

TOWER HAMLETS COMMUNITY HEALTH SERVICES

Quarterly Newsletter January 2023

Enhanced Primary Care Team | Foot Health | Continence Service | Admission Avoidance & Discharge Service | Continuing Health Care



Welcome to the Community Health Services Newsletter. Our aim is to provide you with service updates and information that we hope will be of interest to you.

Wishing you all a Happy New Year.



Keeping well in winter

Warm Haven & Hubs

Idea Stores

- Whitechapel
 - Bow
 - Chrisp Street
- Monday – Friday, 11am - 5pm
Saturday, 11am - 4pm
Sunday, 12pm - 2pm

Libraries

- Cubitt Town
 - Bethnal Green
- Monday – Thursday, 11am - 5pm
Saturday, 11am - 4pm

Community Centres

Monday

Wigram House Community Centre, Wades Place, E14 0DA
12noon - 5pm

Tuesday

Keddlestone Walk Community Centre, Hollybush Gardens, E2 9QT
10am - 1pm

Wednesday

Saltwell Street Community Centre, Saltwell Street, E14 0DZ
2 - 7pm

Thursday

- Glasshouse Community Centre, 161 Old Ford Road, E2 9QB
- 10am - 12noon
- Wynn Garrett Resource Centre Harpley Square, E1 4EA
- 10am - 1pm
- Cranbrook Community Centre Mace Street, E2 0RB
- 1pm - 4pm
- Guild Room, Canton Street, E14 6JG
- 2pm - 7pm

Sunday

St Matthias Community Centre, Woodstock Terrace, E14 0EY
2pm - 7pm

Fire Safety

Never use naked flames, ovens or barbecues to light or heat your home as they create a risk of fire or carbon monoxide poisoning. Open fires should have a fire guard. Candles or burners should never be left unattended especially if there are children in the home.

Service User Event

Foot Health Service User Focus Group tea & coffee morning event

You are invited to attend this Community Health Services Event to welcome you to enrol into our Focus Group Refreshments will be provided



Date & Time: Thursday 2nd February 2023
at 11am-12noon

Location: The Foot Health Dept, 2nd Floor (Yellow Zone) Grove Building at Mile End Hospital E1 4DG

This event is for you to have a say and help us improve our Community Health Services and we want you to be part of everything we do 😊

Updates

Partnership working

The monthly care forum with the Social Work team, District Nursing Team, Neighborhood Mental Health Team and the Local Home Care Team enables us to better understand each other's roles, to strongly value each other, and to develop and maintain close working relationships which greatly benefit our patients.

South East Locality won a "Building Bridges" Award recently at the Tower Hamlets Integrated Care Awards 2022 for our partnership working.



Employee of the month for December 2022 goes to...

Olubukola Olowe
Therapy Assistant Practitioner

Feedback from patients in Continence Service



What you told us

You told us to increase more telephone review as it was difficult to attend all face to face appointments.



What we did

Reviews are now by telephone

Services and contact details for help with mental health issues:

Tower Hamlets Crisis Line —24 hour Mental Health Crisis Helpline **08000730003**. Available 24 hours a day including weekends and bank holidays.

NHS 111: dial 111

Sane Line: **03003047000**. (6pm-11pm everyday) www.sane.org.uk.

Samaritans: **08457909090** (24hours everyday) www.samaritans.org

Contact Numbers by Service

Rapid Response

Open 8am-8pm
7 days



0300 033 5000 *

Continence Service

Open 9am -5pm
Mon- Friday



020 7771 5795

Continuing Health Care

Open 9am-5pm
Mon-Fri



020 7771 5680

Enhanced Primary Care Team

(Community Health Teams)

Open 24 hours
7 days



0300 033 5000 *

Foot Health Service

Open 8.30am—
5.00pm
Mon- Fri



020 7771 5775

**The Single Point of Access (SPA) is the first point of contact for patients and referrers for these services*