)



PREPARING FOR WINTER WELLNESS

Waltham Forest's **Social Prescribing** Team are excited to be joining the NHS Whipps Cross team at their community day.

Come along for a cup of tea and biscuits to find out what support you can get locally during the winter months, including:

- pension credit & income maximisation
- diabetes and nutrition
- HEET energy and saving on utility bills



Thursday 29 September 2025
1PM-2PM

**Leyton Sports Ground
Sports Hall**

Leyton, E10 6RJ

Can be accessed by Crawley Road and High Road.

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





FREE



12-week course - Introduction to Tai Chi
Suitable for over 50s, all abilities and beginners



Tai Chi with Fan
5th September - 21st November 2025
Fridays, 1:00 - 2:30pm
Leytonstone United Free Church,
55 Wallwood Rd,
London E11 1AY



Tai Chi with Sword
9th September - 25th November 2025
Tuesdays, 1:00 - 2:30pm
The Score Leisure Centre,
2 Coronation Square,
London, E10 5UN

Sharpen mental focus
Improve balance and coordination
Meditate in motion

1-hour exercise
30-minute tea and health chat

Register by email or scan the QR code

 info@daolu.co.uk www.daolu.co.uk
 @daolu2021  /daolu.co.uk

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Funded by



Waltham Forest

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

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 LIBRARY STATION ROAD E4 7EN
THURSDAY	FRIDAY
WALTHAMSTOW LIBRARY HIGH STREET E17 7JN	LEYTONSTONE LIBRARY 6 CHURCH LANE E11 1HG




The Walthamstow WELCOME



Join us for:

KNITTING
SEWING
CROCHET
COLLAGE
& MORE...

info: thewalthamstowwelcome@gmail.com

Walthamstow Library
High Street, E17 7JN

EVERY THURSDAY
10-12.30




Creative sessions for 50+

Make Music & Art

CREATIVE COMMUNITY

If you have been feeling low, anxious, or are coping with a mental health diagnosis, we invite you to join our mental health friendly music and art group.

Everyone is welcome from complete beginners to experienced players and artists. Professional facilitators will take care to include all abilities.

To register your interest contact **Gail**:
gail@soundcastle.co.uk / 07859 951971



Free to attend

St Edmund's Centre

216 Chingford Mount Rd, London E4 8JL

10am - 12pm - Fridays

Sept: 26th
 Oct: 3rd, 10th, 17th, 24th (Break 31st Oct)
 Nov: 7th, 14th
 Informal Sharing on 21st November















What they say about our practice

‘My faith in the NHS has been fully restored’

WHEN I lived in Highams Park, getting through to my local surgery was nearly impossible. You had to call the moment the phone lines opened, wait endlessly, only to be told there was nothing available. That experience is now firmly in the past. Since I moved back to Walthamstow in 2021 and registered with Addison Road, my experience has been consistently excellent. Admittedly, I use the online system, which may not be accessible to all patients, but for those who can, it works seamlessly. I complete a simple form explain my symptoms, and without fail, I receive a call from a doctor the same day.

Following two such consultations, I was referred to Whipps Cross Hospital and seen by consultants within just a couple of weeks – a far cry from what I once expected. My faith in the NHS has been fully restored.

Appointments at the surgery itself are equally efficient. The booking-in system is straightforward, and I’m usually seen on time. Waiting is minimal, which speaks volumes about how well the practice is run.

I also appreciate the regular reminders I receive for vaccinations, blood pressure checks, and other preventive care. It shows a proactive, patient-focused approach that’s genuinely reassuring.

The physical environment enhances the overall experience. The building is modern, bright, and easily accessible which make a big difference, especially for older or less mobile patients. Addison Road exemplifies what an NHS GP practice should be: responsive, efficient, and caring. **Allan Leas**

Reviews on Google and email

THIS GP surgery is probably one of the best in London. Receptionists are helpful, professional and just nice and friendly. Nurses have all been exceptional, and GPs have always been super helpful. It has an

online system that makes it super easy to make appointments; if urgent, appointments are done on the day or the day after.

I have been here for 4 years. Thank you for all your hard work!. **Dalia Vera**

I WAS seen by Dr Mathumai Kanthasamy who is very helpful and listened to my issues. I am very happy with this practice. Fozia Ghafoor in reception is always helpful and kind.

Hagos Ghebremariam

I’VE BEEN with the practice for a year and have multiple chronic illnesses. All the doctors, nurses and reception staff have been super friendly and helpful. They show genuine care and I’ve had the referrals I’ve needed. I finally feel like I’m listened. **Louise Wendel**

I THINK the surgery is doing a great job and has improved dramatically in the last 2 years.

Lyn Eaton

WE REJOINED the practice in 2021 after 36 years at the Firs where we fled to escape from the insensitivities of Dr Hardman, Dr Cooney’s predecessor. We have received an impressive service since: there’s a pleasant atmosphere, nice people and prompt, effective treatment. Dr Jenny Blythe was very supportive to me during a difficult episode last year. But don’t get me started on getting articles out of the staff (Dr Blythe excepted)! So often, when I’m editing this newsletter; they leave me – and themselves – speechless. **Neil Levis**

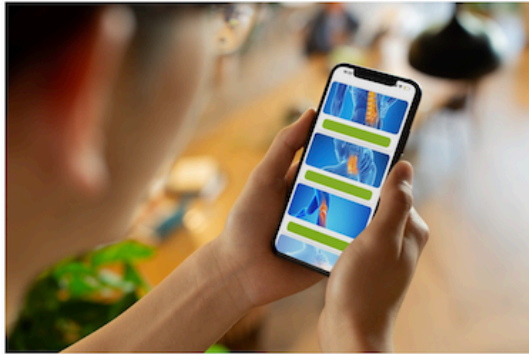
NHS patient survey

EVERY YEAR, the Care Quality Commission, the independent body checking on UK healthcare, asks Ipsos Mori, which conducts the survey, to select patient at random from each surgery nationwide to answer questions about the service they receive. The response rate nationally is between 25% and 45%; 26% of the 504 Addison Road patients approached replied to the latest survey. Of these, 79% were satisfied, up 5 percentage points from last year. The full results can be found [here](#).

The last full inspection on Addison Road by the Care Quality Commission, the body that checks standards in the NHS, was made in 2018 and reported in early 2019. It found the practice good in all categories.



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



WALTHAM FOREST DIABETES UK PEER GROUP

WHO?
FOR ANY ADULT IN WALTHAM FOREST WITH A DIAGNOSIS OF TYPE 2 DIABETES, PRE DIABETES OR GESTATIONAL DIABETES. FAMILY AND CARERS WELCOME.

WHEN?
WE MEET MONTHLY, EVERY 'SECOND' TUESDAY OF THE MONTH. 6.00PM-7.30PM

WHERE?
THE FIRS MEDICAL CENTRE
26 STEPHENSON ROAD
WALTHAMSTOW
E17 7JT

Get inspiration from others plus speakers from health and community partners. Find out what is in your local area.
A different topic each month, including nutrition, exercise, and emotional well-being.
Tell us what else you want to explore, meet others on a similar journey, and leave with practical tips for living your best life with diabetes.

NO NEED TO BOOK
LIMITED (FREE) PARKING SPACES

STAY IN TOUCH AND GET UPDATES: WFDIABETES2UK@GMAIL.CO.UK
WWW.DIABETES.ORG.UK

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.
SOUTH EAST COAST AND LONDON

Walthamstow Village Walk

TAKE THE FIRST STEP TOWARDS BETTER HEALTH, WELLBEING AND HAPPINESS
FREE every Wednesday
2-3pm
WALTHAM FOREST COMMUNITY HUB
18a Orford Road, E17 9LN



WF Community Hub ADDISON ROAD WALTHAM FOREST Feel Good Walks

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Help and advice from Walthamstow Village Residents Association

THE PATIENTS group at Addison Road has joined the Walthamstow Village Residents Association, which includes local businesses, churches, mosques and schools, as well as Orford House Social Club and the Community Hub on Orford Road.

The association runs a network to link local organisations together for mutual support and to share expertise. The Village Association is compiling a listing of all the community activities taking place locally. Our Wellness Day on September 13 is now

included, as well as a range of health and wellbeing activities organised by our two social prescribers: Roisin Reilly and Sue Kofi.

“It is important that we are linked to local events and organisations so that we can get greater publicity for our work and learn from the expertise of others,” said Patrick Morgan, chair of the Addison Road patients group. “This is an important step forward for us,”

After reports in the press highlighting the lack of defibrillators in Waltham Forest compared with other

London boroughs, the association is compiling a list of all the defibrillators locally. The plan is to identify more potential sites and then install many more lifesaving machines around the village.

The association has a good social media presence, using local WhatsApp groups to advertise events. We have invited the association to hold its next meeting at the surgery; its social media team will be able to offer guidance and strategies for the patients group, said Morgan.

WALTHAMSTOW WELCOMES

COMMUNITY DROP-IN & PAPERWORK SUPPORT CAFE

No appointment necessary, just drop-in.

Alternatively, to book a timed appointment email:

E17welcomecafe@stmaryswalthamstow.org

<https://www.facebook.com/profile.php?id=61575129088296>



ST MARY'S WELCOME CENTRE

8 CHURCH END, E17 9RJ | 10:00–12:00

OPEN EVERY Wednesday (except 24/12/25 and 03/01/26) AND



Saturday: 30/08 | 13/09 | 27/09 | 11/10 | 25/10 | 08/11 |

22/11 | 06/12 | 20/12 | 17/12



Interested in volunteering with us? Email “Volunteering Opportunities” to: welcomecafe_admin@stmaryswalthamstow.org



WALTHAMSTOW COMMUNITY WELLNESS DAY

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