



Waltham Forest Community and Fhs Ltd



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NEWSLETTER: July 2023

Friends of the Practice

Meeting Monday 17th July at 6.30pm

(refreshments available)

All patients welcome!

Following on from the successful launch last month, we are inviting patients to come along with ideas and suggestions as to how the group will work.

Do you meet monthly or quarterly, for example?

Do you meet in person or online (or both)?

What are the issues that need discussing?

What support do you require from the Practice?

If you'd like any further information or want to discuss, please email: f86644.friends@nhs.net



Keep the date Saturday 23rd September in your calendar.

Special event coming to Wood Street!

Leyton Orient Trust Wellbeing Walks

There are over 14 local walks to choose from, all led by a Ramblers-trained Walk Leader. The friendly walks are mainly in parks, approximately 30 minutes, and led at a pace that suits all. To find out more see:

<https://www.leytonorienttrust.org.uk/new-page-2>

Or contact Sue, Social Prescriber at the GP Practice, for the walk programme full details

Free pampering sessions for people living with dementia and carers



We are looking for people to register for free pampering sessions run by the Adult Learning Service. These sessions will include nail art and massage therapy.

Time Weekly on Mondays 12.45 – 2.45 PM (attendees will be allotted 15 minute sessions)

Dates 18th September until 27th November 2023

Location Dementia Hub, 25 Sidmouth Road, Leyton E10 5QZ

If you are interested then please telephone the Dementia Hub on 0208 558 0647 or email dementia.hub@walthamforest.gov.uk

EXCITING NEW SELF HELP APP FOR MUSCULOSKELETAL PAIN

Waltham Forest Community and Family Health Services Ltd is really pleased to announce that all patients can have access for **FREE** to the new **GETUBETTER** app. Are you over 18 years and do you have a **Musculoskeletal (MSK)** pain/ injury (muscle, joint, ligament pains)? Did you know that most MSK pains can be treated at home by exercising without the need for a specialist appointment + the practice now has access to a **FREE NEW APP** to help.



The **GETUBETTER APP** can give tips, advice and exercises to help and is available to use **24/7**.

It can help support you if you have any pain in the following areas:

Back Neck Shoulder Elbow
Hip Leg Knee Ankle

You can either download the app by using the **QR code available in the surgery**, look on the **GP website** or you may be sent information about it **via text** from staff in the surgery.



The app is designed to support you over a minimum 6-week period with advice and exercise. Along the way it will help to identify if you need any further local treatments and services. If it does, please contact the surgery via e-consult with the recommendation made.

If you need to access any further treatments to support you, or you have a different MSK pain that is not on the app, you will normally be made an appointment with the **First Contact Physiotherapist** to discuss and assess further.

Kim Burnett, First Contact Physiotherapist

2023 WORLD MENTAL HEALTH GLOBAL AWARENESS CAMPAIGN

On 10th October 2023 we will be celebrating World Mental Health Day with the theme **'Mental Health is a Universal Human Right'**, chosen by a global vote.

This year's celebration coincides with the 75th Anniversary of the foundation of the WFMH in 1948. The 2023 World Mental Health Day theme provides us with an opportunity to re-kindle our efforts to make the world a better place. For more information: <https://wfmh.global/>

Professor Gabriel Ivbijaro MBE JP
WFMH Secretary-General

March for Men: Walk with us this July Help beat prostate cancer.

23rd July 2023 at Battersea Park

1 in 8 men will get prostate cancer. If you're over 50, or you're Black, or your dad or brother had it, you're at even higher risk.



Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

For more information on prostate cancer and *March for Men*: <https://prostatecanceruk.org/>

Practice website: <https://www.wfcafhs.co.uk/>