



TYPE 2 DIABETES
KNOW YOUR RISK



High risk of type 2 diabetes? Find out in 2 minutes.



Take the test today
and reduce your risk.

Scan the QR code to
learn more



TYPE 2
DIABETES PREVENTION WEEK

Type 2 Diabetes Prevention Week 26 May - 1 June 2025

Around **200,000 people** are diagnosed with type 2 diabetes every year – putting them at risk of potentially serious health complications and early death. Modern life can make it hard to be healthy but, for many people, type 2 diabetes can be prevented by making small lifestyle changes. Diabetes is a leading cause of vision loss in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes. However, type 2 diabetes can be prevented by:

- Managing your weight,
- Eating healthily and
- Being more active

Making small changes to your lifestyle now can make a big impact on your future health – and having experts to help you make the right choices along the way can make it even easier.

The Healthier You NHS Diabetes Prevention Programme is a free programme for those who are at risk of developing type 2 diabetes. You can get help to make positive changes to your diet, weight and physical activity to significantly reduce your risk of developing type 2 diabetes. Find out if you're at risk of developing type 2 diabetes by doing any of the following:

- Answering a few simple questions on the 'Know Your Risk' tool at riskscore.diabetes.org.uk
- Taking up the offer of a free NHS Health Check to assess your risk of type 2 diabetes, cardiovascular disease and other conditions such as high blood pressure (available for those aged 40-74)
- Asking your GP Practice to check if you are at risk. If you are at risk, you may be eligible for referral to the Healthier You NHS Diabetes Prevention Programme by your GP Practice



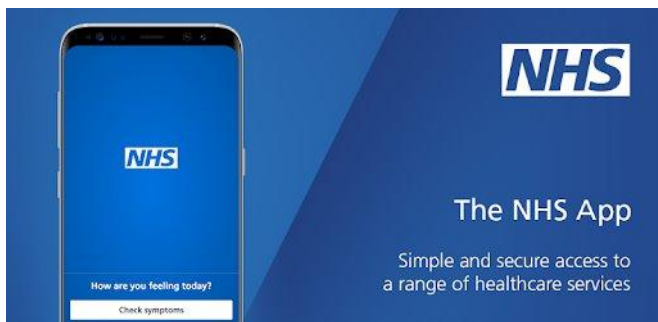


The NHS Friends and Family Test Have your say to improve your care

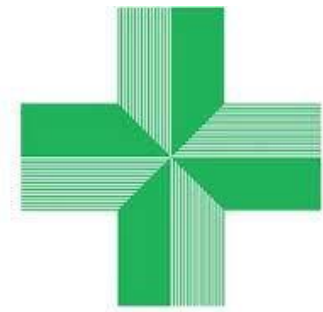
We would like your feedback on the care or treatment we give you any time you visit or have contact with The Shrubberies Medical Centre. It doesn't take long.

Put us to the test and tell us what is working and what we can improve. You can say what you think without giving your name and we will use the information to plan improvements to our services.

Go to our website
www.theshrubberiesmedicalcentre.co.uk/feedback



We're here for you
Helping you take control of your health and wellbeing.



Resources

Please use the **NHS app** for medication requests and to view test results and other aspects of your medical record.

www.nhs.uk

Is a great website with lots of valuable, interesting information to help you take control of your health and well being

Certain minor illnesses can be treated by the GP community pharmacy services, you will be signposted to this service by our receptionists (care navigators)

Simple wound care services are available to all patients over the age of 16 who are registered with a GP practice in Barking & Dagenham, Havering or Redbridge. The services support patients with managing wounds such as skin ulcers, first degree burns, post-surgical sutures, clips removal and routine dressings.

To book online:
<https://app.10to8.com/book/redbridgeswc/>

Or call 020 3981 3500 (Option 2)
The phone line is open Monday to Friday from 12pm to 2:30pm.



NELFT Mental Health Direct

Tel: 0800 995 1000

Talking Therapies in Redbridge

0300 300 1554 - option 1

Minor eye conditions

Care Optics, 14 The Broadway, Woodford Green 020 3551 6075

Eye Clinic, 449 Woodford High Rd,

Woodford Green 0203 951 7192

Ellis Bass Optometrists, 25 High St. Barkingside 020 8550 9288

Missing and or un-booked Barts Hospital appointments

0345 602 9906 and quote your NHS number.

Need to find your NHS number?

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number>

Need to chase a referral?

MRI or USS ring Healthshare Diagnostics on 0330 1273229

ENT ring TNW Communitas 0208 683 6734

24 ECG, ECG, 24 BP ring OMNES Healthcare 0203 189 4604

Dermatology ring DMC 0207 635 1012

Family Planning & Sexual Health Services:

Barking Hospital

Upney Lane, Barking IG11 9LX

020 8970 5724

All East Sexual Health Clinic Stratford

40 Liberty Bridge Rd, E20 1AS

0208 496 7237

Eligible for a Covid 19 Vaccination?

Contact the following local pharmacies

- Osbons
- Churchfields
- Pyramid
- Britannia
- Day Lewis
- Wanstead

Submit an e-consult using the NHS APP

Services>Contact your GP surgery for a document or update

Services>Contact your GP surgery about a health problem

Submit an e-consult using our website

www.theshrubberiesmedicalcentre.co.uk/appointments



Your Contact Details

Please ensure we have the most up to date information for you. Have you changed address, got a new contact number or email address? Have you nominated a next of kin?

Email is now our preferred way of keeping you up to date.



Hi! I'm Ruz

I am a GP Assistant. This involves issuing and chasing your GP referrals to consultants for further treatment and care or further advice and guidance. I am a trained phlebotomist and run a clinic for our TLC patients and those who are over 75, once a week. I can also help you with your Diabetic checks and foot checks. I like working on reception because I enjoy helping you to get the care that you need. Unofficially, I support my reception colleagues with ad-hoc IT issues as I am knowledgeable and enthusiastic about technology.

Did not attend Appointment

In March & April, we booked **5672** appointments.
219 patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)



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**