

TOWER HAMLETS COMMUNITY HEALTH SERVICES

Quarterly Newsletter December 2021

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.



Covid-19 and Bank Holidays update: Our services operate and are open as normal.

Vaccination

Covid vaccination & Boosters: With covid infections rising and to protect yourself and your loved ones please book your vaccinations and booster vaccinations via the national booking system.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination>

Housebound patients: Housebound residents will receive a Covid-19 vaccine within their own home or place of residence. If you have not received your vaccines or boosters please contact your GP to arrange.

Flu vaccination: You can book an appointment at your GP surgery or a pharmacy that offers it on the NHS.

Tower Hamlets Rapid Response Service



07710 066 161

Operational: Monday to Sunday - 08:00 - 20:00



Service Criteria

Patient is over the age of 18 | Patient is a Tower Hamlets Resident

Nurses, Physiotherapists and Occupational Therapists

Appropriate Referrals:

Minor skin laceration not needing suturing

Patients experiencing a social care crisis

Patients with sudden deterioration in mobility or function

Urgent catheter care

Palliative/end of life care crisis support

Falls assessment following a fall

UTI/confusion

Tower Hamlets Falls Pick Up Service



07710 066 161



If unsure whether to refer a case, please feel free to contact us to discuss

Hours: 08:00am — 17:30pm

Cut-off point for call out 17:30pm

Monday to Sunday

CRITERIA

- **Patient who has fallen in home environment with no serious injury sustained and conscious**
- **Patients over the age of 18**
- **Tower Hamlets Resident**

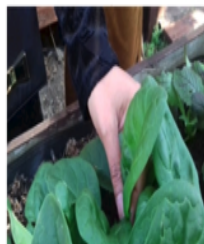
- **We are:** Nurses, Physiotherapists and Occupational Therapists
- **We will:** Respond within 60mins
- **Patient will be:** Assisted to get off the floor with appropriate equipment
- **Patient will receive:** Comprehensive Multidisciplinary Clinical Assessment and Intervention to ensure safe at home in order to prevent avoidable hospital admission



Meet the team :

Hello my name is Salima Khatun, I am the peer support worker for Gardening for Health (G4H), which is part of the EPCT in Tower Hamlets. I joined the team as a Peer Support Worker (PSW) in September 2021. My journey here was incredible and continues to be an exciting one.

I started as a service user in 2019 and attended the G4H group. The G4H group is part of a rehabilitation intervention pathway for Bengali ladies with both physical and mental health issues, including experiences of persistent pain. I am now very happy to say that in my new role as a Peer support Worker, I have the opportunity to help my peers through their own recovery journey. I am also very excited to share that from this month (2nd Dec 2021), I will be helping to deliver a new exciting project virtually to my peers in addition to G4H. The new project is called Recipes for life (RFL). This is an extremely exciting project in which peers will share and show off their amazing cooking knowledge and skills, and share their favourite recipes that will then become a booklet by March 2022!



Tower Hamlets Crisis Line

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

Other useful numbers and websites:

NHS 111, Sane Line: **03003047000**. (6pm-11pm everyday) www.sane.org.uk.

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

MIND'S **Our Voices** warmly welcome you to

Sakinah...

Muslim Women's Support Group



Peace of Mind...tranquility...ease...

These are all things we crave and often feel are out of our reach...often leaving us feeling depleted and in need of a **safe space...**

Come and join us in exploring mental health challenges in a **warm, caring** and **confidential** setting.

We want to **hear your voices** and needs as Muslim women so we can **work together** towards individual and social change!

Where?

Shah Jalal Mosque
722-724 Romford Road E12 6BT

When?

Wednesdays (Weekly)
10am-12pm

Start date 8th December 2021

We are committed to diversity and inclusion, cultural competency and religious sensitivities

For queries and registration, please contact Ayesha on **07511 076874**
peerservices@mithn.org.uk

Mind in Tower Hamlets and Newham:
020 7510 1081



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*