

Pass it on...

Please forward this ebulletin to your friends, family and colleagues.

Healthwatch Waltham Forest is the health and social care champion for local residents.

[Join now](#) and get involved!



Picture: Marsh Lane, Leyton Marshes

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Contact us for alternative formats

Contact Us

➡ Volunteer Project Update

Our wonderful volunteers continue to help us deliver services to the community and help to shape Health and Social Care services by delivering many outreach activities and local events.

We have a variety of roles available and are always looking for new volunteers to join our team. We recently welcomed 5 new volunteers to our team and continue to welcome applications. For further information, visit the website. ➡ [More](#)

Our Enter & View Authorised Rep team has recently grown, following the recruitment and training of our new reps. Our team recently carried out a visit to Rowan Ward - Whipps Cross Hospital. The report will be made available online in the near future.

If you would like to have chat about volunteering, please contact Joyce Osei - Volunteer and Enter & View Coordinator:

☎ 020 3078 9990

✉ Joyce.Osei@healthwatchwalthamforest.co.uk

➡ Healthwatch Board Recruitment

Our manager Althea is encouraging people to join our board. Can you help us?

Interested in joining our board? We are looking for new board members to take Healthwatch Waltham Forest forward.

We are looking for people with a variety of skills and backgrounds, including a passion for health, social care and well being, committed to making a change in Waltham Forest, financial management skills, project management skills, advocacy skills, children and youth experience, health research.

The board meets for 2 hours every 2 months. We want to hear from you if you can commit to successfully work in a team to develop the organisation.

For an informal discussion about joining the board, please contact Joyce Osei.

“We can't praise our key worker enough.”

[Join us today](#) and have your say!

➡ Weekend GP Appointments Now Available!

GP appointments are now available between 8am and 8pm on Saturdays and Sundays in Waltham Forest.

People are able to book to see a GP on Saturdays in both Leytonstone and Chingford between 10am and 4pm, with appointments available from 8am to 8pm in Walthamstow. On Sundays appointments can be booked in Walthamstow only, but again are now available from 8am to 8pm.



Weekend appointments are now available

Dr Anwar Khan said: “We understand that it can be difficult to get to see a GP sometimes and hope that these extended weekend hours will help those who cannot make a weekday appointment, or find themselves needing a GP at the weekend.”

Appointments can only be booked by calling 020 8519 3999 between 12 noon and 8pm Monday to Friday and 8am to 6pm on Saturdays and Sundays.

More information is available on the Waltham Forest Clinical Commissioning Group website. ➡ [More](#)

➡ Relocation of Claremont Medical Centre

On Monday 15th May, Claremont Medical Centre will be moving to temporary premises at 27 Claremont Road, Walthamstow, E17 5RJ.

The practice will be providing GP services from the above location until the repairs to the main building at 29-31 Claremont Road are complete.

The practice will make sure your care will continue uninterrupted and the move will not affect GP services at the surgery. For more information please call the surgery:

☎ 020 8527 1888

➔ Join us for the 'Super Smoothie Me'!!

Last week our team and partner colleagues got together to make super healthy and delicious smoothies. It was a great experience discussing the health benefits of each ingredient and starting our day with health improvement in mind.

Enter our competition with the chance to win a £25 gift voucher!!

We would love to share our exciting team smoothie project with you all, and how better than to invite you to take part in our "Super Smoothie me club"! We will be running a quarterly smoothie competition.



Take part in our quarterly competition!

All you need to do to enter is...

1. Make a healthy smoothie containing a combination of fruits and vegetables, or just vegetables if you're feeling really adventurous.
2. Send us a photo and tell us what ingredients are in your smoothie.

The winner will be announced in the next newsletter. Below is our first monthly smoothie recipe.... we hope it may give you some inspiration!

Healthwatch WF Super Green Smoothie Recipe

Starting your morning with a green smoothie is an excellent way to feel reinvigorated, refreshed & ready to take on the day.

“The pharmacist had all the answers!”

[Join us today](#) and have your say!

Serves...

1 person.

Why it is good for you...

Adding spinach, 'the green element' to your smoothie is a great way to get in those extra vitamins. High in vitamin A, C, E, K and bioavailable in iron, manganese, calcium and folate, spinach is truly a powerhouse green that supports many functions of the body.

The avocado in the smoothie is a little powerhouse on its own, and high in essential fatty acids (monounsaturated fats) a type of fat which is key for cell and hormone function. Not to mention, adding this fat into your smoothie helps you feel 'fuller' for longer and prevents those post-meal hunger pangs.

This recipe does include bananas, cinnamon & dates for sweetness. The combination of these ingredients makes for a delicious blend; not to mention all these ingredients are functional foods as well! Bananas are high in potassium and great for metabolic balance; cinnamon can help to balance blood sugar; and dates contain fibre!

Ingredients...

- 1 banana
- ½ avocado
- Handful of spinach
- 1 serving greens/protein powder of choice (see note)
- 1 date, pitted
- 14 oz (0.4 litre) plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice, soy)
- 1/2 tsp cinnamon

Method...

Add all ingredients to blender and blend until smooth. Enjoy!

Optional Extras...

Chia seeds, hemp seeds, maca powder, greens powder, nut butter, raw cacao powder, fresh mint, spirulina powder, coconut oil (ingredients can be purchased from large supermarkets, health food shop, or online) .

Note...

Avoid green/protein powders containing sugar, artificial sweeteners and additives.

➔ Increasing the Early Diagnosis of Bowel Cancer

GPs in Waltham Forest are calling on residents across the borough to help them diagnose bowel cancer earlier to save lives.

The latest figures available show that the number of residents who died from bowel cancer in the borough doubled over a four-year period.

Knowing that the sooner the disease is caught, the greater the chance of survival, local doctors want to increase the number of people diagnosed in the early stages of the disease.

In the coming year, NHS Waltham Forest Clinical Commissioning Group (WF CCG) is looking to increase the number of people diagnosed with cancer at stage one or two. Receiving a diagnosis at an early stage can significantly increase the chance of successful treatment.

Numbers show that it is people aged between 60 and 80 living in the borough that are most likely to be affected by bowel cancer, with women slightly more likely to be affected than men.

“Continuity of care is important to us.”

[Join us today](#) and have your say!

Every two years people aged 60 to 74 are automatically sent a bowel screening kit in the post. The test can detect bowel cancer before there are any symptoms. Only around half of the people sent them in Waltham Forest (49 per cent) ever use them, meaning they are missing out on potentially life-saving treatment.

Dr Mayank Shah, a Walthamstow GP and Clinical Director for Cancer at WF CCG, said: “It’s vital that people take the bowel screening test when they receive it, even if they have taken it before. As GPs we want to help our patients live well into their later years but we need their help to help us to do that. The test, which you can do in the privacy of your own home, can detect bowel cancer before you start showing symptoms of the disease and so could help save your life. If you are noticing anything unusual with your bowel habits that’s lasting longer than three weeks, you must book an appointment to see your GP.”

➔ NHS England's GP Retention Scheme

NHS England is continuing to invest in encouraging GPs who would otherwise leave the profession to stay in clinical general practice. The GP Retention Scheme replaces the Retained Doctors Scheme 2016 and delivers a number of improvements.

The GP Retention Scheme was launched on 1st April and replaces the Retained Doctors Scheme 2016. It is a package of financial and educational support to help doctors, who might otherwise leave the profession, remain in clinical general practice.



Encouraging GPs to stay in the profession

The scheme supports both the retained GP and the practice employing them by offering financial support in recognition of the fact that this role is different to a ‘regular’ part-time, salaried GP post, offering greater flexibility and educational support.

The practice still receives a payment of £76.92 per session that the retained GP works, the annual expenses supplement for the retained GP remains at between £1000 and £4000 to go towards the cost of indemnity cover, professional expenses and continuing professional development (CPD) needs.

However, changes made include further clarity on who can apply to the scheme and around what additional work can be undertaken while on the scheme; further clarity around extended absence and scheme extensions - for example when extensions are applicable and when payments should cease. More information can be found on the NHS England website. ➔ [More](#)

“Excellent service from the health visitor.”

[Join us today](#) and have your say!

➡ Mental Health Awareness Week, 8th -14th May

The Mental Health Foundation is encouraging people to think about why too few of us are thriving with good mental health.

With people struggling to cope with the demands of life and stuck on getting through the day, the Mental Health Foundation wants to know why some communities are under strain and what government can do to support them to thrive. What steps can we take to look after our mental health and build resilience to cope with the demands of life?

Support the week by getting in touch about your thoughts, or to share your experiences (good or bad) of using Mental Health services in Waltham Forest!

If you or someone you know is struggling with mental health conditions, you could also sign up to the recovery courses. ➡ [More](#)



➡ Working for Carers

Introducing a Carer led employment and training project. Are you an unpaid Carer aged over 25 years? Do you want to build your confidence and learn new skills? Have you thought about starting work, education or volunteering?

If yes, this FREE project is a great opportunity for you!

Featuring one to one support, training workshops and group sessions, help with travel and other expenses (including childcare and sitting service)

For further information please get in touch:

✉ wfc@rcss.org.uk

➡ Mental Health Recovery

Introducing recovery courses for Waltham Forest and Redbridge residents. The courses are free and open to adults with mental health conditions, and their relatives, family and carers.

Understanding Recovery : A One Day Workshop:

➡ Monday 8th May, 10am - 3pm

Taking Back Control: 8 week recovery course:

➡ Mondays 15th May to 10th July, 1pm - 4pm



Living a 'fulfilling and hopeful life'

Taking back control of your life is an important part of recovery. Everyone who has experienced mental health problems faces the challenge of recovery and of rebuilding one's life. Some people have problems that go away completely, others have problems that are always with them or that come back from time to time.

Recovery is about living a fulfilling and hopeful life with or without ongoing mental health symptoms. It is a journey that may include making sense of what has happened, taking back control through building on one's own resources and working towards goals.

The team is made up of peer trainers (people with lived experience of mental health conditions) and mental health professionals with experience of supporting people with mental health conditions. You can book a place by completing the application form or by downloading a form online. ➡ [More](#)

“I like to be recognised when I come in.”

[Join us today](#) and have your say!

➡ Wildlife Day at Pimp Hall Nature Reserve

Pimp Hall Nature Reserve introduces an event for all ages:

➡ Saturday 27th May, 11am - 4pm

Features pond dipping, explorer trails, nature art and crafts! Bring a picnic and enjoy the outdoors. Refreshments and toilets available.

Get closer to nature!



Other activities include an over 7's moth and bat night (9pm) and over 13's dawn chorus (5.30am).

To find out more 📧 pimphallgroup@yahoo.co.uk

➡ Congratulations!

Our local organisation, PL84U AL-SUFFA won '3rd prize in the world', for the World Interfaith Harmony Week 2017. PL84U-ALSUFF is a service supporting the local community who are living in conditions of social economic, cultural deprivation and isolation of the elderly, homeless and in need.

A strong and caring team of volunteers working together to support the needs of the diverse community.

➡ Kiran Support Services Coffee Morning

Kiran supports women who are fleeing domestic violence. They run regular coffee mornings for Asian women and topics range from housing, health and are tailored around the needs of the clients:

➡ Every 2 weeks on Mondays, 10am - 12pm

➡ Resource Hub, 1 Russell Road, E10 7ES

If you are not of an Asian background please still get in touch as they will see how to help.

☎ 020 8558 1986 or 📧 amrita@kiranss.org.uk

➡ Spotlight: Dementia

Dementia is 'set to be the 21st century's biggest killer', but awareness and understanding remain low and many families are facing it alone.

In Waltham Forest, there is a lot of work happening now to make the borough more dementia friendly: The Waltham Forest Dementia Action Alliance (DAA) is doing some great work to bring about positive changes for those living with dementia in Waltham Forest.

The Alliance includes voluntary organisations, housing providers, local gyms, traffic wardens, and any other organisation that can help make the lives of people with Dementia better. It looks at how each organisation interacts with people who have Dementia, promotes awareness training among staff, and thinks about what each service can do better to support people of every ethnicity, culture and faith who are living with Dementia.

They have also been selected as one of 10 "Accelerator sites" in England to receive additional support to enhance the inclusion and empowerment of people living with Dementia. In Waltham Forest, the project aims to increase Dementia friends and Dementia Action Alliance membership, and specifically target hard to reach groups.

To show your support for Dementia Awareness Week (14th -20th May), why not sign up to a Dementia Friends Session? The 1 hour friendly and interactive Session will increase your understanding of dementia, and help you think about the small things that you can do to make a difference to people affected by Dementia in your community! During Dementia Awareness week, a session is taking place on the 18th May. During Dementia Awareness Week, they will also be holding stalls at Whipps Cross together with the Waltham Forest Alzheimer's Society.

For more information and to find out about other activities during the week, get in touch with Fiona, Chair of DAA:

☎ 020 8556 0857

📧 info@walthamforestcarers.com

"I can't afford to get my tooth extracted."

Join us today and have your say!

➡ The Ombudsman's 'Work in Pictures'!

The Parliamentary and Health Service Ombudsman wants to make it easier for people to understand and use their service. To help with this, they have produced a series of animations to explain their role and how they work.

The first video, 'How we can help with your complaint', explains who and what they can and cannot investigate. Video two, 'What happens when we receive your complaint', looks at the steps they carry out to make sure they can investigate. The ombudsman thinks that these videos will be useful for you, your colleagues and clients, who may be at the point of wanting to complain to them, so they encourage you to share the news through your website, social media channels and newsletters.



Making the message simple!

They also have a new webpage complementing the videos, which clearly sets out how they deal with complaints. ➡ [More](#)

Latest Newsletters

➡ NICE - Public Involvement Update, April 2017 ➡ [More](#)

Please send us a link to your latest newsletter!

News Summary

- ➡ The Latest News from the Waltham Forest Guardian ➡ [More](#)
- ➡ NHS and leading suppliers join forces to cut sugary drinks ➡ [More](#)
- ➡ Children and Social Work Act 2017: social work reforms become law ➡ [More](#)
- ➡ Report sets out progress on race equality standards for all NHS trusts in England ➡ [More](#)
- ➡ People with learning disabilities facing long waits for care reviews ➡ [More](#)
- ➡ Mental health patients set to benefit from pioneering new digital services ➡ [More](#)
- ➡ Your questions answered on information and advice under the Care Act ➡ [More](#)
- ➡ Up to six million people set to benefit from more clinical pharmacists in GP surgeries ➡ [More](#)
- ➡ The mentoring scheme helping social workers and adopters ➡ [More](#)
- ➡ Stroke patients in England set to receive revolutionary new treatment ➡ [More](#)
- ➡ Lessons for social workers from the Care Act test case on wellbeing ➡ [More](#)
- ➡ Principia vanguard reduces A&E attendances by 29 per cent for care home residents ➡ [More](#)
- ➡ A&E departments to get more funding ➡ [More](#)
- ➡ Chief Pharmaceutical Officer announces third Clinical Fellowship Scheme ➡ [More](#)
- ➡ Government extends Change4Life sports club funding ➡ [More](#)
- ➡ New glaucoma test could save millions from blindness ➡ [More](#)
- ➡ Consultation launched on prescribing of gluten-free foods ➡ [More](#)
- ➡ Regular exercise for the over-50s 'sharpens the mind' ➡ [More](#)
- ➡ Daily diet of fresh fruit linked to lower diabetes risk ➡ [More](#)
- ➡ New innovation scorecard platform launched ➡ [More](#)
- ➡ Government to extend protections for NHS whistleblowers ➡ [More](#)
- ➡ NHS prescription charges from April 2017 ➡ [More](#)



Health & Wellbeing Forum

Represent the views of your community!

- Would you like to **share your views** on health & wellbeing with the council?
- Are you a **voluntary sector** professional or **local resident**?

The purpose of the forum is to give a public voice to the **Health & Wellbeing Board meetings**, which happen quarterly and cover a range of health & wellbeing topics.

It's an opportunity for people to discuss the topics and **have your say about key issues in the borough.**

Date: Wednesday **7th June**, 13:00 – 16:00

Venue: Waltham Forest Resource Hub (Central)
1 Russell Road, London, E10 7ES

**DISCLAIMER: date may change due to pre-election purdah.
Register your interest so we can update you of changes:**

✉ daniela.muenzel@healthwatchwalthamforest.co.uk



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Healthwatch_WF



<http://www.healthwatchwalthamforest.co.uk/events>

In partnership with

