



New service launches!

We are delighted to announce that WDP's Redbridge Quits Smoking service has launched and is accepting referrals!

**WANT HELP
TO QUIT
SMOKING?**



What we offer

Redbridge Quits Smoking provides free and confidential advice and support to anyone aged 12 and above who is connected to Redbridge – whether they live, work, study or are experiencing homelessness in the borough. This can look like:

One-to-one sessions with a trained specialist advisor

Free nicotine replacement therapies for 12 weeks.

Support for people using other forms of tobacco that can also be addictive and harmful, such as Paan, Betel quid, gutkha, bidi, and shisha.

Support for people who are concerned about their use of vapes/e-cigarettes.

Specialist support for:

- People who are pregnant or breastfeeding, and their partners.
- Those with a mental health diagnosis who are dependent on tobacco.

Self-Refer

You can self-refer to Redbridge Quits Smoking in several ways:

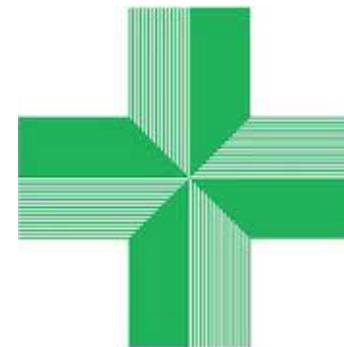
- Text: BREATHE to 82228
- Complete a simple online form at www.wdp.org.uk/redbridge-smoking-cessation
- Phone: 0300 303 2715
- Email: rqs@wdp.org.uk

Do you have Diabetes?

It is really important to respond to our health check invitations. As you may be aware, diabetes can lead to:

- Heart disease and stroke
- loss of feeling and pain (nerve damage)
- foot problems – like sores and infections
- vision loss and blindness
- miscarriage and stillbirth
- problems with your kidneys
- sexual problems

Controlling your blood sugar level and having regular diabetes check-ups is the best way to lower your risk of complications. We will monitor your blood sugars, blood pressure, cholesterol and kidney function, we will check your feet and organise eye screening...help us to help you.



Your pharmacy

As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains.

If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP, nurse or other healthcare professional.

All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice.

Many pharmacies are open until late and at weekends. You do not need an appointment and most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

Our receptionists (care navigators) will be signposting you to this valuable service for minor ailments and for Blood Pressure readings.



NATIONAL WALKING MONTH

Walking is one of the easiest ways to improve physical and mental health and stay connected to our community, helping us feel less lonely and isolated.

And by swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger – and save yourself some money and keep active in the process!

Did you know that a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes?

There are lots of ways to help you fit 20 minutes of walking into your day. Here are a few suggestions:

Invite friends and family for a walk... you will benefit from the fresh air and exercise, while having the perfect chance to catch up.

Why not walk to your local shop instead of driving? It's a good way to get some exercise and you might discover parts of your local area that you never knew existed! If it's a bit further away or you have a lot to carry, you could get the bus back. Just a 20-minute walk can transform fitness levels, improve your health and reduce stress and anxiety. Plus, there's no fighting over a parking space!

Go for an evening stroll. Longer days and lighter nights invite an evening stroll. You could head out with a friend, a loved one or by yourself to unwind at the end to the day. Research suggests that regular physical activity can help improve sleep at night. What's not to love about that?

ARE YOU READY TO #WALKTHISMAY IN 2023?

Patient Participation Group

Join in with the discussion!

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact

Michelle Greene 07941 077350

Who's who!



My name is Jazz, and I recently joined the Shrubberies as a Receptionist. I am really looking forward to working with the team.

I retired last year after working for Intellectual Property firms in London for over 30 years.

I soon realised that I was not quite ready to completely walk away from work, so I was very keen to explore this new opportunity. It will allow me to continue working, using my skills, and supporting the local community.

During the pandemic, I made face-masks and raised over

£500 for the Rainbow Trust Charity. I also volunteered with a local Sewing Group to make face-masks and scrub hats for NHS staff at the local hospital, which was very rewarding.

When not working, I love to go on long walks, going to the gym, cooking, and trying out new restaurants.

And a warm welcome....

...to our other new recruit Jenny! You may recognise Jenny who worked at Sid & Evies for many years. Although it's sad to see another shop closing on our High St, we are delighted to have Jenny working with us; she brings a wealth of experience to the team, especially in customer service.