



# Community Health Event for patients and practices

*Join. Share. Shape your GP practice*  
*Discover how patients make a difference*



## What's happening on the day

-  **Health Checks** – Free Cardiovascular Risk Assessments and Cholesterol Testing
-  **Healthy Cooking Demonstration** – practical recipes for diabetes-friendly eating
-  **Meet the Patient Participation Groups (PPG)** – find out how patients are helping improve care
-  **Get Involved** – discover how you can support your GP surgery
-  **Dementia Advisor** – advice, guidance and local support for those living with or caring for someone with dementia
-  **Speakers from GP Practices & Local Patients** – hear real stories and insights from those making a difference
-  **Free Refreshments & Food** – enjoy healthy treats and connect with others

 **Free Refreshments provided**

 **Saturday**  
**22 November 2025**

 **12:00pm – 3:00pm**

 **Waltham Forest Community Hub,**  
**18A Orford Road,**  
**E17 9LN**

*Patient Participation Groups (PPGs) are volunteer groups at GP practices that enable patients and carers to work with healthcare staff to improve local services, communication, and care quality*



**WF GP FedNet**  
PARTNERSHIP IN HEALTHCARE



**Waltham Forest**

**TO FIND OUT MORE**

Contact Suzia at Waltham Forest GP Federation:



**020 8519 3999**